

Get started. The first time you open Activity  on Apple Watch, swipe left to read the Move, Exercise, and Stand descriptions, then tap Get Started. Enter the required information by tapping Sex, Age, Weight, and Height, then turn the Digital Crown to set and tap Continue. Finally, tap Start Moving.

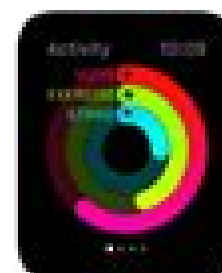


Note: You can also enter your birthdate, sex, height, and weight in the Apple Watch app on iPhone. In the Apple Watch app, tap My Watch, then tap Health.

Check your progress. Swipe up on the watch face, then swipe to the Activity glance at any time to see how you're doing. Tap the glance to open the Activity app  and swipe to see the individual activities. The Move ring shows how many active calories you've burned. The Exercise ring shows how many minutes of brisk activity you've done. The Stand ring shows how many times in the day you've stood for at least one minute per hour. Swipe up on an activity or turn the Digital Crown to see your progress as a graph.



An overlapping ring means you've exceeded your goal. Watch for achievement awards, if you have that feature turned on.



A partial ring shows progress toward your goal. Completed rings mean you've reached your goal.

Apple Watch Guide Download

Richard Wentk



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Astronomy For Dummies Stephen P. Maran, 2017-08-15 Your updated guide to exploring the night sky Do you know the difference between a red giant and a white dwarf From asteroids to black holes this easy to understand guide takes you on a grand tour of the universe Featuring updated star maps charts and an insert with gorgeous full color photographs Astronomy For Dummies provides an easy to follow introduction to exploring the night sky Plus this new edition also comes with chapter quizzes online to help your understanding For as long as people have been walking the earth those people have looked up into the night sky and wondered about the nature of the cosmos Without the benefit of science to provide answers they relied on myth and superstition to help them make sense of what they saw Lucky for us we live at a time when regular folks equipped with nothing more than their naked eyes can look up into the night sky and gain admittance to infinite wonders If you know what to look for you can make out planets stars galaxies and even galactic clusters comprising hundreds of millions of stars and spanning millions of light years Whether you re an amateur astronomer space enthusiast or enrolled in a first year astronomy course Astronomy For Dummies gives you a reason to look into the heavens Includes updated schedules of coming eclipses of the Sun and Moon and a revised planetary appendix Covers recent discoveries in space such as water on the Moon and Pluto s demotion from planet status Collects new websites lists of telescope motels sky watching guides and suggestions for beginner s telescopes and suppliers Provides free online access to chapter quizzes to help you understand the content Ever wonder what s out there in the big ol universe This is the book for you

The Rough Guide to Macs & OS X Peter Buckley, Duncan Clark, 2005 Completely up to date this guide covers Apple s brand new operating system OS X Tiger as well as all current Mac developments With illustrations throughout this easy to use book is ideal for both novices and experts seeking more information

Apple Watch Series 6 User Manual Derek Wyles, 2020-10-05 Apple unveiled Watch Series 6 the company s first smartwatch that can measure oxygen in the blood The iWatch includes health monitoring and fitness features that help to live better The Series 6 is based on watchOS 7 announced in June 2020 The new generation of Apple Watch integrates the S6 processor based on the A13 which according to the company guarantees a performance improvement of 20% compared to Series 5 The Apple Watch Series 6 screen is also over twice as bright outdoors as the previous generation The new Apple Watch integrates the U1 chip which communicates better with other devices all Apple and space sensing This guide shows you step by step instruction on setup managing and operating the iWatch series 6 like a pro Here you ll learn how to measure the oxygen level in your blood

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Wei-Meng Lee, 2010-09-14 The ideal starting point for creating apps using iOS 4 Written by an experienced Apple developer and trainer this full color reference serves as an ideal jumping point for creating applications for Apple's iOS 4 that runs on the iPhone iPod Touch and iPad In addition to in depth coverage of the iOS SDK the book walks you through the various core aspects of iPhone and iPad development You'll learn how to take advantage of the tools provided by XCode and you'll benefit from a solid introduction to Objective C which allows you to have a smooth transition to iPhone development from another platform Offers a solid foundation for creating applications for Apple's iOS 4 Covers all the new features of iOS 4 and provides a new applications template for developing iPad and iPhone apps Addresses the new PopoverView for iPad apps Shows how to develop background applications which is one of the new features in iOS 4 Beginning iOS 4 Application

Development is your ultimate resource for creating applications for Apple's iOS 4

iOS App Development Portable

Genius Richard Wentk, 2012-08-07 The essential skills and technologies needed for iOS development in one handy guide The unprecedented popularity of iOS devices such as the iPhone iPad and iPod touch has led to a development boom If you're eager to become part of the action then this is the book for you Packed with must have information on iOS development this handy guide covers Objective C Xcode Frameworks and sound design principles and explains how to upload an app to the app store and integrate apps with the latest advances that Apple offers developers The featured tips and tricks will get you up and running and sharpen your skills as an iOS developer Gets savvy beginning developers started with iOS development

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