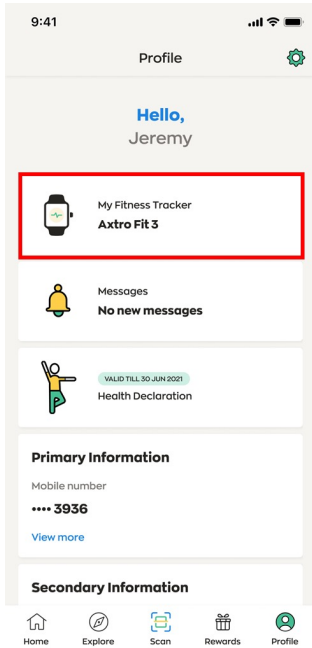
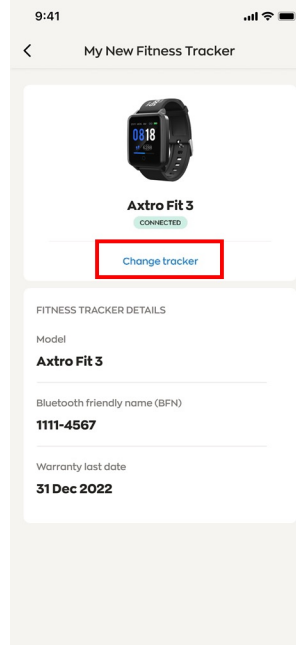


# How to change fitness tracking mode

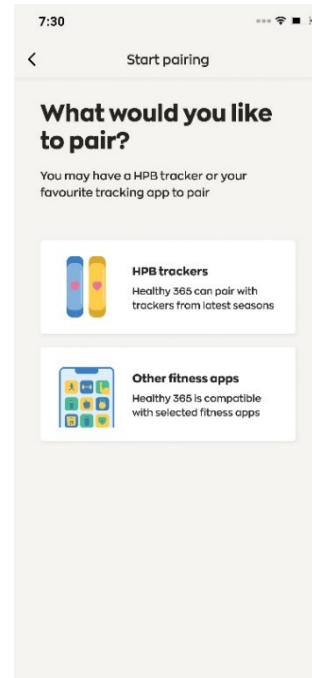
Do sync all your existing data before changing your fitness tracking mode.



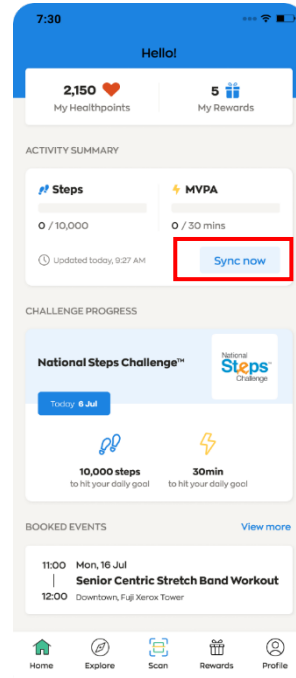
**Step 1**  
On the 'Profile' tab of the Healthy 365 app, tap on 'My Fitness Tracker'.



**Step 2**  
Tap on the 'Change tracker' button. Follow the on-screen instructions to ensure that you have synced all your existing data.



**Step 3**  
Select your preferred fitness tracking mode and follow the on-screen instructions to complete the pairing process.



**Step 4**  
Go to 'Home' and tap on the 'Sync now' button to sync for the first time.

Your fitness tracker should sync automatically after the first sync.