Check my steps data in Fitbit

To check your steps data on Fitbit, follow these steps:

Using the Fitbit Mobile App

1. **Open the Fitbit App**:

   - Launch the **Fitbit** app on your smartphone or tablet.

2. **Access the Today Tab**:

   - The **Today** screen is the default view when you open the app.
   - Look for the **Steps** tile, which displays your daily step count.

3. **Tap on the Steps Tile**:

   - Tap the **Steps** section to see more detailed data, such as:
   - Step count over time (daily, weekly, monthly).
   - Graphs showing trends and activity levels.

Using the Fitbit Web Dashboard

1. **Log In to Fitbit.com**:

   - Visit [Fitbit Dashboard](#) and log in with your Fitbit account credentials.

2. **Navigate to the Dashboard**:

   - Once logged in, you'll see a summary of your activity, including **Steps**.

3. **View Detailed Step Data**:

   - Click on the **Steps** section to view historical data and trends.

Troubleshooting Missing Steps Data:

- **Sync Your Device**:
  - Ensure your Fitbit is synced with the app to display the latest data.
  - Follow the syncing steps described earlier if needed.
- **Check the Fitbit App Permissions**:

- Ensure the app has the necessary permissions to access and display activity data.

By following these steps, you can easily track and monitor your steps data using Fitbit.