Get started. The first time you open Activity on Apple Watch, swipe left to read the Move, Exercise, and Stand descriptions, then tap Get Started. Enter the required information by tapping Sex, Age, Weight, and Height, then turn the Digital Crown to set and tap Continue. Finally, tap Start Moving.





Note: You can also enter your birthdate, sex, height, and weight in the Apple Watch app on iPhone. In the Apple Watch app, tap My Watch, then tap Health. Check your progress. Swipe up on the watch face, then swipe to the Activity glance at any time to see how you're doing. Tap the glance to open the Activity app 
and swipe to see the individual activities. The Move ring shows how many active calories you've burned. The Exercise ring shows how many minutes of brisk activity you've done. The Stand ring shows how many times in the day you've stood for at least one minute per hour. Swipe up on an activity or turn the Digital Crown to see your progress as a graph.





An overlapping ring means you've exceeded your goal. Watch for achievement awards, if you have that feature turned on.



A partial ring shows progress toward your goal. Completed rings mean you've reached your goal.

# **Apple Watch Guide Login**

**Ying-Ying Zheng** 



Enjoying the Melody of Appearance: An Psychological Symphony within Apple Watch Guide Login

In a world used by displays and the ceaseless chatter of instantaneous conversation, the melodic splendor and psychological symphony produced by the prepared word frequently diminish in to the background, eclipsed by the relentless sound and disturbances that permeate our lives. Nevertheless, nestled within the pages of **Apple Watch Guide Login** a stunning fictional treasure overflowing with fresh feelings, lies an immersive symphony waiting to be embraced. Crafted by a masterful musician of language, that fascinating masterpiece conducts visitors on an emotional trip, well unraveling the concealed tunes and profound influence resonating within each cautiously constructed phrase. Within the depths of this touching evaluation, we can discover the book is main harmonies, analyze their enthralling writing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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