

Apple Watch Activity: Quick Start Guide

How do I access step count?

- Press the Digital Crown
- Tap the Activity app 
- Scroll down using the Digital Crown
- Total Steps is listed under daily summary



What do the rings mean?

The Activity app displays three rings:

- The **red** Move ring shows how many active calories you've burned
- The **green** Exercise ring shows how many minutes of brisk activity you've done
- The **blue** Stand ring shows how many times in the day you've stood and moved for at least 1 minute per hour
- An overlapping ring means you exceeded your goal!
Tap  to see how you're doing for the week



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How do I set goals and log an activity?

If you find your Activity goals either too challenging or not challenging enough, you can change them.

- Go to the Activity app  on your Apple Watch
- Turn the Digital Crown to a ring, then tap 
- Tap one of the following:
 - *Change for Today*: Set a temporary goal for your Activity ring for today
 - *Change Daily Goal*: Customise your Activity ring goal by the day of the week
- Tap  or  to adjust a goal, then tap Set or Set Schedule.
- To customise your goal by the day of the week, tap  in the top-right corner, then tap Schedule
- If you forget to start a workout with your Apple Watch, you can manually add your workout details in the Health app on iPhone



**Technology can help you stay active
and reach your health goals!**

