

How to sync Google Fit to Health Connect?

To synchronize Google Fit with Health Connect, follow these steps:

1. Install Health Connect:

- Ensure that the **Health Connect** app is installed on your Android device. You can download it from the [Google Play Store](#).

2. Open Google Fit:

Launch the **Google Fit** app on your device.

3. Access Profile Settings:

- Tap on the **Profile** tab located at the bottom right corner.
- Tap the **Settings** icon (gear symbol) at the top right corner.
- **4. Enable Health Connect Sync:**
- Scroll down to find the **Health Connect** section.
- Toggle on **Sync Fit with Health Connect**.

5. Set Up Permissions:

- A prompt will appear to set up permissions.
- Tap **Set up**.
- Select the data types you want Google Fit to read from and write to Health Connect.
- Tap **Allow** to grant the necessary permissions.

By completing these steps, Google Fit will be connected to Health Connect, allowing seamless sharing of your health and fitness data between compatible apps.

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