

# Heart Walk Move More Challenge

The Heart Walk Move More Tracker can pull data from either Apple Health, Google Fit or Strava. Please see below the 3 options to track your minutes within or to the Heart Walk App.

## Option 1. Manually track an activity directly through the App

1. Click on the green Start button to start your activity tracking. (Be sure your location access is set to Always)
2. Click the grey square to stop your workout and Confirm.

## Option 2. Manually enter an already completed activity directly through the App

1. Click on the red plus sign.
2. Enter the Date & Duration of your activity and click Add.

## Option 3. Sync your activity directly to the HW App. SEE OPTIONS BELOW



### Apple Watch to Apple Health

*To sync data*

1. Open the Apple Health App
2. Tap your profile photo in upper right hand corner then Devices
3. Tap your Apple Watch
4. Tap Privacy Settings and make sure Fitness Tracking is turned on.

**\*\*\*In order for a workout to transfer to Apple Health you MUST Start a workout on your Apple Watch**

### Fitbit to Strava

*To sync data*

1. Open the Strava app and select Settings.
2. Head to "Applications, Services, and Devices," then select Health.
3. Confirm by selecting Connect.
4. Once connected, make sure the "Send to Health" option is toggled on to upload data between your Fitness tracker and the Strava app.

### Apple Watch to Strava

*To sync data*

1. Open the Strava app and select Settings.
2. Head to "Applications, Services, and Devices," then select Health.
3. Confirm by selecting Connect.
4. Once connected, make sure the "Send to Health" option is toggled on to upload data between your Fitness tracker and the Strava app.

***If you find your data on the HW app is not reflecting correctly - navigate to the upper right hand corner and click on the Settings/Gear Shift Icon.***



**Click on Resync Activity Data & Confirm**