

Recording Your Physical activity

Manual Entry

Enter your health activities manually using the trackers listed on your log page. Simply tap on the required field 'Activities' and fill in the details.

Automatic upload

Upload your daily activity automatically by pairing the Well 1-2-1 app with your favourite fitness app or wearable device.

1. Pair with a partner app/wearable device - make sure your partner app is kept updated & most recent activity synced.
2. Upload your activity to your devices app eg. Fitbit, Strava, Google Fit etc.
3. Open the Well 1-2-1 app - your data automatically synchronises.

We recommend pairing the Well 1-2-1 app with a partner app to make uploading your physical activity as easy as possible.

See the 'Well 1-2-1 app pairing guide' for more help/info

