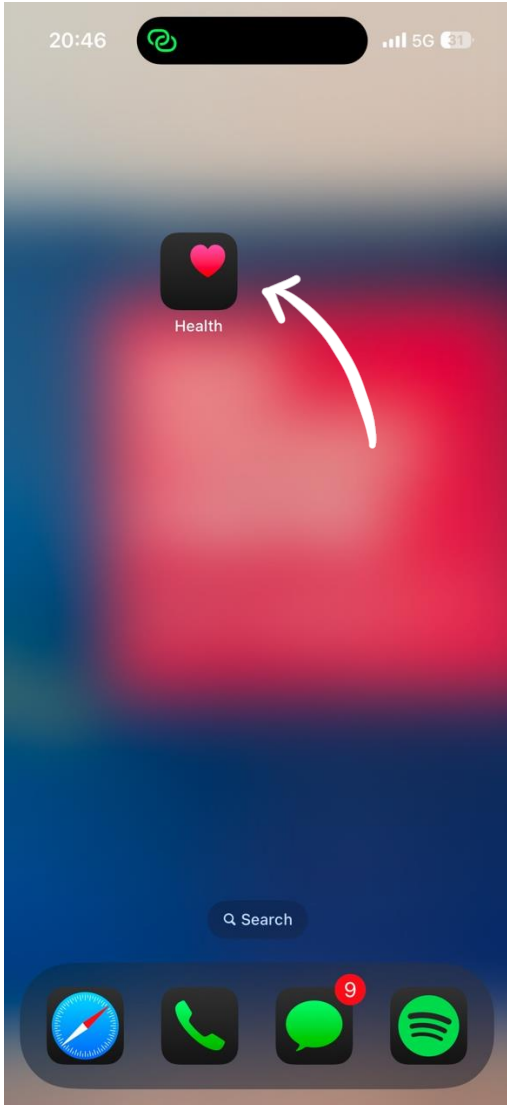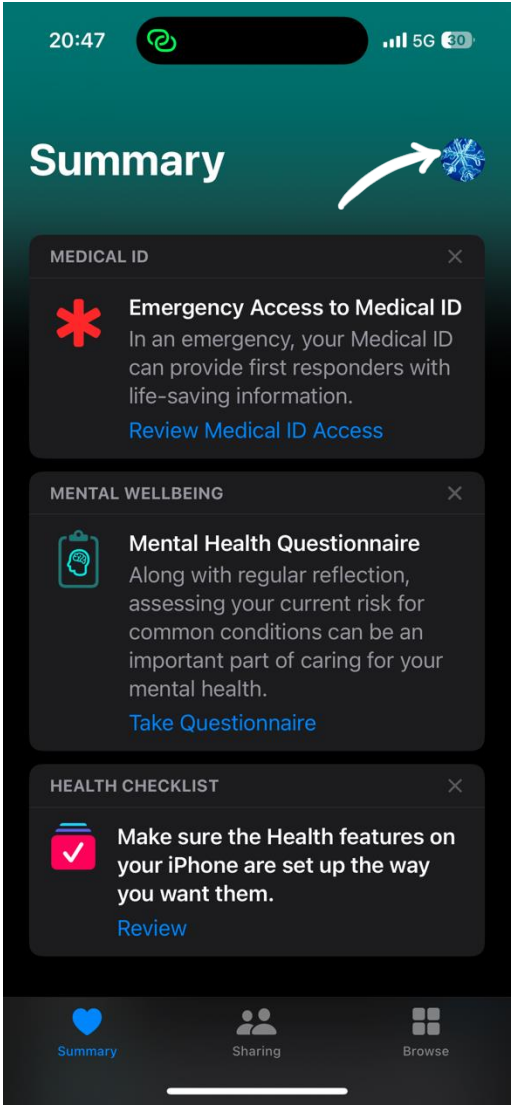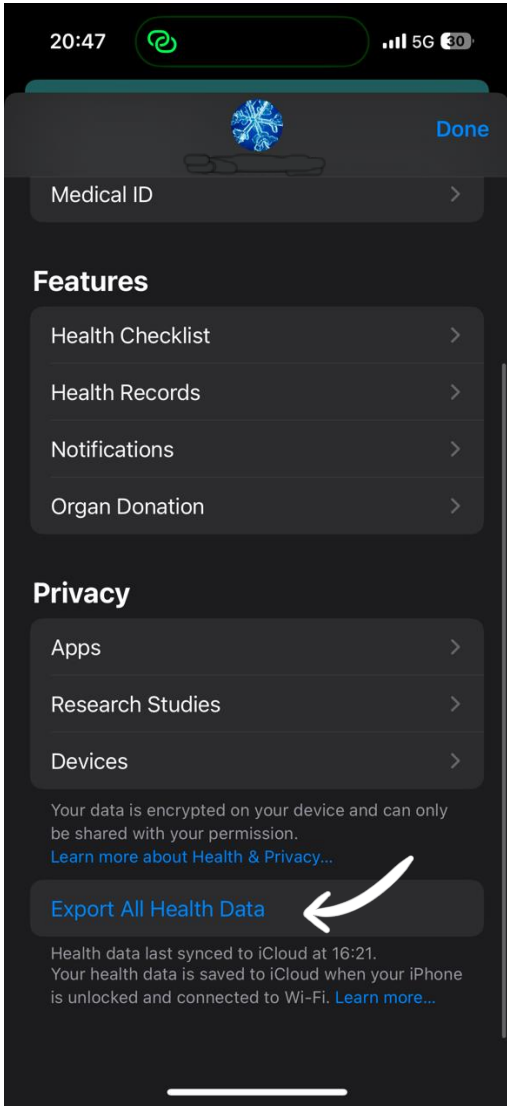# Exporting HealthKit Data

Step 1: Navigate to your Health App
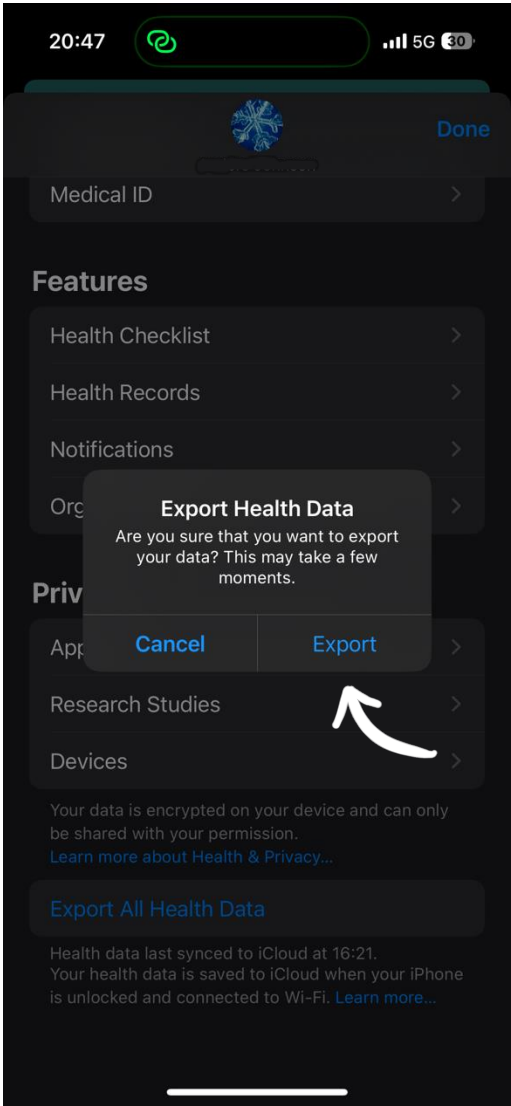
Step 2: Click on your profile icon in the upper right-hand corner
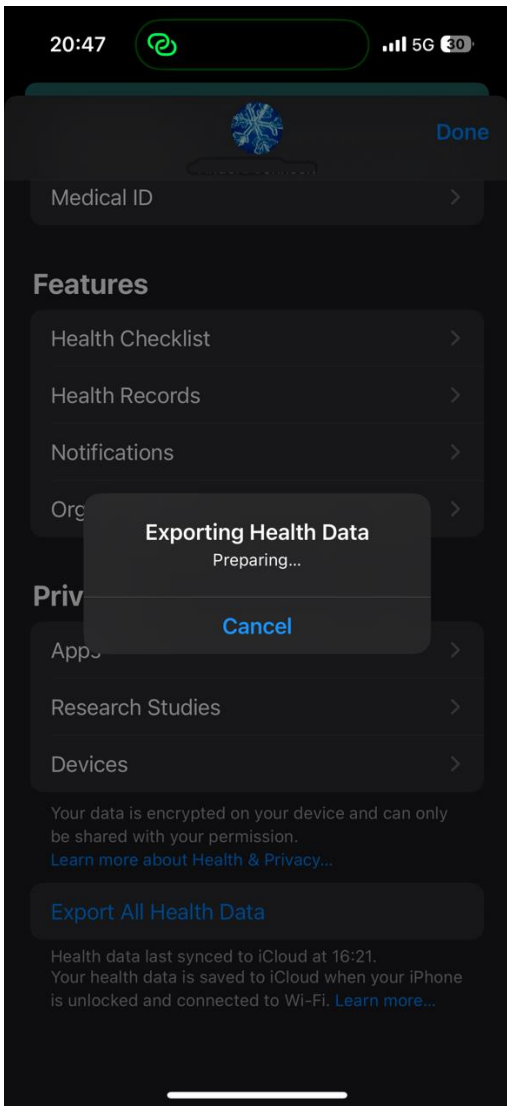
Step 3: Scroll to the bottom and click on *"Export All Health Data"*

Step 4: Click on *"Export"*

Step 5: Wait until you Health Data exports. This may take a few minutes.

Step 6: Use preferred method to share.

For instance, you may want to airdrop the file to your MacBook and then proceed to step 7 but you could also directly use the upload link from step 7 on your phone