

Check my steps data in Garmin Connect

To view your step data in Garmin Connect, follow these steps:

Using the Garmin Connect Mobile App:

1. Open the App:

- Launch the **Garmin Connect** app on your smartphone.

2. Navigate to 'My Day':

- Tap on the **'My Day'** tab at the bottom of the screen.

3. View Steps:

- Scroll down to find the **'Steps'** section, which displays your daily step count.

4. Access Detailed Step History:

- Tap on the **'Steps'** section to view more detailed information, including weekly and monthly step totals.

Using the Garmin Connect Web Interface:

1. Log In:

- Visit [Garmin Connect](https://connect.garmin.com) and sign in to your account.

2. Access 'Health & Fitness':

- Click on **'Health & Fitness'** in the left-hand menu.

3. Select 'Reports':

- Choose **'Reports'** from the dropdown menu.

4. **Generate a Steps Report:**

- In the **'Reports'** section, select **'Steps'** to generate a report of your step data over a specified time period.

By following these steps, you can effectively monitor your step count and track your progress over time using Garmin Connect.

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