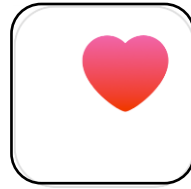


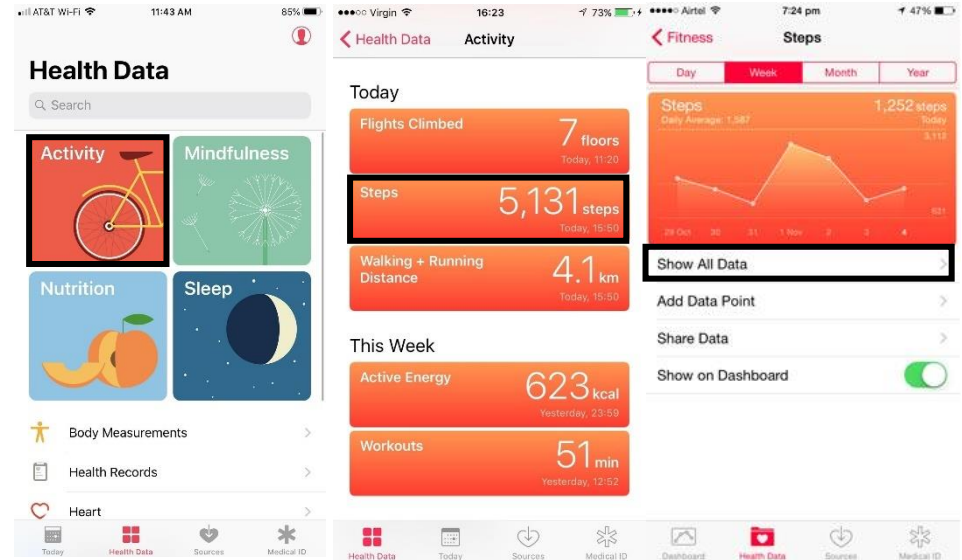
# HUNTLEY STEP-TEMBER CHALLENGE

## How to Track/Check Number of Steps



### iPhone

1. Open Health app
  - o If user has never used, enter My Info
2. Go to the “Health Data” tab at bottom of screen
3. Tap on “Activity”
4. Under “Today” click on “Steps”
5. Tap on “Show All Data” and you will see the number of steps for each day.



### Apple Watch

6. Open Activity Ring
7. Scroll down until you see “Total Steps”
  - o NOTE- This shows only the current steps, that day.

