

Sync Apple Watch with AMP for Apple Devices

Follow these steps with sync your Apple Watch and have your watch as the primary source of step data in Apple Health:

1. First, make sure that you have the latest version of the AMP app. Go to the App store and search Active Marion Project. If you don't have the latest version, it will give you the option to update.
2. Open your Apple Health app. If this is your first time using the Health app, you will need to register and answer a series of questions.
3. Once completed, follow the steps below to move the Apple Watch as the primary data source for steps.
4. You may want to go back to the settings page of AMP and select "resync steps" to make sure all steps are updated.

