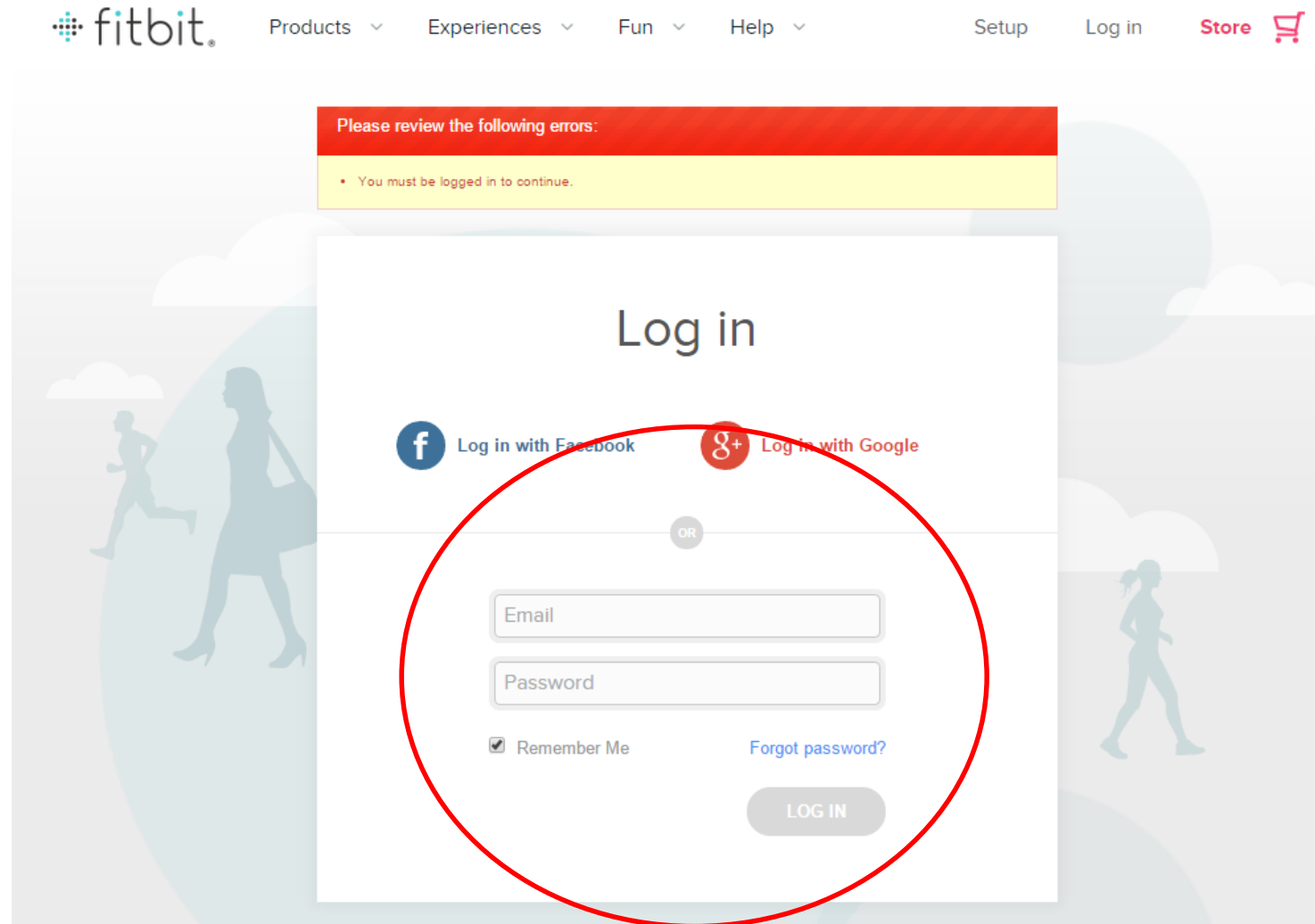


Turning in Your Fitbit Step Count

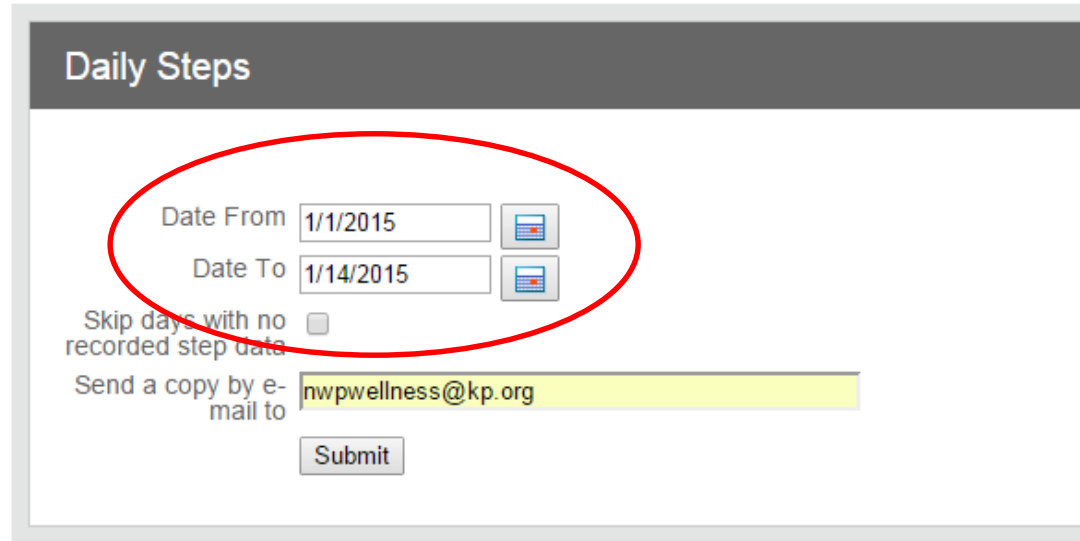
- [Go to this link](#)
- Log in to Fitbit
- Select the dates you would like to send in your step counts for.
- In the “Send a copy by e-mail” box, type:
nwpwellness@kp.org
- Push “Submit”
- [**Please also click here to send us an email letting us know that you submitted your step count**](#)
(Fitbit will only send us your first name and last initial)

Turning in Your Fitbit Step Count


- [Go to this link and sign in to Fitbit.com](#)




- Select the dates you would like to send in your step count for.



Daily Steps

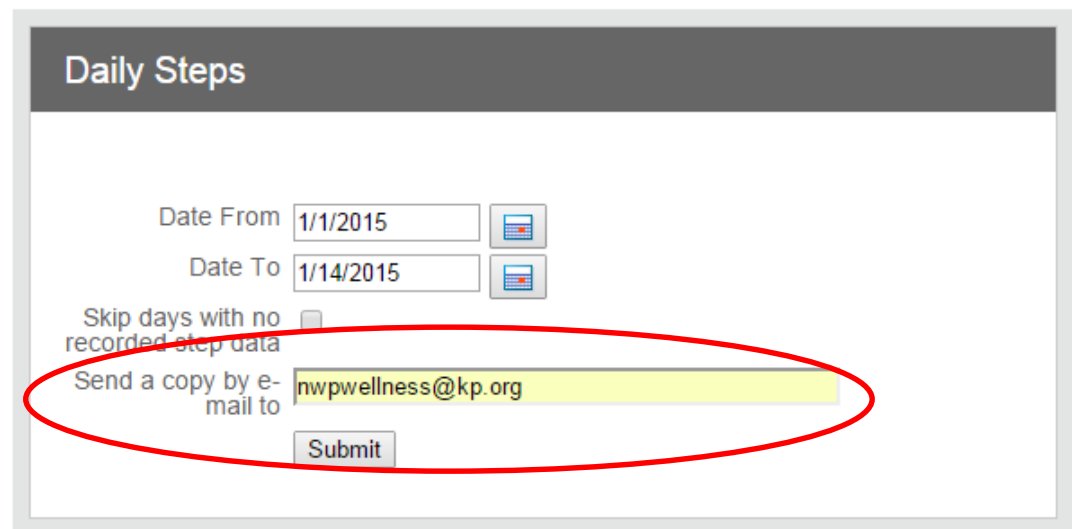
Date From 

Date To 


Skip days with no recorded step data


Send a copy by e-mail to

- In the “Send a copy by e-mail” box, type: nwpwellness@kp.org and push “Submit”.



Daily Steps

Date From 

Date To 

Skip days with no recorded step data

Send a copy by e-mail to

- Please also click here to send us an email letting us know that you submitted your step count
(Fitbit will only send us your first name and last initial).
- This will open up a new message in Outlook. Simply press send once this opens.

