

#Y45

CHALLENGE

CONNECTING
APPLE HEALTH
WITH Y TRAINING ID



#Y45

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.

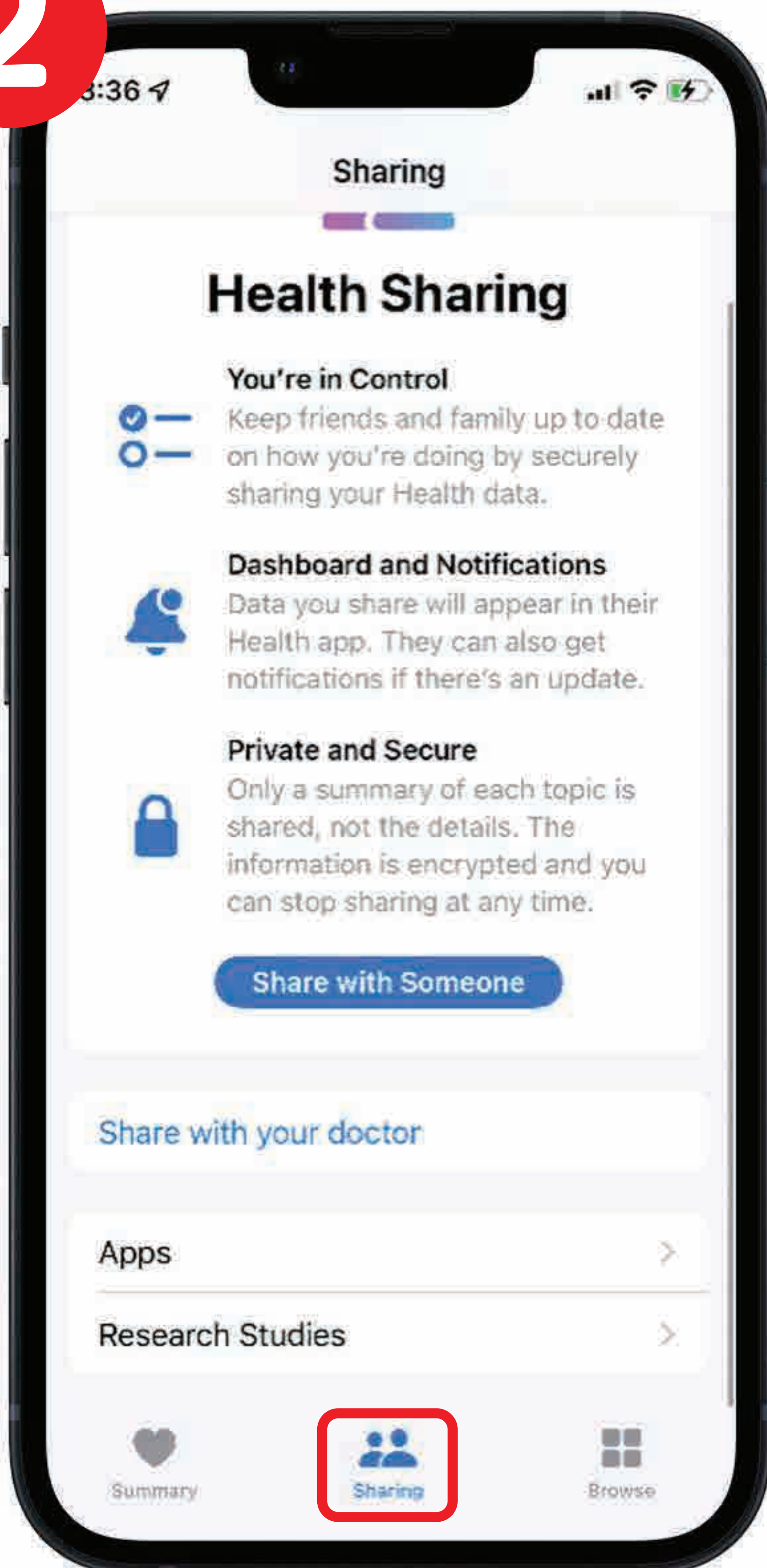
1



STEP 2:

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

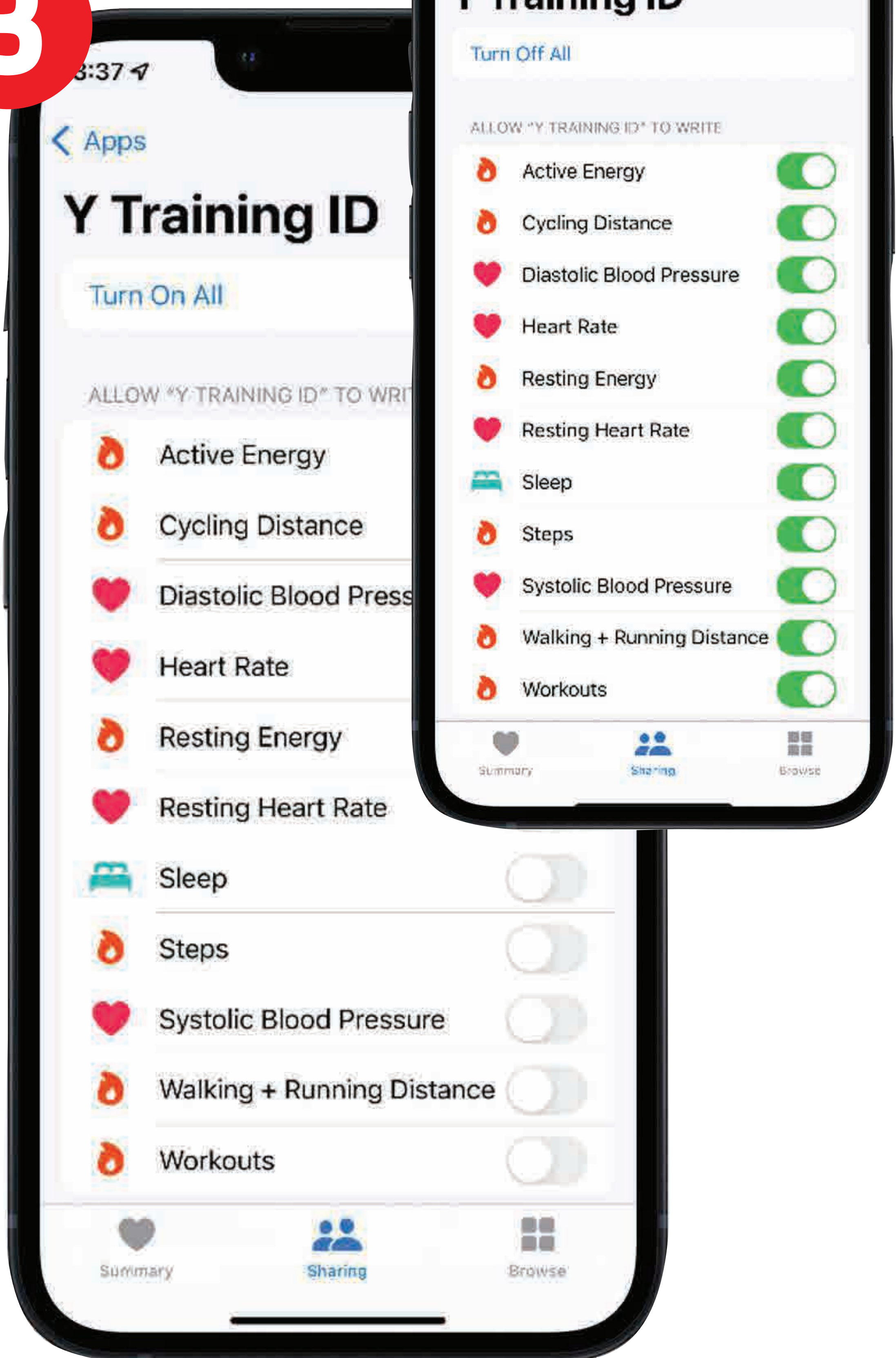
2



STEP 3:

Select "Turn On All" so all metrics are showing as green.

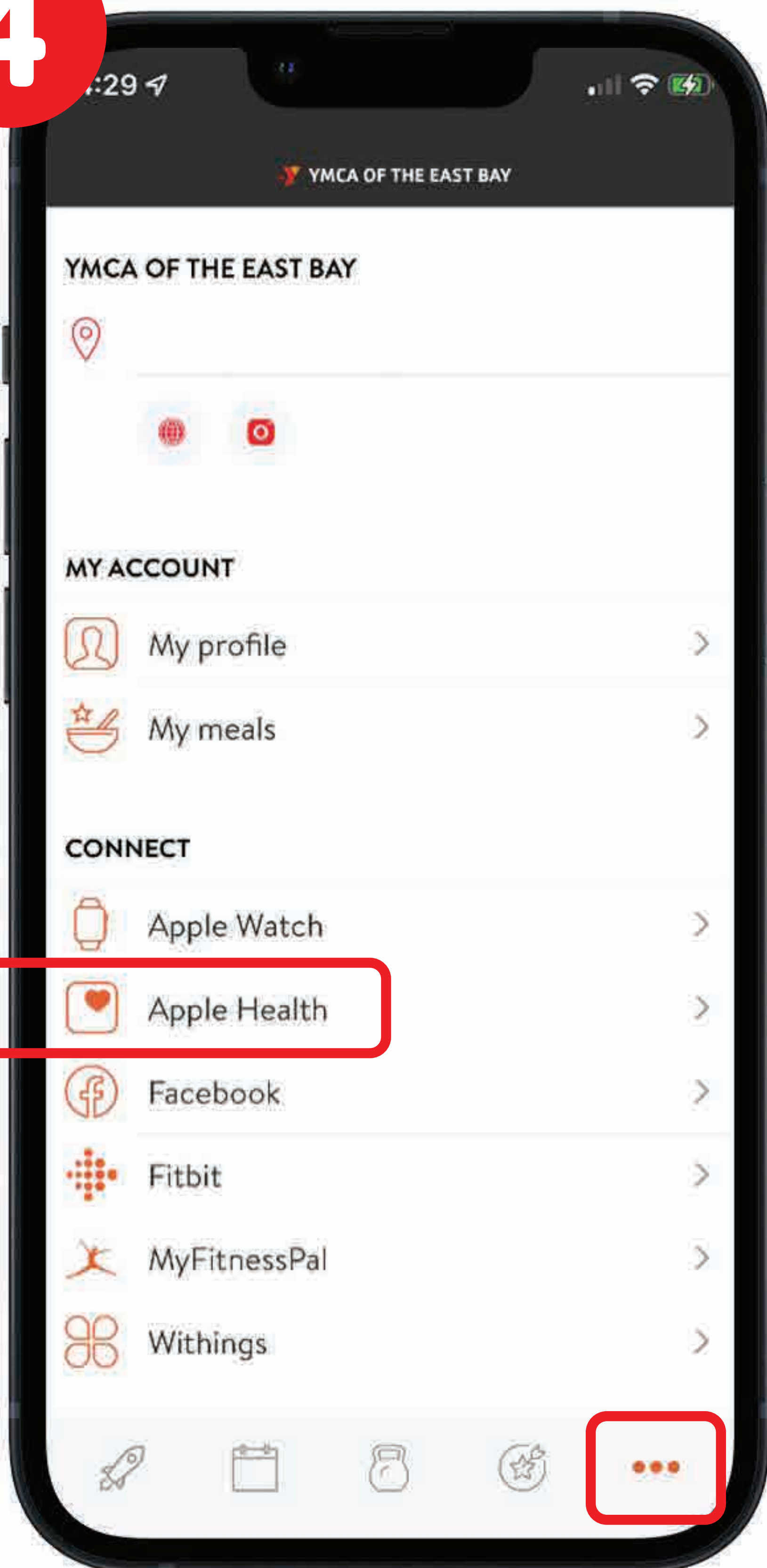
3



STEP 4:

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

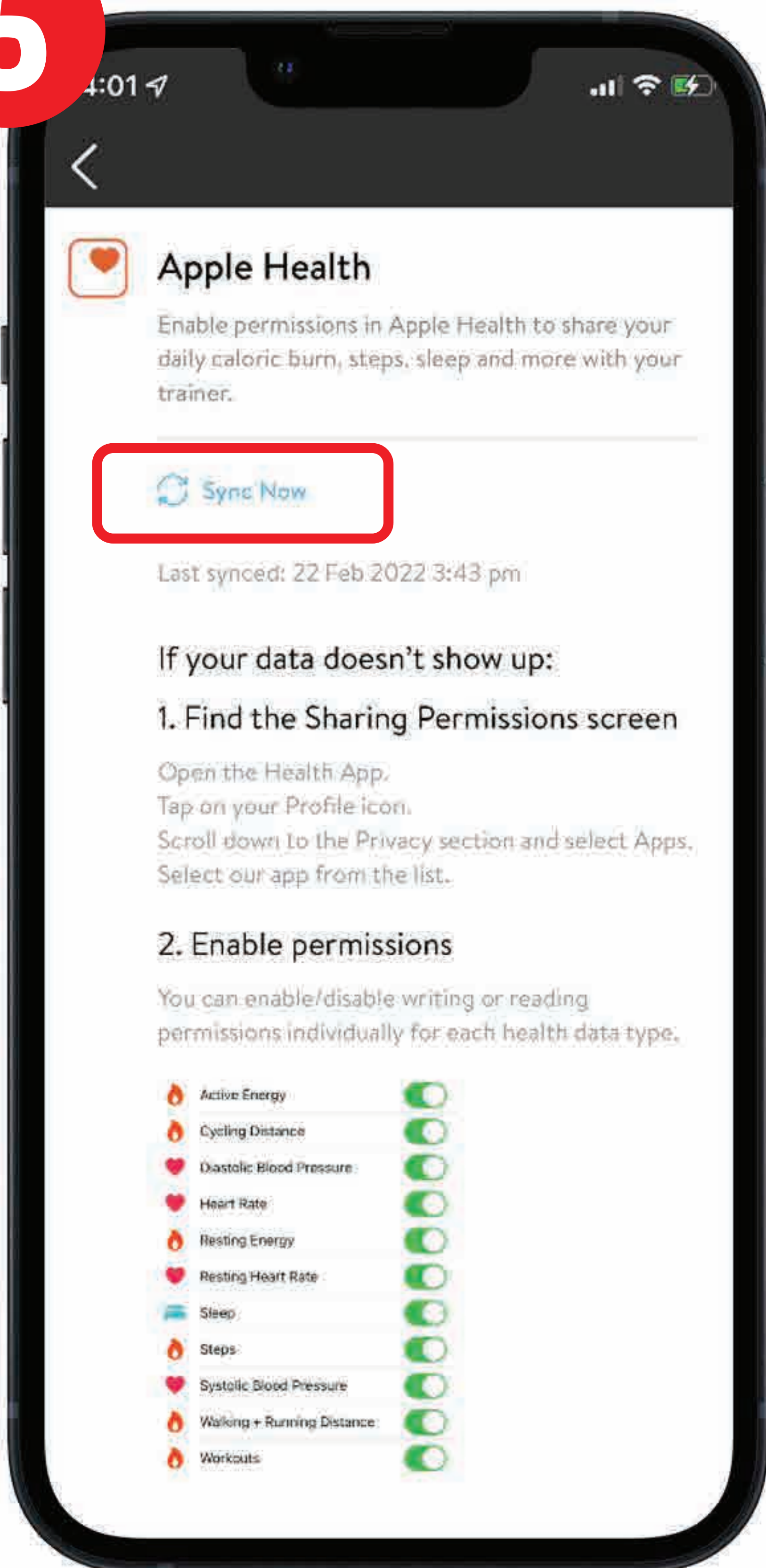
4



STEP 5:

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

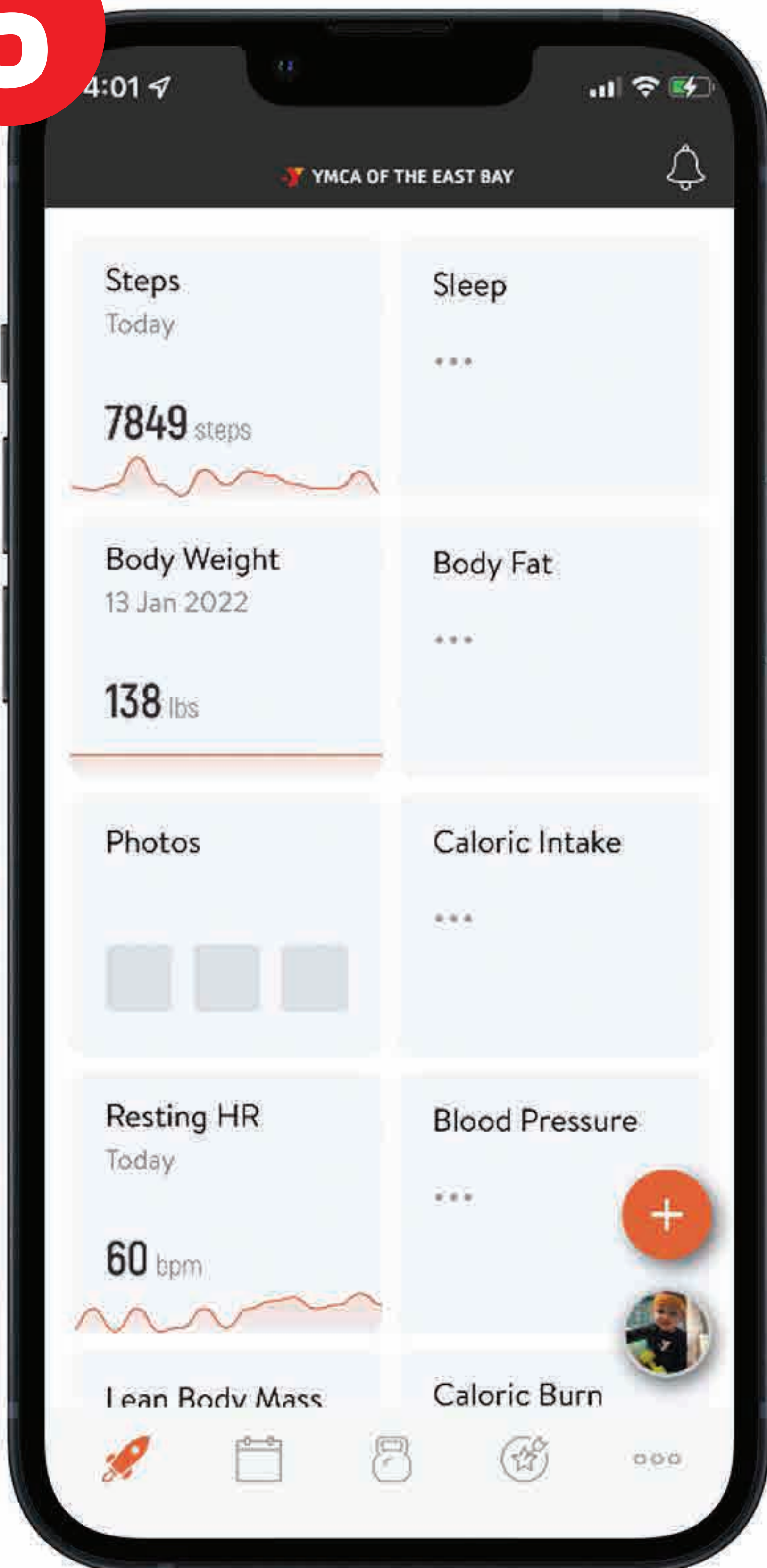
5



STEP 6:

You AND your coach can now view your metrics!

6



Enjoy the Challenge!

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in your feed or stories!

**@ymcaeastbay
or #Y45Challenge**

