



Using an Apple Watch in CVA Personal Fitness

Hardware Requirements	Software Requirements
<ul style="list-style-type: none"> • Apple Watch with latest update • iPhone with latest updates • Both with the same Apple ID 	 iPhone: Apple Fitness App (free)  Apple watch: Apple workout app (pre-installed on Apple Watch)



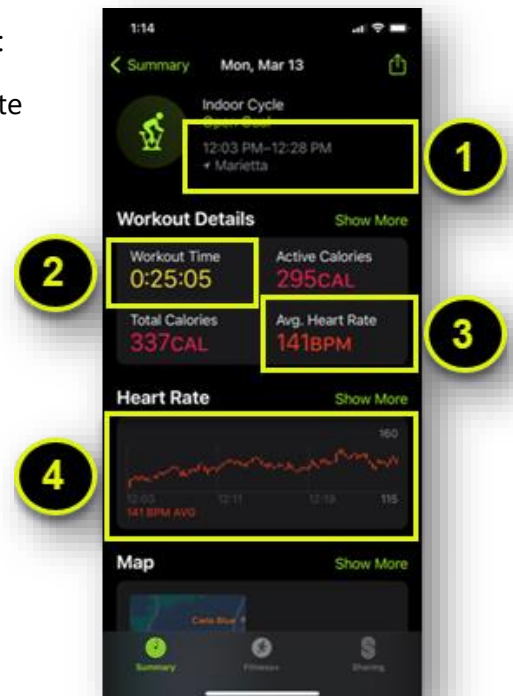
1. Both the Apple Watch and iPhone need to use the same Apple ID. To download the Fitness app on an iPhone, search for "apple fitness" in the app store.
2. Before your workout, put on your watch and open the workout app. Choose the most appropriate workout and complete it. After you complete your workout and return to your iPhone, the workout will automatically transfer to the Apple fitness app.

3. Open the Apple fitness app on your iPhone. You will see the "summary" screen. Under the Workouts section, click on the workout that you would like to use for your CVA Personal Fitness workout submission.

4. Take a screenshot of the workout information. During Summer Term, you are required to have 5 workouts per week, so you should take 5 different screenshots. Insert these screenshots into your weekly workout chart that you submit for a grade. The screenshot should contain the following information:



1. Workout Date and Time
2. Workout Time
3. Average Heart Rate
4. Heart Rate Graph



Make sure to view the video on page 4 of Lesson 3.01 on "How to submit a weekly workout chart"