Fitbit, Android/iOS

! If you are already using a Fitbit tracker, proceed directly to Step 3.

Step 1: Installing the Fitbit app

Visit the Apple App Store/Google Play Store and install the Fitbit app.

Apple App Store	Google Play Store

Step 2: Creating a Fitbit account and pairing a sensor

1. Open the Fitbit app.
2. Tap 'Join Fitbit'
3. Follow the instructions.
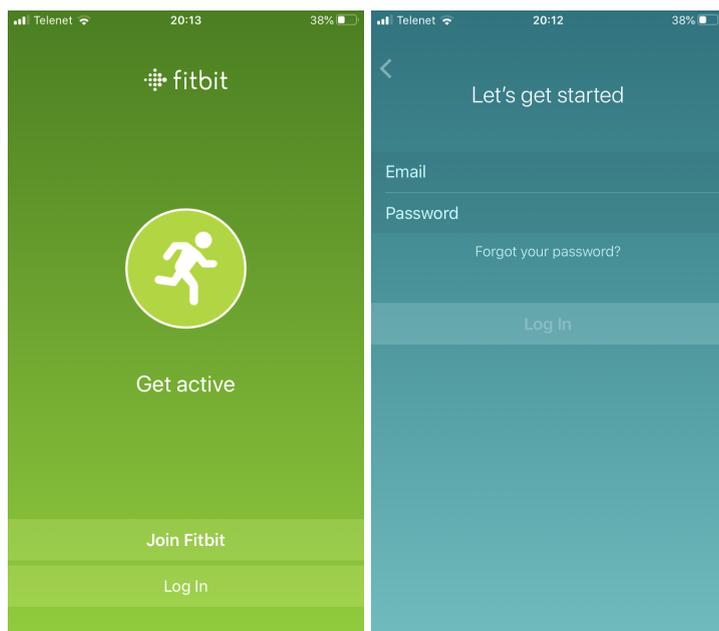
Step 3: Creating an account on the Improver Platform

1. Create an account on the Improver Platform with your company link

Register a new account

On this page you can register on the platform for the company `Ready2Improve`.
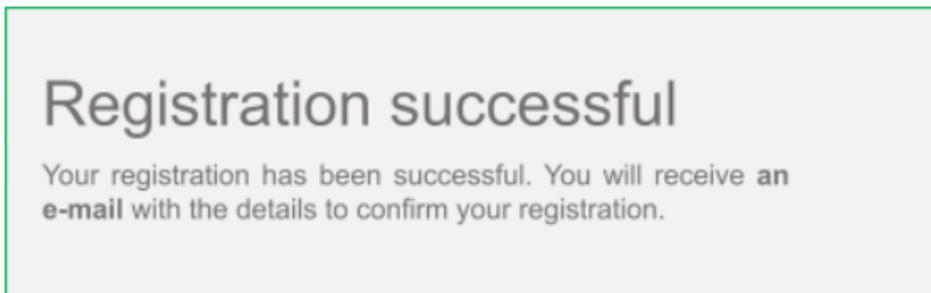
Given name *

Surname *

E-mail address *

☐ I have read the general conditions and declare to agree to them. *

General conditions

Register

2. Register. Enter your first name, surname, and email address, and then indicate that you agree to the general terms and conditions. Tap 'Register'. Once everything has been filled in correctly, there will be a visual confirmation. Meanwhile, an activation link will have been sent to your email address. It may take a few minutes before it arrives.

Registration successful

Your registration has been successful. You will receive **an e-mail** with the details to confirm your registration.

3. Open the activation email. This email contains a link to complete registration. Tap the link to complete your registration.
If you did not receive a registration email, please check whether you were sent a 'Quarantined' notification. If the email did end up in 'Quarantine', please restore the file.

4. Now that your registration is complete, all you have to do is request an initial password. Tap 'request password' to generate an initial password. Once you have this password, you can log in. **Tip: jot down the newly generated password and change it as soon as you log in to something you can remember. You will need**

it to install the app later.

Please note!
- Always use a valid email address.
- If anything goes wrong, please contact an admin at coach@fitstebedrijf.com. **Do NOT create a new account.**

Step 4: Pairing your Fitbit with the Improver App

Log on to the Improver Platform with your email address and password. Then tap Log in. If your login name and password are correct, you will be taken to your dashboard.
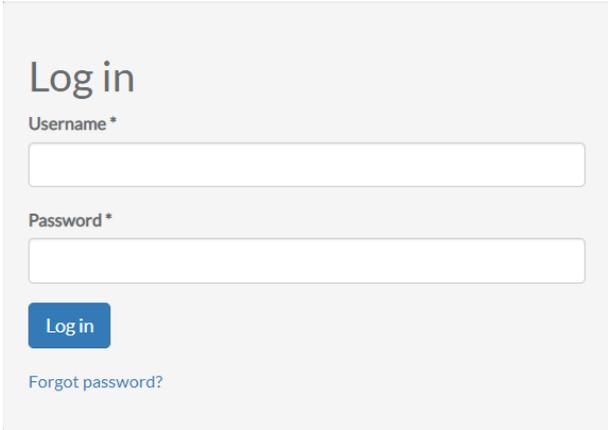
Log in

Username *

Password *

Log in

Forgot password?

Visit your dashboard and tap 'Pair Fitbit' OR go to profile ('your name') > paired devices and tap Fitbit.

If you have a Fitbit account it is possible to pair it
Click here for more information about how to pair your fitbit account.

Your polar has not yet been paired
Click here for more information on how to pair your polar.

Your Garmin account has not yet been paired
Click here for more information about how to pair your Garmin account.

---

improver PLATFORM   Ready2 Improve   🏠 NUMBERS ▾ COACHING ▾ SEPPE....IL.COM ▾ EN ▾

Seppe Rotthier - Couplings

	Profile
	Remove account
Coaches	Couplings
	Calendar
Companies	Communication preferences
	Change password
Seppe test NV (Code: seppenv)	Logout
PT Consulting (Code: PTConsulting)	

Teams   +

Fitbit

⚠ If you have a Fitbit account it is possible to pair it
Click here for more information about how to pair your fitbit account.

Garmin

⚠ Your Garmin account has not yet been paired
Click here for more information about how to pair your Garmin account.

Polar

⚠ Your polar has not yet been paired
Click here for more information on how to pair your polar.

Tap 'Link your Fitbit' and follow the instructions. If you need to log in to Fitbit, use the account you made in Step 2.

Connect your fitbit

Link your fitbit by clicking the button below.

[Link your fitbit]

Please read this document or watch the video below for a detailed explanation.

Koppeling Fitbit met Improver Platform

Later bekij...   Delen

Good morning, Silke.

What is your main focus for today?

ZELFTEST BEDRIJF (Code: zelftestbedrijf)

Teams

Team Hanne, Seppe en Wouter (Code: team-hanne-en-wouter-en-seppe)

TEST 123 Seppe en Bernd (Code: TESTstappen)

| Profile |
| Remove account |
| Couplings |
| Calendar |
| Communication preferences |
| Change password |
| Logout |

Fitbit

User id: 7V4C75 (Seppe Rotthier)
Scope: profile heartrate nutrition sleep social activity weight
Token expires at: 2021-02-17 22:17

History

Garmin

⚠ Your Garmin account has not yet been paired
Click here for more information about how to pair your Garmin account.

Polar

⚠ Your polar has not yet been paired
Click here for more information on how to pair your polar.

Step 5: Installing the Improver App

1. Visit the Apple App Store/Google Play Store and install the Improver app.

Apple App Store	Google Play Store

2. Open the app and log in with your Improver account.
   Please note! In exceptional cases, the Improver app may take a long time to open. When that happens, you should force close the app:
   - **iPhone: double tap the home button. When you see the Improver app, swipe to close.**
   - **Androids without physical buttons: tap the square in the lower right corner. When you see the Improver app, swipe to close.**
   - **Androids with physical buttons: press the two tabs on the bottom left. When you see the Improver app, click the 'x' next to the name.**

   Relaunch the Improver app.
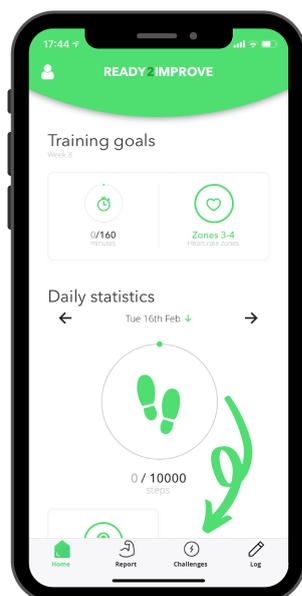
Synchronisation

To add all your steps to the challenge result you need to sync regularly. For that reason, make sure your Fitbit app continues running in the background so that your steps are saved to Fitbit.
The Fitbit servers and Improver Platform sync automatically when the Fitbit app is active. Once Fitbit has recorded your steps, the platform will receive them a few seconds later.

Unpairing when done

Once the project is done, you can unpair your sensor from the various apps. That way your data will no longer be accessible.

Step 1: Unpairing from the Improver Platform

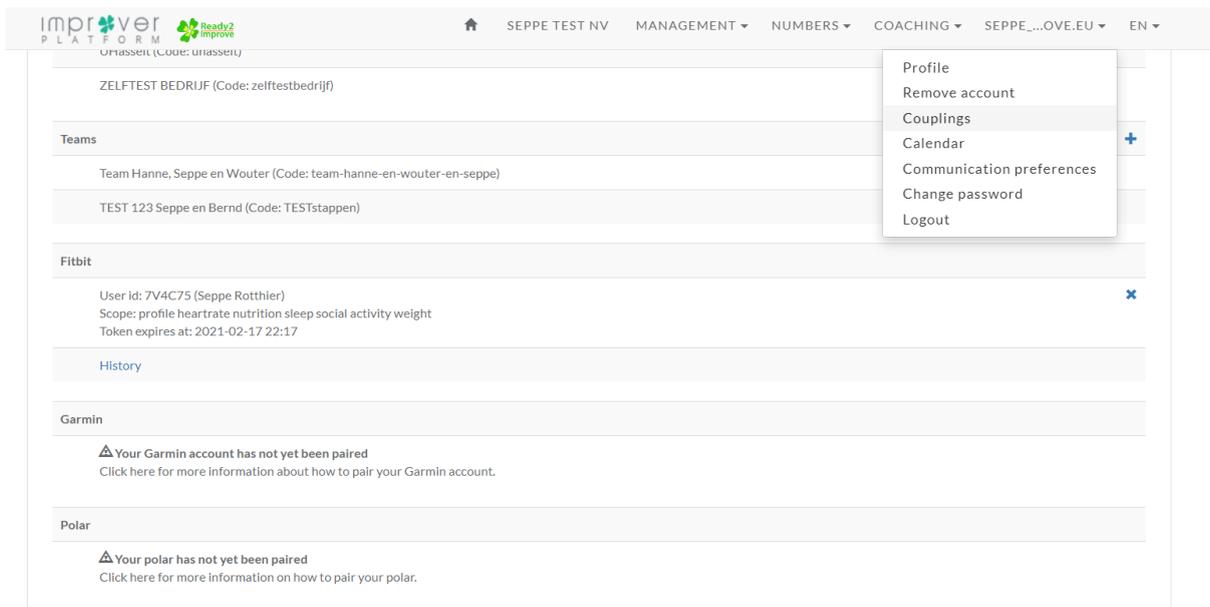Log on to the Improver Platform with your email address and password. Then tap Log in. If your login name and password are correct, you will be taken to your dashboard.
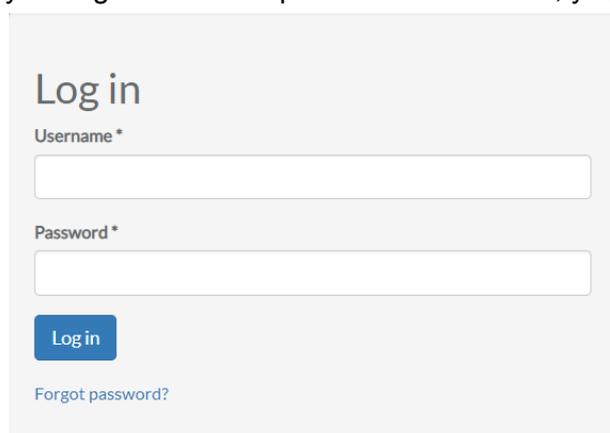
Go to profile ('your name') > paired devices. Tap the 'x' next to Fitbit at the bottom to unpair your Fitbit account.

Step 2: Deleting the Improver App

You can now delete the Improver App should you wish to.

Troubleshooting

Are you experiencing problems and can't find a solution? Then contact us at coach@fitstebedrijf.com.