CHALLENGE

CONNECTING APPLE HEALTH WITH Y TRAINING ID



DOWNLOAD the **Y TRAINING ID APP** from the **APP STORE** to:

- Complete your daily
 #Y45 Challenge workout
- See the workouts and habits your coach has set up for you

Check on your daily progress





CONNECTING your **Apple Health** to the **Y TRAINING ID APP:**

If you would like your coach to see your steps, sleep, calorie burn and other metrics, you will need to sync the

Y Training ID app with your Apple Health.

HERE'S HOW:





STEP 1: Open the **APPLE HEALTH app** on your phone.



Peloton	Fitness	Health	
ovverMusicNow	KP	0:30 IntervalTimer	
Speedtest	Seconds Pro	Calm	



STEP 2:

Select **"Sharing"** on the bottom menu and scroll until you find the Y TRAINING ID app.



sharing your Health data.

Dashboard and Notifications



Data you share will appear in their Health app. They can also get notifications if there's an update.

Private and Secure



Only a summary of each topic is shared, not the details. The information is encrypted and you can stop sharing at any time.

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Apps

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STEP 3: Select **"Turn On All"** so all metrics are showing as green.





STEP 4:

Now **open the Y Training ID app** and **select the three dots** in the bottom right hand corner.





STEP 5:

Click "**Sync Now**" to make your Apple Health data viewable in the Y Training ID app.





Last synced: 22 Feb 2022 3:43 pm

If your data doesn't show up:

1. Find the Sharing Permissions screen

Open the Health App. Tap on your Profile icon. Scroll down to the Privacy section and select Apps. Select our app from the list.

2. Enable permissions

You can enable/disable writing or reading permissions individually for each health data type.





STEP 6: You AND your coach **can now view your metrics**!



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Body Weight 13 Jan 2022	Body Fat
138 lbs	
Photos	Caloric Intake
	888
Resting HR	Blood Pressure
loday	***
60 bpm	
Lean Body Mass	Caloric Burn
1 E	3 3 000



Enjoy the Challenge! Please share your journey with US! Mention YMCA East Bay in your feed or stories! @ymcaeastbay or #Y45Challenge



