

Sync Garmin fitness trackers with AMP for Android devices (via Google Fit)

Step data for Android devices to AMP is gathered using Google Fit. Some trackers, such as Garmin, does not share information with Google Fit (Android phones). While AMP is working on finding a direct way for certain apps to sync with AMP, as with Fitbit, there are 3rd party apps that can help.

To sync Garmin with Google Fit, follow these steps:

1. Add the Garmin Connect, MyFitnessPal, and Strava apps to your Android phone.
2. In the "Settings" of your Strava app, connect it to both MyFitnessPal and Google Fit (they will show up automatically in your settings menu).
3. Using a web browser, log-in to your Strava account and click on the plus sign at the top-right, on the option that says "Upload Activity."
4. On that page, you should see a link to Garmin with a box that says "Get Started." Click "Get Started" and follow the instructions. You will be taken to a Garmin pop-up that will authorize the sync to and from Strava.

More about this can be found at <http://www.stationarywaves.com/2015/01/garmin-connect-and-google-fit.html>

FitnessSyncer is another 3rd party app that she can use, but the pro account does costs \$\$\$. Here is some information on that one- <https://www.fitnessyncer.com/support/garmin-connect>

Sync Garmin fitness trackers with AMP for Apple Devices (via Apple Health)

Garmin Connect (app for Garmin fitness tracker) does sync directly with Apple Health, which is how AMP gathers step data on Apple Devices. Once Connect sharing is enabled in Health, the data types above will begin syncing with the Apple Health Kit after each successful device sync in Connect Mobile. Data is shared with Apple Health Kit while the Garmin Connect Mobile app is in the foreground.

First, open Apple Health and follow the prompts to register, if you have never used Apple Health. To Enable/Disable data sharing follow these steps:

1. Open the Health app.
2. Tap **Sources** at the bottom of the screen.
3. Tap **Connect**
4. Toggle to Enable/Disable the desired data to Write to Health or Read from Health.


Once Apple Health Kit sharing is enabled, the Health app will only display previously recorded data from up to two weeks prior to the sharing being enabled.

Follow these steps to make sure that Garmin Connect is your primary source of step data. Here's how to choose the sources that Health uses first:

1. Open Apple Health, then tap the Health Data tab.
2. Tap Activity data source.
3. Select a data source- Steps



Sync Garmin Fitness Tracker Step data with AMP app

4. Tap Data Sources & Access, then tap Edit.
5. Touch and hold  next to Garmin Connect data source, then drag it up or down in the list.
6. To turn off a data source so that it doesn't contribute any more data for that category, tap the checkmark next to the source.
7. When you're finished, tap Done.

If multiple sources contribute the same data type, then the data source at the top will take priority over other sources. Any new apps or devices that you add go to the top of the list automatically, above your iPhone or iPod touch.

More information can be found at <https://support.apple.com/en-us/HT204351>