

CHOOSE WHERE YOUR STEPS COME FROM

On Android, your phone, your watch or band, and apps like Google Fit or Mi Fitness can all count steps at once. Walking Month uses **one** of them — here's how to see which, change it, and fix odd numbers.

— HOW IT WORKS

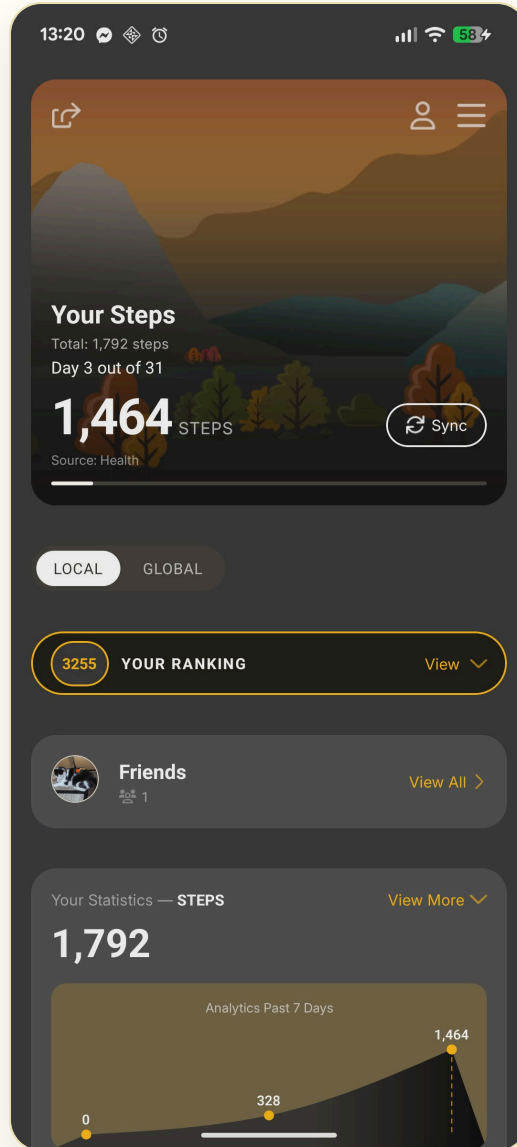
All your step data is stored on your phone in **Health Connect**. To keep your count accurate and avoid double-counting, Walking Month reads your steps from a **single source** — not all of them mixed together.

By default it automatically uses your **most-active source**, so most people don't need to change anything. You can always see which source is used and switch it yourself — and once you pick one, the app keeps it.

— SEE & CHANGE YOUR SOURCE

1 Check your current source on the home screen

Under today's step number you'll see **"Source: ..."** — the app or device your steps are counted from.

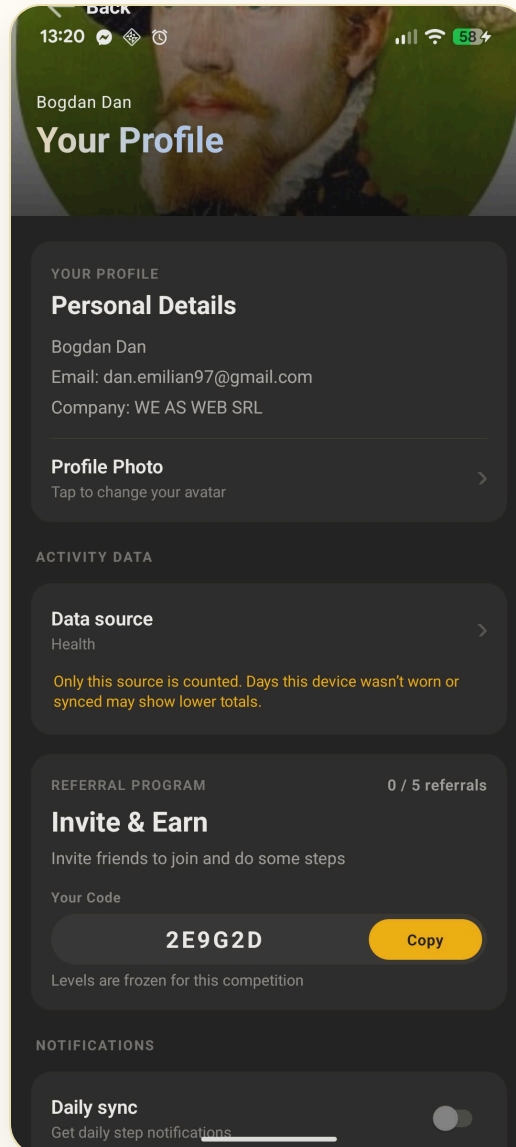


Home screen — your source is shown under the step count

2

Change it in Settings

Go to **Settings** (your profile) → the **Data source** card under **Activity data**. Tap it and pick the source you want. Choose the device you trust most — usually your watch or band if you wear it all day. Your steps update straight away, and the app **remembers your choice** — it won't switch sources on its own afterwards.



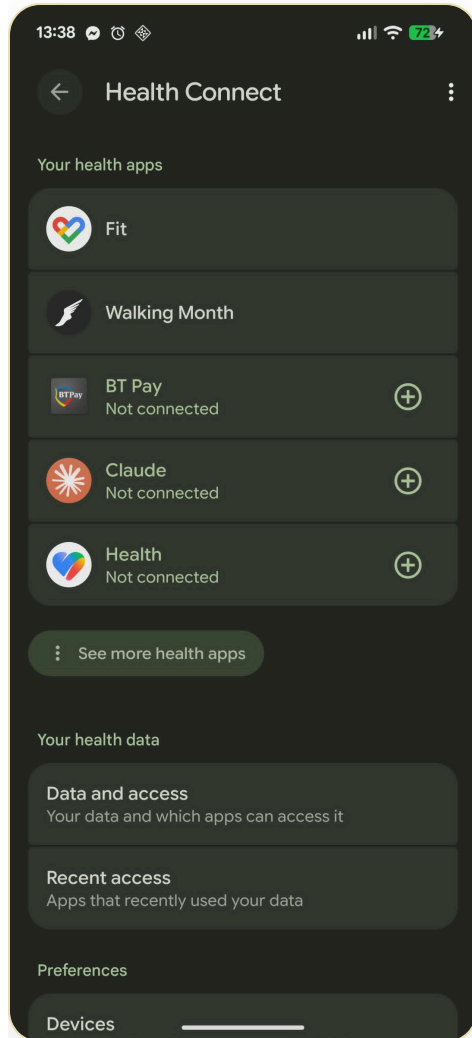
Settings → Activity data → Data source

Where to look	Home screen, under today's steps
Where to change	Settings → Activity data → Data source
Default	Your most-active source, picked automatically
Your choice	Remembered — the app won't switch it on its own
Manual edits	Kept — syncing never overwrites a day you edited

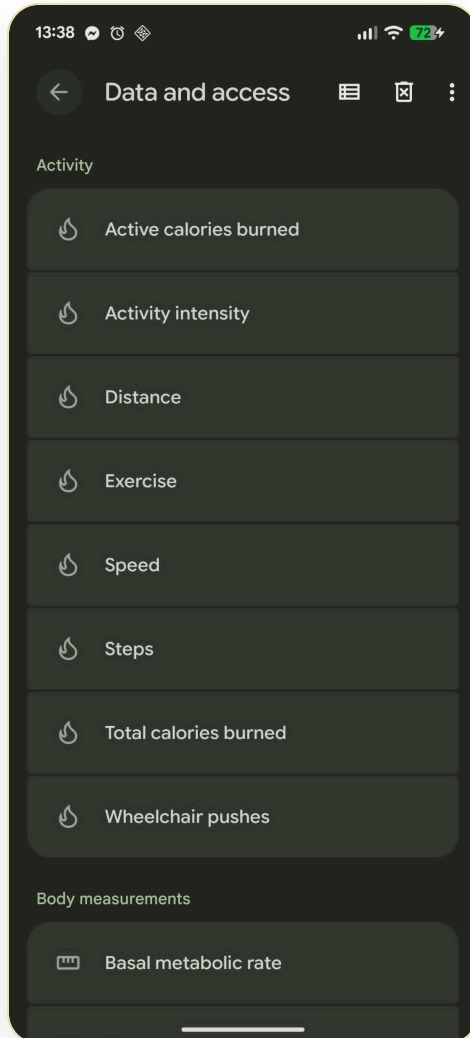
— DON'T SEE YOUR WATCH OR BAND?

A source only appears **after it has sent its steps to Health Connect**. Some apps — especially **Samsung Health** and **Mi Fitness** — only do this when you open them. Open that app to let it sync, then check again.

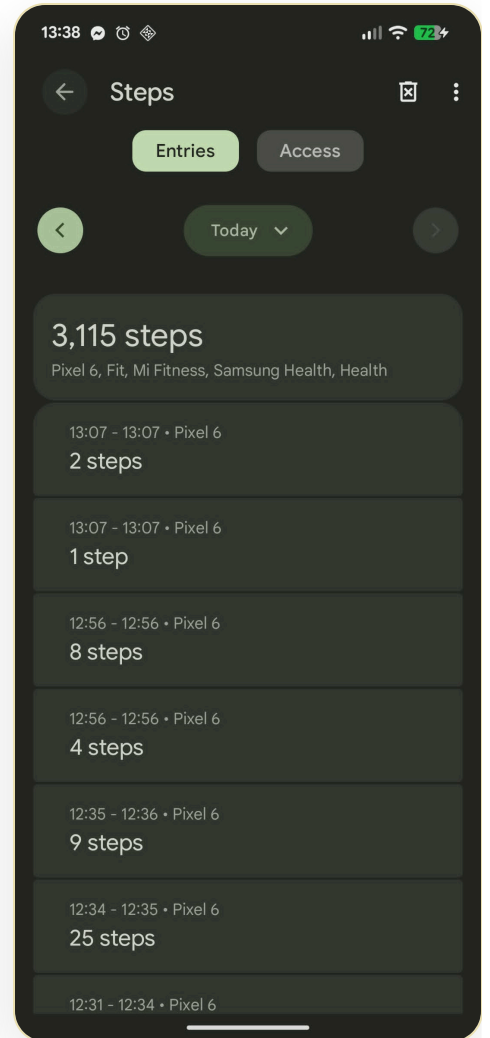
To confirm a source has data, open **Health Connect** on your phone and follow these screens:



1. Open Health Connect → Data and access



2. Tap Steps (or Distance)

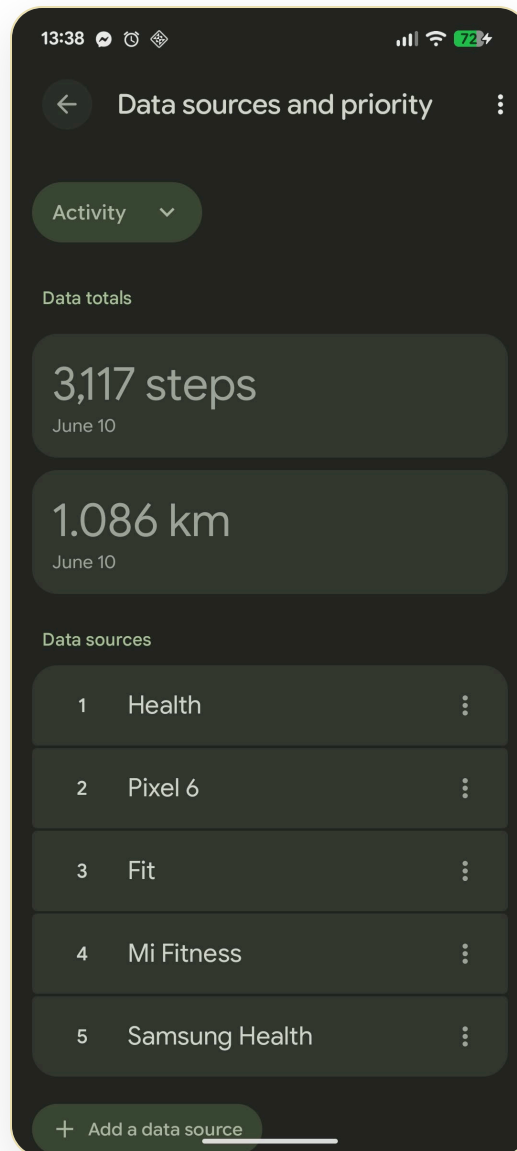


3. Entries show which device recorded each step

WHY IS MY NUMBER DIFFERENT FROM ANOTHER APP?

It's normal — each app counts in its own way:

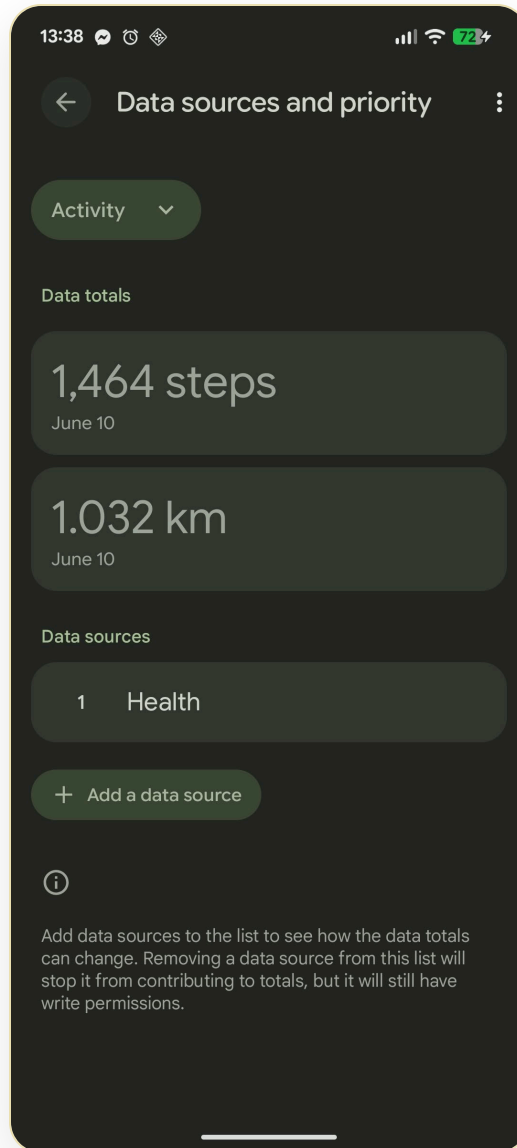
- **Walking Month** shows the steps from the one source you picked.
- **Health Connect's total** mixes all your sources together.
- **Other step apps** each show their own blended number.



Health Connect → Manage data → Data sources (all your sources)

— WANT TO CHECK THE EXACT NUMBER?

In **Health Connect** → **Manage data** → **Data sources** you can remove the other sources so only your chosen one is left. The total then matches what Walking Month shows for that source.



Only your source left — the total matches Walking Month

— STEPS LOOK WRONG?

- **Too low?** Your source may not have synced — open its app to refresh, or switch to a more complete source.
- **Too high or odd?** Try switching to your watch or band — a single wearable usually gives the cleanest count.
- **"No data found in Health Connect"?** Nothing has sent steps yet — open your steps app or take a few steps with your phone, then tap Sync.
- **On iPhone?** This doesn't apply — Walking Month reads from Apple Health automatically.