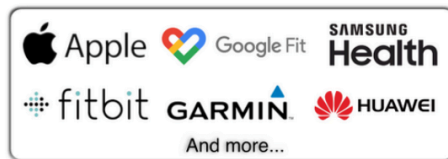


Connecting to a Wearable Device for HealthKick challenges

1. Under your personal challenge view, go to the bottom of the page and click on "Start the wearable connection."

Wearable connections

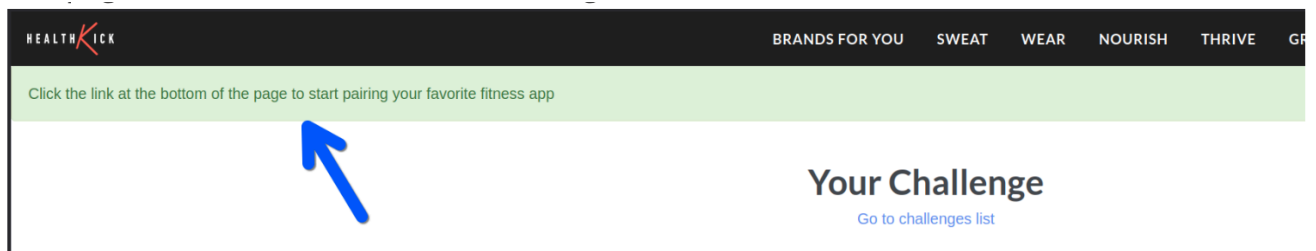
This challenge can be tracked automatically through wearables (such as a smartwatch or smartband). Keep in mind that only the following activities can be tracked automatically: Activity Minutes, Step Count, and Sleep Hours. For the other ones, you still have to enter your progress manually



Click the button below to link your favorite wearable and track your progress automatically

Start the wearable connection

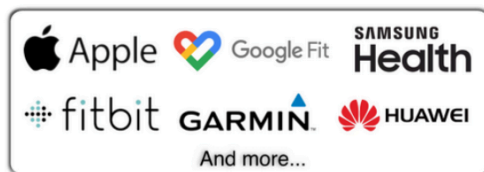
2. The page will reload and show this message:



3. Go to the page bottom again and click on "Connect to wearable":

Wearable connections

This challenge can be tracked automatically through wearables (such as a smartwatch or smartband). Keep in mind that only the following activities can be tracked automatically: Activity Minutes, Step Count, and Sleep Hours. For the other ones, you still have to enter your progress manually



Connect to wearable

4. You will be redirected to a new tab with the Terra widget, pick your wearable/application brand, and follow the instructions to authorize it.

Recommendations

We recommend syncing to [Google Fit](#) since it allows manual data input through their app and can be authorized with any Google account. It is also available on any smartphone device.

**However, if you prefer to use Apple Health, you will need to first install the Terra Avengers [app](#) onto your iPhone. *NOTE: The Apple Health connection only works when you start the connection from an iPhone browser. [For a video tutorial, please click here!](#)*