



Troubleshoot Google Fit



Not seeing your steps from Google Fit at GetYourDailySteps? Let's check a few things



Why Google Fit?

1. Google Fit is Free
2. Google Fit has an API that lets us connect and automatically retrieve your steps
3. Google Fit can track steps from Apple Health so we can see your activity from other services like your Apple Watch

Let's get Started!

Do you see steps in the Google Fit app?

The total steps for the day so far appear in blue. This user's step count is **509**.

8:10



Heart Pts Steps

600
cal

0.25
miles

9
Move Min

Have you synced recently in the Google Fit app?

Google Fit will sync automatically from time to time. You can help force this by pulling down near the top of the app to force a refresh.

2:53



Heart Pts Steps

759
cal

1.23
miles

37
Move Min

Lets check your Settings in your Google Fit Profile

From the app home, click on the person icon in the lower right corner to get to this screen

7:45 ↵



Profile



Activity goals

Steps

10,000



Heart Points

20





Do you have a connection for Activity Tracking?

Apple Watch users should see
Track your activities with Health



Settings

Preferences

Theme
System Default >

Start of the week
Sunday >

Notifications >

Activity tracking

Track your activities with Health >

Units



Do you have Activity Tracking enabled?

If you are planning to use an Apple Watch to track your steps, this option should be enabled



Activity tracking

Connect Google Fit with Health



Google Fit can automatically add activity data from Health. Fit uses this to track your fitness and health, and personalize your experience.

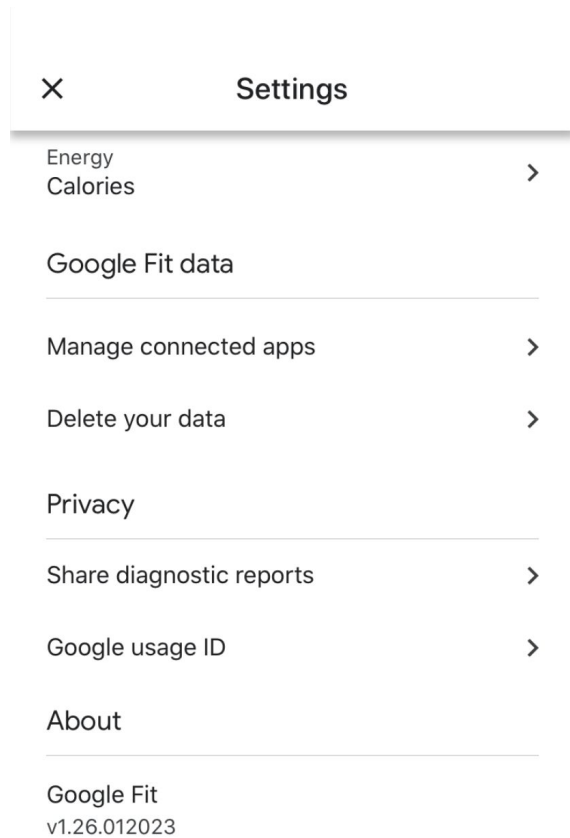
To see maps for workouts that include your location, allow Fit to access your Workout Routes from Health.

Disconnecting Google Fit from Health doesn't delete the data in your Fit account. To delete data from your Fit account, open Settings and select Delete your data.



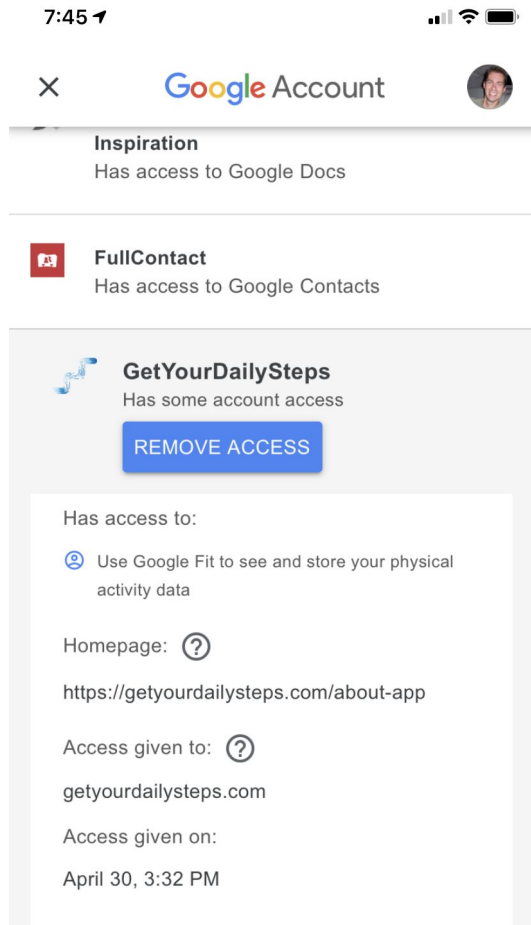
Did you grant permission to GetYourDailySteps?

Under Google Fit data, click on
Manage connected apps



Did you grant permission to GetYourDailySteps?

You should see a page like this. You can always remove access from here if you decide to leave GYDS.





Hope this helped!

If you are still having issues, you can -

Look at other questions and answers on our
FAQ: <https://getyourdailysteps.com/support/faq>

Email: support@getyourdailysteps.com

Connect on Facebook -
<https://www.facebook.com/getyourdailysteps>