National Steps™ Challenge

MOVE IT
WITH NATIONAL STEPS
CHALLENGE™

Health
Promotion
Board

# What to do if *there is a discrepancy in your fitness data* with the Healthy 365 app?

- *Each 3rd party app has a different algorithm for tracking steps and active time/MVPA minutes. This may potentially lead to a discrepancy in fitness data.*

- *Sync your tracking device to your 3rd party app before syncing your 3rd party app with the Healthy 365 app. Do note that you will need to sync your fitness data with the Healthy 365 app at least once every 7 days to avoid losing fitness activity records.*

Additional note for Samsung Watch Users
You must manually activate workout mode on your fitness tracker to allow Healthy 365 app to read your MVPA data.
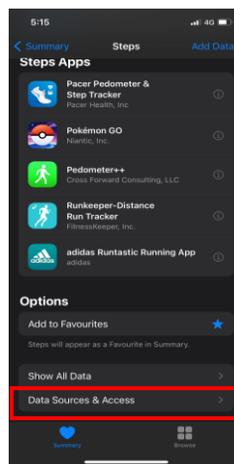
Additional note for Apple Watch Users
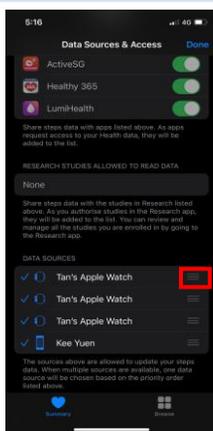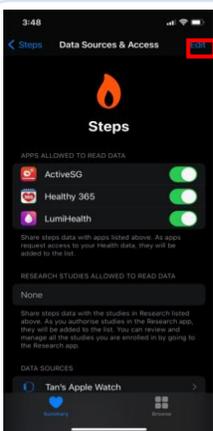*Check the priority list to ensure that your Apple Watch is prioritised over the phone.*
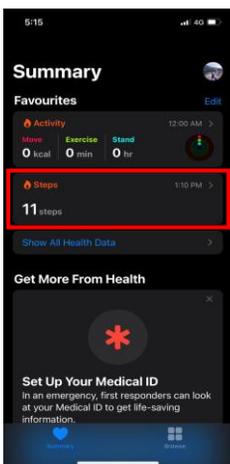
Step1
Open the "Apple Health" app, tap the subcategory "Steps".

Step 2
Scroll down, then tap "Data Sources & Access".

Step 3
Tap "Edit". After which, touch and hold the "Change Order" button next to a data source, and drag it up or down the list.

Aim for 150 mins of MVPA per week   Aim for 10,000 steps per day

Get moving. Get more from life. | Championing: Let's Beat Diabetes
stepschallenge.gov.sg | #moveit150 | #my10ktoday