

## HOW DO I SET OR CHANGE MY GOALS?

If you already have the Fitbit app, skip to step 4.  
Otherwise:

- 1 Get the Fitbit app from the Apple App Store (iPhone), the Google Play Store (Android), or the Microsoft Store (Windows).
- 2 Create a Fitbit account.
- 3 Answer the series of questions asked by the Fitbit app. Your answers are used to create your goals.

Do you want to ...

[lose weight](#)


[gain weight](#)

[maintain weight](#)

What is your weight goal?

[+ Goal body fat %](#)  
You can skip this step

If you skipped the guided (personal) goal setting, or you want to make a change to your goals:

- 4 From the Fitbit app dashboard, tap or click the Account icon 
- 5 Scroll to the Goals section.
- 6 Tap the goal you want to view or adjust.
- 7 Tap the individual element of the goal and follow the onscreen instructions to adjust it.

Note that you can also set and manage your goals using the [fitbit.com](https://fitbit.com) dashboard, but the personalized guidance is only available in the Fitbit apps.

## WHICH GOALS ARE AVAILABLE?

More information for each of the following goals can be found by searching for the corresponding **bold** text at [help.fitbit.com](https://help.fitbit.com).

**Daily activity**—Choose a stat and feel your tracker vibrate when you meet your goal, such as steps taken, active minutes, or calories burned. For more information, search for **How do I change the activity goal on my tracker?**

**Exercise**—Choose how many days per week you want to work out and track your progress as your exercise history captures your workouts. For more information, search for **What are exercise goals?**

**Weight**—Set a goal for losing, gaining, or maintaining weight. Manually log your daily weigh-ins or let Fitbit Aria do it automatically. Optionally, add a goal for body fat percentage. For more information, search for **Can I set a weight goal?**

**Water**—Track your progress towards a daily water consumption goal. For more information, search for **How do I set a water consumption goal and log my intake?**

**Food**—Create a Fitbit food plan to track your daily calorie input and output. In the Fitbit app for iOS you can set a daily calorie goal independent of a food plan. For more information, search for **How do I track my food with Fitbit?**

**Sleep**—Choose how many hours per night you hope to sleep and monitor results in your sleep logs. For more information, search for **How do I track my sleep?**