

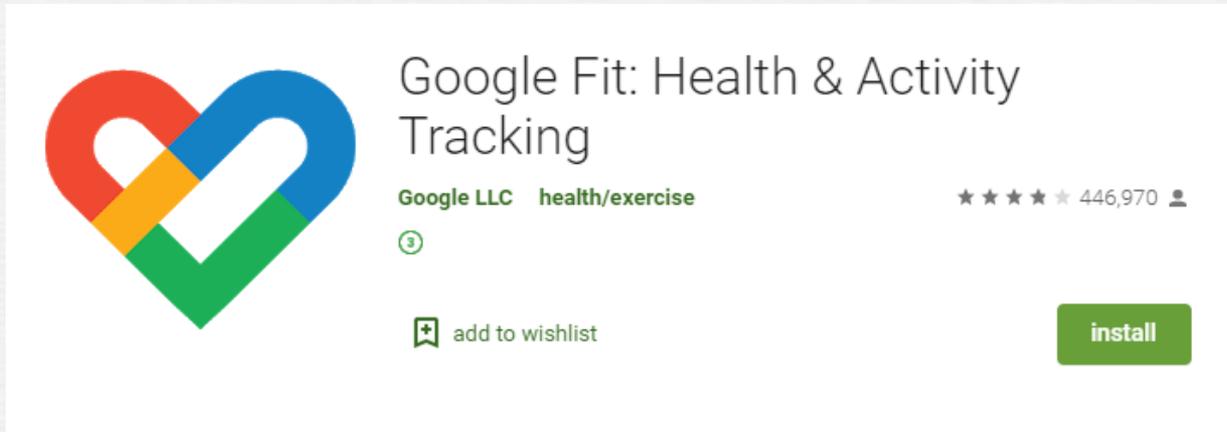
Google Fit Manual

**Google Fit
Download Manual
(Android • IOS Available)**



Download App

✓ Google Play



Google Fit: Health & Activity Tracking

Google LLC health/exercise

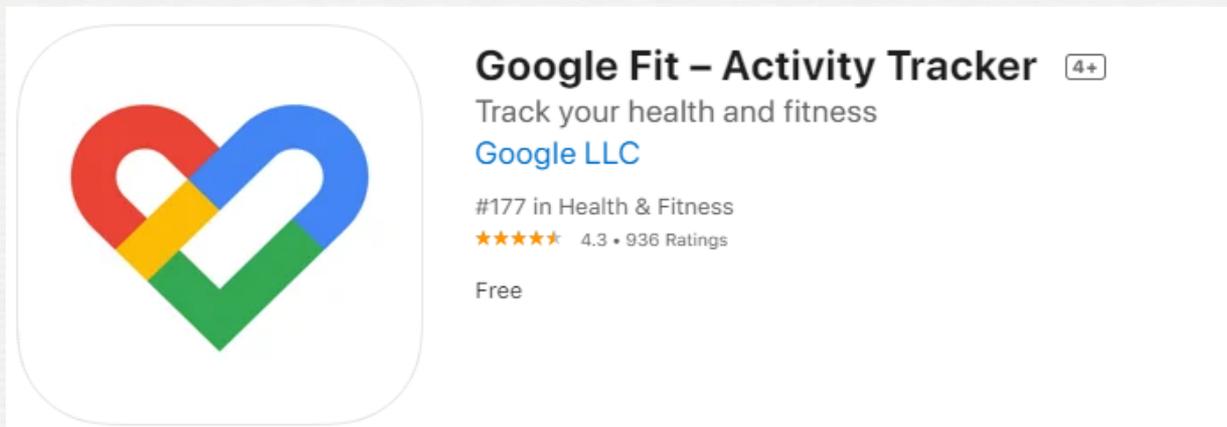
★★★★★ 446,970

add to wishlist

install

The image shows a screenshot of the Google Play Store listing for the 'Google Fit: Health & Activity Tracking' app. On the left is the app's logo, a heart shape formed by four interlocking loops in red, blue, yellow, and green. To the right of the logo, the app title 'Google Fit: Health & Activity Tracking' is displayed in a large, dark font. Below the title, the developer 'Google LLC' and the category 'health/exercise' are listed. A green circle with the number '3' is visible below the category. To the right of the developer information, there are five stars and the number '446,970' representing the number of reviews. Below the stars is a small icon of a person. At the bottom left of the card, there is a green button with a plus sign and the text 'add to wishlist'. At the bottom right, there is a prominent green button with the text 'install'.

✓ App Store



Google Fit - Activity Tracker 4+

Track your health and fitness

Google LLC

#177 in Health & Fitness

★★★★★ 4.3 • 936 Ratings

Free

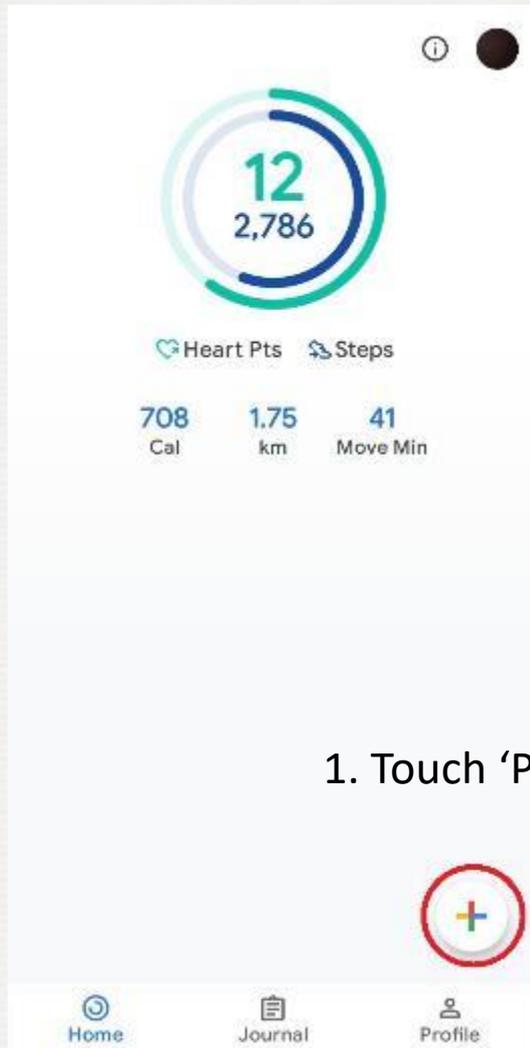
The image shows a screenshot of the Apple App Store listing for the 'Google Fit - Activity Tracker' app. On the left is the app's logo, a heart shape formed by four interlocking loops in red, blue, yellow, and green, enclosed in a rounded square. To the right of the logo, the app title 'Google Fit - Activity Tracker' is displayed in a large, dark font, followed by an age rating icon '4+'. Below the title, the subtitle 'Track your health and fitness' is shown. The developer 'Google LLC' is listed below the subtitle. Further down, the app's ranking '#177 in Health & Fitness' is displayed. Below the ranking, there are five stars and the text '4.3 • 936 Ratings'. At the bottom left of the card, the word 'Free' is displayed.

Sign In

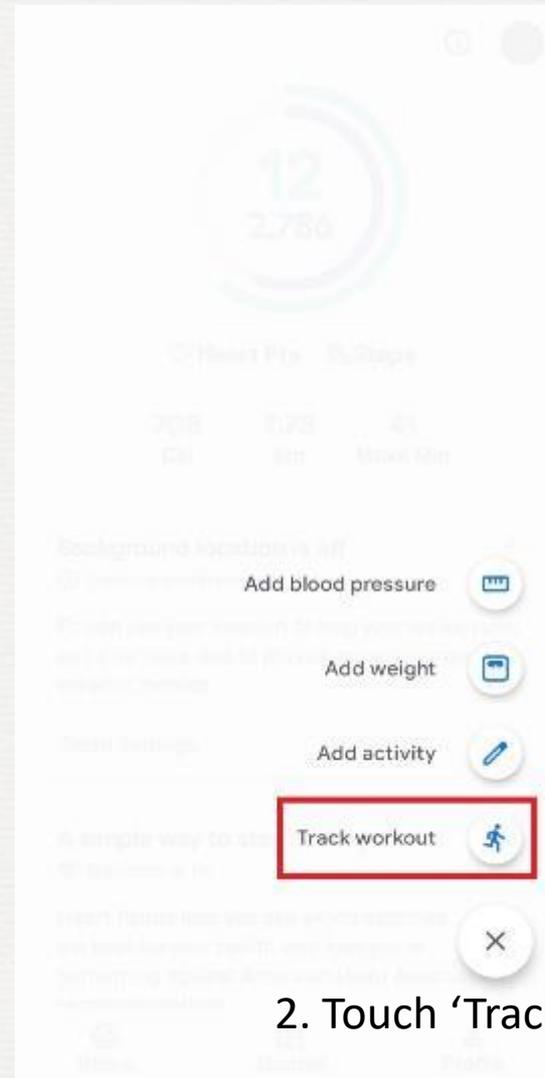
- Sign in through the Google Account you have



Pace Counters Function

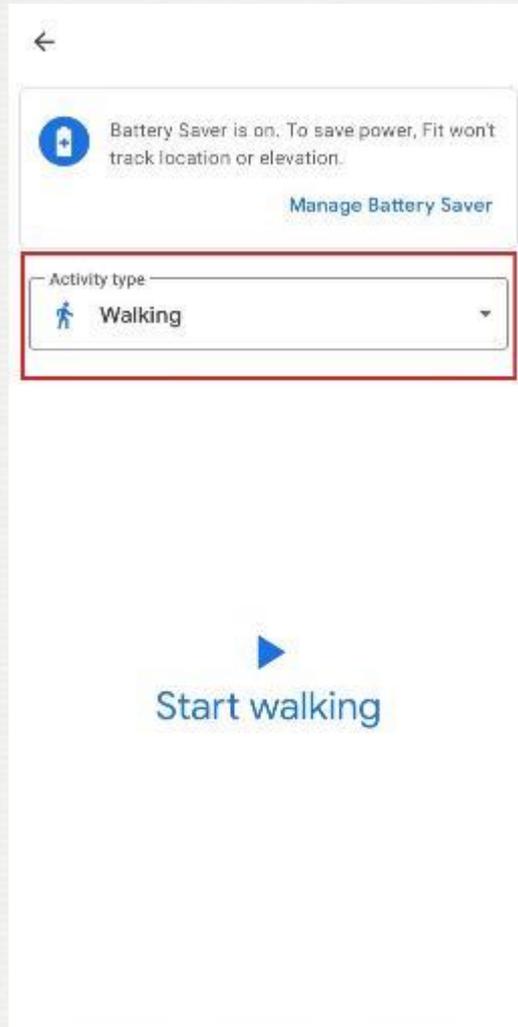


1. Touch 'Plus' button



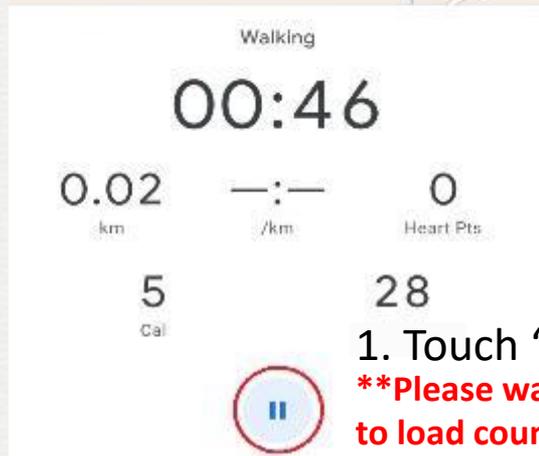
2. Touch 'Track workout' button

Pace Counters Function

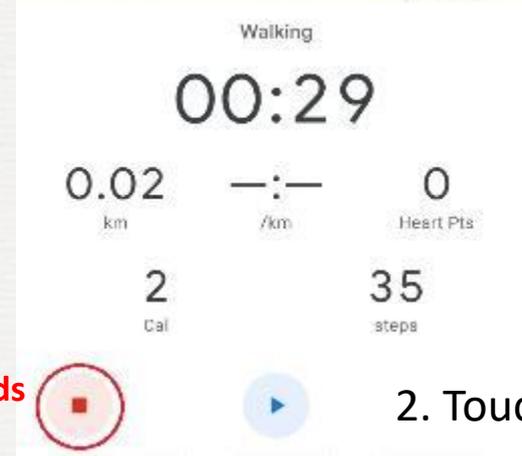


3. 'Activity type' is 'Walking'
4. Touch 'Start Walking' button
5. On the count of three, Pace Counter will start

End Pace Counters Function

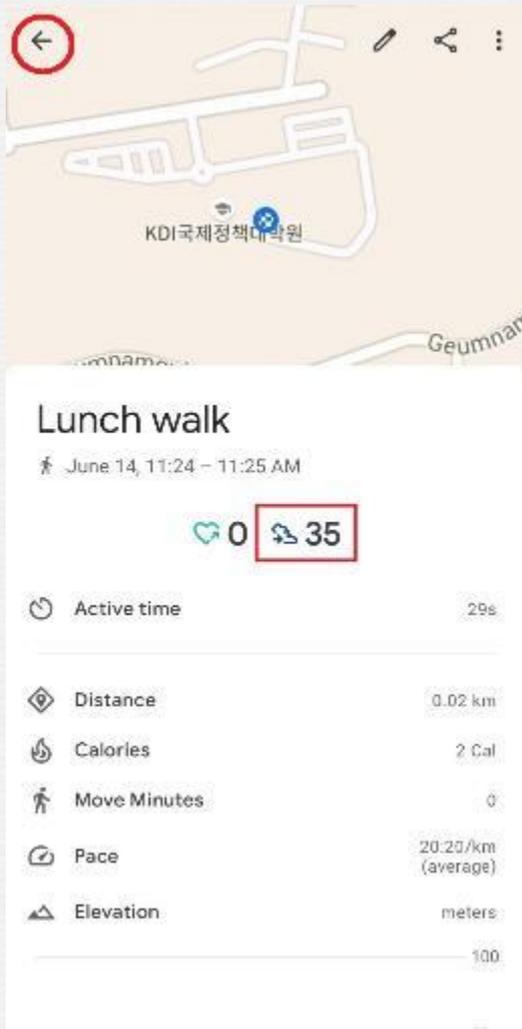


1. Touch 'Pause' button
****Please wait a couple of seconds to load counts before pausing**



2. Touch 'Stop' button

End Pace Counters Function



3. You can check your steps on the result page

4. Go backward by pressing the 'back' button to start over