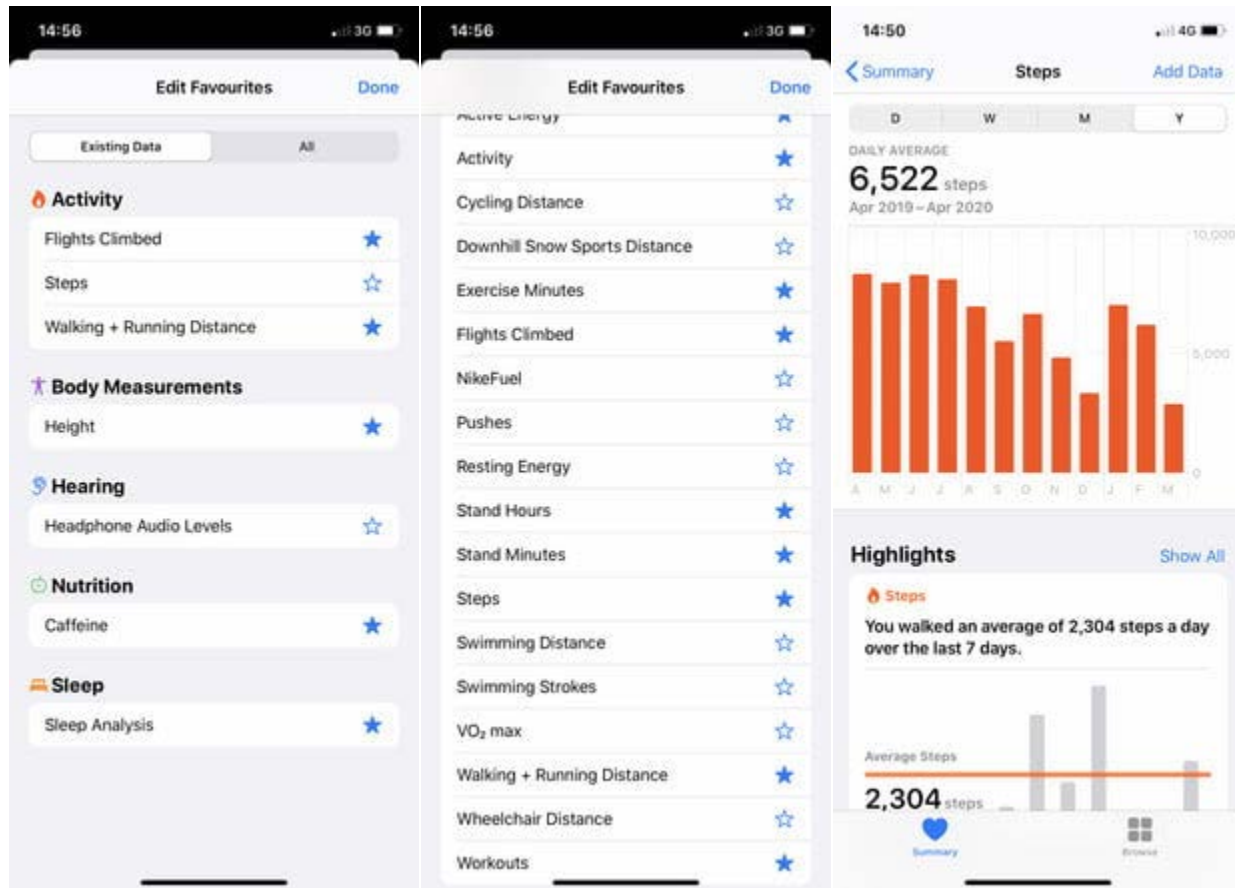


How to use Apple Health app to track steps



First, open the Apple Health app by tapping on it on your iPhone's Home screen. When you first open the app, you'll be prompted to set up your Health Profile. In other words, you'll enter basic information such as your name, sex, date of birth, height, and weight. You don't necessarily have to enter this information, but it helps the app to provide a clearer, fuller picture of your overall health.

As soon as you finish your Health Profile, you'll be taken to the Health app's Summary screen, which is the main dashboard summarizing your health data. You should already be able to see your steps data on this screen, without having to activate it or grant permissions. However, if you don't see Steps on the Summary, here's what you can do:

Step 1: On the Summary screen, tap *Edit* (near the top-right corner)

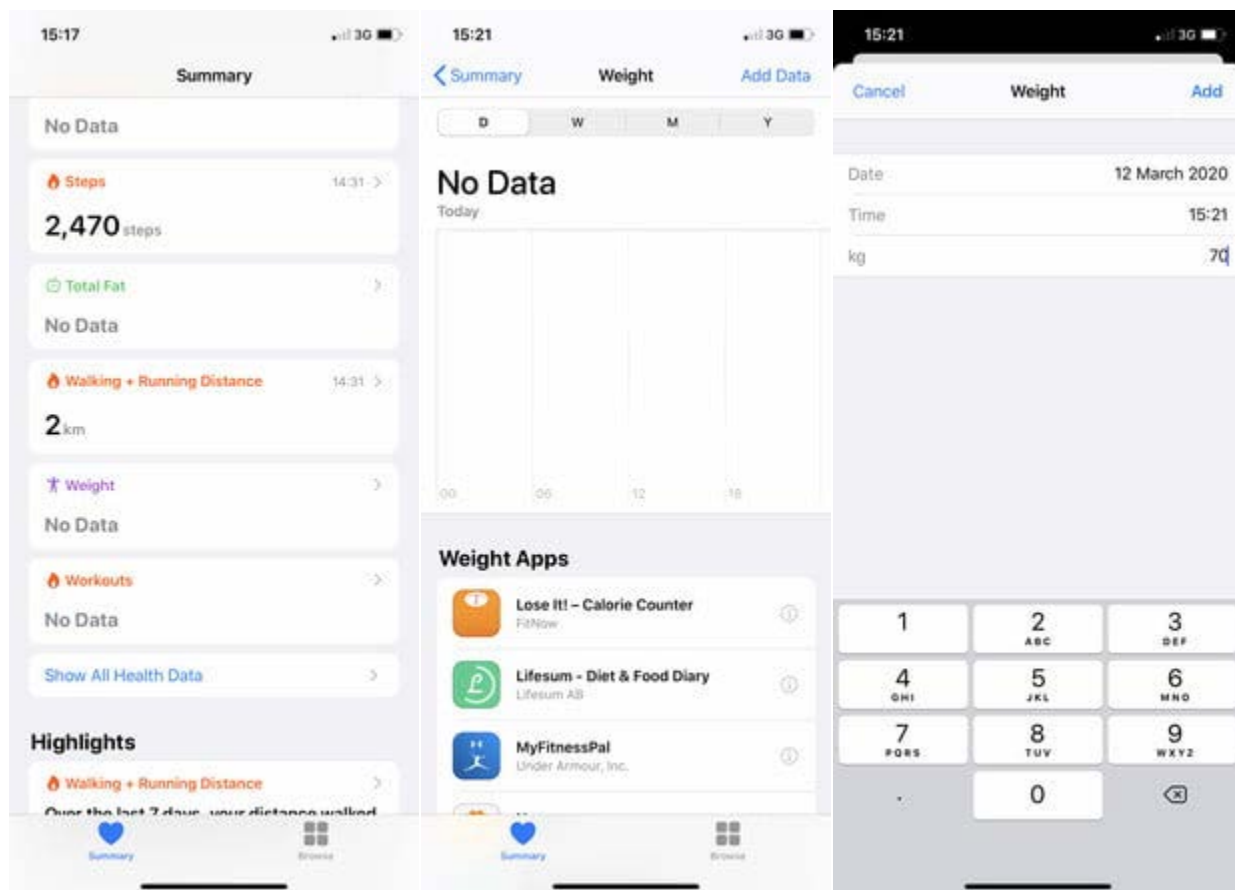
Step 2: Tap the *All* tab in order to see all the different kinds of activity you could monitor. Scroll down and tap *Steps*, so that the blue star next to it becomes bold. Then tap *Done*.

Step 3: Having tapped *Done*, you'll return to the Summary screen. Scroll down and tap *Steps*.

Step 4: This brings you to your Steps dashboard. You'll be able to see a graph that shows you how many steps you've taken today (although bear in mind that you obviously need to walk around with your iPhone for it to count your steps). You can see your average steps for the past week, month, or year by tapping on the *W*, *M*, and *Y* tabs above the graph. You can also scroll down to see a variety of "Highlights" summarizing how your step count has changed over certain periods of time.

That's it. But once again, if you want to use Health to track how many steps you're taking each day, make sure you take your iPhone around with you on walks. Alternatively, you can count steps with your Apple Watch (if you have one), which [can also be used to track your heart rate](#), as well as other vital signs.

How to use Apple Health app to track your general health



You can track steps on iPhone using the Health app, but you can also use the app to track a wide variety of other things.

<https://support.apple.com/en-us/HT20303>