

Find out what data Fitbit collects for Google account users

When you enable the Fitbit application, you enable the processing, collection and storage of data for Fitbit's health and wellness features. Data can come from manual data entry in the Fitbit app, a device you paired with the Fitbit app, and/or services you connected to your Fitbit experience, like third party apps.

The list below illustrates the types of features and data collected for you when you use a Google account with Fitbit.

Fitbit core service

- Demographic data like height, weight, age
- Fitness data like distance, steps, workouts
- Stress and mindfulness data like mood
- Manually entered data like food logs, water logs
- Achievements like badges, celebrations

Premium service

Scores and assessments:

- Daily Readiness Score
- Sleep Score breakdown
- Sleep Profile
- Stress Management Score Breakdown
- Wellness Report

Snore & noise detection:

- Snoring & sound events

Trackers

Ace, Ace 2, Ace 3

- Fitness and Activity: Steps, Active Minutes
- Sleep: Sleep Log

Alta

- Fitness and Activity: Steps, Distance, Active Minutes
- Sleep: Sleep Log
- Other Health and Wellness: Calories Burned

Alta HR

- Fitness and Activity: Steps, Distance, Active Minutes, Cardio Fitness (VO2Max)
- Sleep: Sleep Log, Sleep Stages, Sleep Score
- Other Health and Wellness: Heart Rate, Resting Heart Rate, Calories Burned

Charge

- Fitness and Activity: Steps, Distance, Altitude, Active Minutes
- Sleep: Sleep Log
- Other Health and Wellness: Calories Burned

Charge HR

- Fitness and Activity: Steps, Distance, Altitude, Active Minutes, Cardio Fitness (VO2Max)
- Sleep: Sleep Log
- Other Health and Wellness: Heart Rate, Calories Burned

Charge 2

- Location: Connected GPS
- Fitness and Activity: Steps, Distance, Altitude, Active Minutes, Cardio Fitness (VO2Max)
- Sleep: Sleep Log, Sleep Stages, Sleep Score
- Other Health and Wellness: Heart Rate, Resting Heart Rate

Charge 3

- Location: Connected GPS
- Fitness and Activity: Steps, Distance, Altitude, Active Minutes, Swim, Cardio Fitness (VO2Max)
- Sleep: Sleep Log, Sleep Stages, Sleep Score
- Other Health and Wellness: Heart Rate, Resting Heart Rate, Heart Rate Variability, Breathing Rate

Charge 4

- Location: Connected GPS, On Device GPS
- Fitness and Activity: Steps, Distance, Altitude, Swim, Cardio Fitness (VO2Max)
- Sleep: Sleep Log, Sleep Stages, Sleep Score
- Stress and Mindfulness: Stress Management Score, Meditation Minutes
- Other Health and Wellness: Heart Rate, Resting Heart Rate, Heart Rate Variability, Breathing Rate, Spo2 (Blood Oxygen) Tracking, Skin Temperature Variation

Charge 5

- Location: Connected GPS, On Device GPS
- Fitness and Activity: Steps, Distance, Swim, Cardio Fitness (VO2Max)
- Sleep: Sleep Log, Sleep Stages, Sleep Score

- Stress and Mindfulness: Stress Management Score, Meditation Minutes, EDA (Electrodermal Activity) Scan
- Other Health and Wellness: Heart Rate, Resting Heart Rate, Heart Rate Variability, Breathing Rate, Spo2 (Blood Oxygen) Tracking, Skin Temperature Variation

Classic

- Fitness and Activity: Steps, Distance, Active Minutes
- Sleep: Sleep Log

Flex

- Fitness and Activity: Steps, Distance, Active Minutes
- Sleep: Sleep Log

Flex 2

- Fitness and Activity: Steps, Distance, Active Minutes, Swim
- Sleep: Sleep Log

Force

- Fitness and Activity: Steps, Distance, Altitude, Active Minutes
- Sleep: Sleep Log

Inspire

- Fitness and Activity: Steps, Distance, Active Minutes, Swim
- Sleep: Sleep Log

Inspire HR

- Fitness and Activity: Steps, Distance, Active Minutes, Swim, Cardio Fitness (VO2Max)
- Sleep: Sleep Log, Sleep Stages, Sleep Score
- Other Health and Wellness: Heart Rate, Resting Heart Rate, Heart Rate Variability, Breathing Rate

Inspire 2

- Location: Connected GPS
- Fitness and Activity: Steps, Distance, Swim, Cardio Fitness (VO2Max)
- Sleep: Sleep Log, Sleep Stages, Sleep Score
- Stress and Mindfulness: Stress Management Score, Meditation Minutes
- Other Health and Wellness: Heart Rate, Resting Heart Rate, Heart Rate Variability, Breathing Rate, Skin Temperature Variation

Inspire 3

- Location: Connected GPS
- Fitness and Activity: Steps, Distance, Cardio Fitness (VO2Max)
- Sleep: Sleep Log, Sleep Stages, Sleep Score
- Other Health and Wellness: Heart Rate, Resting Heart Rate, Heart Rate Variability, Breathing Rate, Skin Temperature Variation

Luxe

- Location: Connected GPS
- Fitness and Activity: Steps, Distance, Cardio Fitness (VO2Max)
- Sleep: Sleep Log, Sleep Stages, Sleep Score
- Stress and Mindfulness: Stress Management Score, Meditation Minutes
- Other Health and Wellness: Heart Rate, Resting Heart Rate, Heart Rate Variability, Breathing Rate, Spo2 (Blood Oxygen) Tracking, Skin Temperature Variation

One

- Fitness and Activity: Steps, Distance, Altitude, Active Minutes
- Sleep: Sleep Log

Ultra

- Fitness and Activity: Steps, Distance, Altitude, Active Minutes
- Sleep: Sleep Log

Zip

- Fitness and Activity: Steps, Distance, Active Minutes

Smartwatches

Google Pixel Watch

- Location: On Device GPS
- Fitness and Activity: Steps, Distance, Altitude, Swim, Cardio Fitness (VO2Max)
- Other Health and Wellness: Heart Rate, Resting Heart Rate

Sense 2

- Location: On Device GPS
- Fitness and Activity: Steps, Distance, Altitude, Swim, Cardio Fitness (VO2Max)
- Sleep: Sleep Score, Sleep Score Cumulative
- Stress and Mindfulness: Stress Management Score, Meditation Minutes, EDA (Electrodermal Activity) Scan, All-day Body Response Tracking using cEDA (continuous Electrodermal Activity)

Other Health and Wellness: Heart Rate, Resting Heart Rate, Heart Rate Variability, Breathing Rate, Spo2 (Blood Oxygen) Tracking, Skin Temperature Variation

Sense

- Location: On Device GPS
- Fitness and Activity: Steps, Distance, Altitude, Swim, Cardio Fitness (VO2Max)
- Sleep: Sleep Log, Sleep Stages, Sleep Score
- Stress and Mindfulness: Stress Management Score, Meditation Minutes, EDA (Electrodermal Activity) Scan

- Other Health and Wellness: Heart Rate, Resting Heart Rate, Heart Rate Variability, Breathing Rate, Spo2 (Blood Oxygen) Tracking, Skin Temperature Variation

Versa 4

- Location: On Device GPS
- Fitness and Activity: Steps, Distance, Altitude, Swim, Cardio Fitness (VO2Max)
- Sleep: Sleep Score, Sleep Score Cumulative
- Stress and Mindfulness: Stress Management Score, Meditation Minutes
- Other Health and Wellness: Heart Rate, Resting Heart Rate, Heart Rate Variability, Breathing Rate, Spo2 (Blood Oxygen) Tracking, Skin Temperature Variation

Versa 3

- Location: On Device GPS
- Fitness and Activity: Steps, Distance, Altitude, Swim, Cardio Fitness (VO2Max)
- Sleep: Sleep Log, Sleep Stages, Sleep Score
- Stress and Mindfulness: Stress Management Score, Meditation Minutes
- Other Health and Wellness: Heart Rate, Resting Heart Rate, Heart Rate Variability, Breathing Rate, Spo2 (Blood Oxygen) Tracking, Skin Temperature Variation

Versa 2

- Location: On Device GPS
- Fitness and Activity: Steps, Distance, Altitude, Swim, Cardio Fitness (VO2Max)
- Sleep: Sleep Log, Sleep Stages, Sleep Score
- Stress and Mindfulness: Stress Management Score, Meditation Minutes
- Other Health and Wellness: Heart Rate, Resting Heart Rate, Heart Rate Variability, Breathing Rate, Spo2 (Blood Oxygen) Tracking, Skin Temperature Variation

Versa

- Location: On Device GPS
- Fitness and Activity: Steps, Distance, Altitude, Swim, Cardio Fitness (VO2Max)
- Sleep: Sleep Log, Sleep Stages, Sleep Score
- Stress and Mindfulness: Stress Management Score, Meditation Minutes
- Other Health and Wellness: Heart Rate, Resting Heart Rate, Heart Rate Variability, Breathing Rate, Spo2 (Blood Oxygen) Tracking, Skin Temperature Variation

Versa Lite

- Location: On Device GPS
- Fitness and Activity: Steps, Distance, Swim, Cardio Fitness (VO2Max)
- Sleep: Sleep Log, Sleep Stages, Sleep Score
- Other Health and Wellness: Heart Rate, Resting Heart Rate, Heart Rate Variability, Breathing Rate, Spo2 (Blood Oxygen) Tracking, Skin Temperature Variation

Blaze

- Location: On Device GPS
- Fitness and Activity: Steps, Distance, Altitude, Active Minutes, Cardio Fitness (VO2Max)
- Sleep: Sleep Log, Sleep Stages, Sleep Score
- Other Health and Wellness: Heart Rate, Resting Heart Rate

Ionic

- Location: On Device GPS
- Fitness and Activity: Steps, Distance, Altitude, Swim, Cardio Fitness (VO2Max)
- Sleep: Sleep Log, Sleep Stages, Sleep Score
- Other Health and Wellness: Heart Rate, Resting Heart Rate, Heart Rate Variability, Breathing Rate, Spo2 (Blood Oxygen) Tracking, Skin Temperature Variation

Surge

- Fitness and Activity: Steps, Distance, Altitude, Active Minutes, Cardio Fitness (VO2Max)
- Sleep: Sleep Log
- Other Health and Wellness: Heart Rate

Scales

Aria, Aria 2, Aria Air

- Physical Condition: Weight Measured, Body Fat Percentage, Body Mass Index