


# How do I connect with friends on Fitbit?

Learn how to connect with friends and family to stay motivated. For information on how to send private messages, join community groups, and more, see [What should I know about the Fitbit Community?](#)

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## How do I add Fitbit friends?


- Fitbit app
  1. Tap the Today tab , and tap your profile picture.
  2. Tap your name > **View All Friends** > **Add Friends**.
  3. Choose a method to find friends, then tap the **Add Friend** icon next to the name or email address of the person you want to add.


You can also send a friend request to a member of the Fitbit community. For more information, see [What should I know about the Fitbit Community?](#)

- fitbit.com dashboard
  1. On the fitbit.com dashboard, hover over the Friends tile and click **Find Friends**.
  2. Under **Find More Friends**, choose a method to add friends, and follow the on-screen instructions.

If you don't see the Friends tile on your dashboard, add the tile. For more information, see [About the fitbit.com dashboard](#)

## How do I accept or decline Fitbit friend requests?


- iPhones, iPads, and Android phones
  1. In the Fitbit app, tap the inbox icon  in the top right.
  2. Tap **Messages**.

3. Tap the friend request to open it.
  4. Tap **Accept** or **Ignore**.
- Windows 10 devices
    1. From the Fitbit app dashboard, tap the notifications icon at the top.
    2. Tap **Notifications**.
    3. Tap **Accept** or **Ignore** on the friend request.
  - fitbit.com dashboard
    1. From the fitbit.com dashboard, click the notifications icon  in the top right.
    2. Click **View Request** to open a friend request.
    3. Click **Accept** or **Ignore**.

## How do I keep up with my Fitbit friends?

Add friends to your Fitbit account to compare your 7-day step totals. To see your ranking:

- Fitbit app

Tap the **Community** tab  > **Friends**. Your friends are listed in order, based on their 7-day step total.

- fitbit.com dashboard

On the fitbit.com dashboard, your Friends tile lists your friends in order, based on their 7-day step total. To see the full list, hover over the tile and click **See More**.

If you don't see the Friends tile on your dashboard, add the tile. For more information, see [About the fitbit.com dashboard](#)

Tap a friend to see information they choose to share, such as step average, top badges, trophies, and their friends list. Keep in mind that the information visible to you depends on that friend's Fitbit privacy settings.

You can also cheer, taunt, or message your friends. To motivate one another, try participating in a challenge. For more information, see [What should I know about challenges?](#)

If you want to share specific accomplishments with family and friends over social media, text, or email, see [Can I share my Fitbit stats and accomplishments?](#)

## How do I delete or block Fitbit friends?

- Fitbit app



1. Tap the Today tab , and tap your profile picture.
2. Tap your name and scroll to see your friends.
3. Tap **View All Friends**, then tap the friend you want to delete or block.
4. On their profile, tap the three dots.
  - To remove the friend, tap **Remove Friend**.
  - To block a friend, tap **Block User**.

If you want to unblock someone, go to **Account > Blocked Users** and choose the person you want to unblock.

- fitbit.com dashboard
  1. From the fitbit.com dashboard, find the Friends tile.
  2. Click the friend you want to delete.
  3. On their profile, hover over the teal **Friends** button. The button turns pink and an **X** appears.
  4. Click the button to remove the friend.

Note that you can only block friends in the Fitbit app.

## How do I manage my Fitbit privacy settings?

You're in control of who can see details about you. To learn about the information you can share on your Fitbit profile, and how to control who can see it, see [How do I manage my Fitbit profile?](#)