

# How To Manually Log Exercises in the Fitbit App

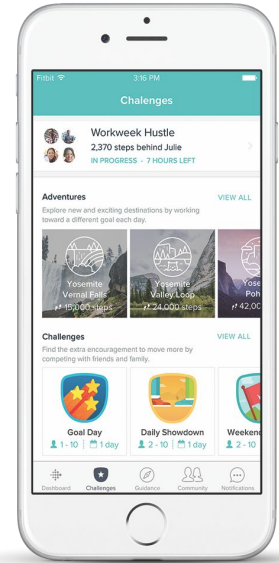
If you forgot to wear your device, or you want to record an activity that's not step based, such as yoga or Pilates, manually log the exercise in the Fitbit app!

## FITBIT.COM DASHBOARD

1. Log into your fitbit.com dashboard
2. At the top of the page click **Log > Activities**
3. Click a common activity or search for one
4. Enter the details of your activity
5. Click **Log**

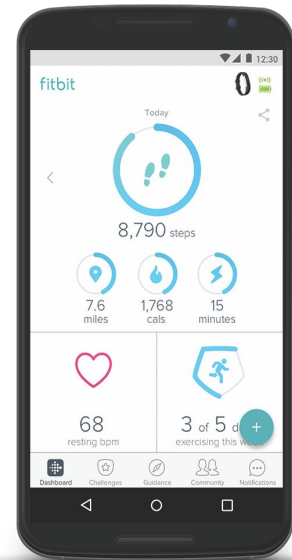
## IPHONE & IPAD

1. From the Fitbit app dashboard, tap the **+ icon > Track Exercise**
2. Tap **Log**
3. Tap a recent activity or search for an exercise type
4. Enter the activity details and click tap **Add**



## ANDROID PHONE

1. From the Fitbit app dashboard, tap the **+ icon > Track Exercise**
2. Tap the stopwatch icon in the top right corner
3. Tap **Log Previous**
4. Enter activity details and tap **Log it**



## WINDOWS 10 DEVICES

1. From the Fitbit app dashboard, tap the Exercise tile
2. Tap the **+ icon**
3. Select a recent activity or search for an exercise type
4. Enter the activity details and confirm

