

How to Find Minutes of Activity Tracked by Smartphone or Device Apps

This is a list of common smartphone apps and body wearable devices and how to find the data for your minutes of activity tracked.

Apple Watch or iPhone

<https://support.apple.com/en-us/HT204517>

Check your Activity history

You can check your progress for the day on your Apple Watch, or check your entire history from the Activity app on your iPhone.

On your Phone

1. Open the Activity app on your iPhone.
2. Tap the History tab to see details about your all day activity. On the calendar, a green dot appears next to the days that you worked out.
3. To see more detail, tap a day.
4. To get information about a workout, such as your route or total distance, tap the Workouts tab, then tap the item.*



On your Apple Watch

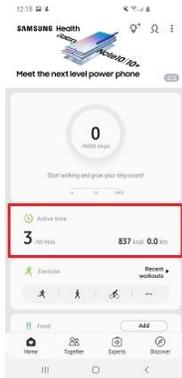
1. Open the Activity app on your Apple Watch.
2. Swipe up to see details for each ring.
3. Swipe up again to see more, like your total steps, your distance, and workouts.
4. To see your weekly summary, firmly press the screen, then tap Weekly Summary.



Samsung Health app

<https://www.samsung.com/uk/support/mobile-devices/how-do-i-record-my-steps-or-other-exercise-using-the-s-health-app/>

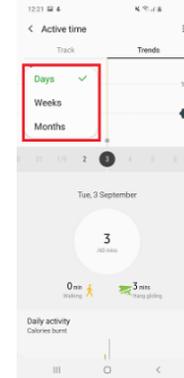
1. Tap the Active time section



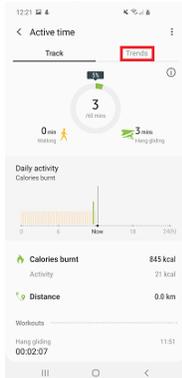
3. Drag the slider left or right to select a different day



5. Select between Days, Weeks and Months



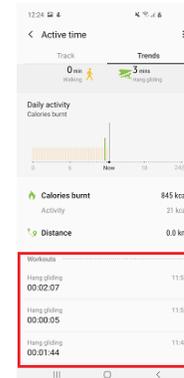
2. Tap Trends



4. Tap Days to change the view



6. Tap on a workout to view more details about it



Fitbit

https://help.fitbit.com/articles/en_US/Help_article/1785/

How do I see my core stats on my Fitbit device?

Check your activity stats on your device or on the Today tab  in the Fitbit app.

For more information, see [How do I navigate my Fitbit device's screen?](#)