

[HealthKit](#) / [Workouts and activity rings](#) / Build a workout app for Apple Watch

Sample Code

Build a workout app for Apple Watch

Create your own workout app, quickly and easily, with HealthKit and SwiftUI.

Download

iOS 15.0+ | iPadOS 15.0+ | watchOS 8.0+ | Xcode 14.2+

Overview

Note

This sample code project is associated with WWDC21 session [10009: Build a workout app for Apple Watch](#).

Configure the sample code project

Before you run the sample code project in Xcode:

1. Open the sample with the latest version of Xcode.
2. Select the top-level project.
3. For the three targets, select the correct team in the Signing & Capabilities pane (next to Team) to let Xcode automatically manage your provisioning profile.
4. Make a note of the Bundle Identifier of the WatchKit App target.
5. Open the `Info.plist` file of the WatchKit Extension target, and change the value of the `NSExtension > NSExtensionAttributes > WKAppBundleIdentifier` key to the bundle ID you noted in the previous step.
6. Make a clean build and run the sample app on your device.

See Also

Sessions



Running workout sessions

Track a workout on Apple Watch.



Building a multidevice workout app

Mirror a workout from a watchOS app to its companion iOS app, and perform bidirectional communication between them.



Building a workout app for iPhone and iPad

Start a workout in iOS, control it from the Lock Screen with App Intents, and present the workout status with Live Activities.

```
class HKWorkoutSession
```

A session that tracks a person's workout.

```
class HKWorkoutConfiguration
```

An object that contains configuration information about a workout session.

```
enum HKWorkoutSessionState
```

A workout session's state.

```
class HKLiveWorkoutBuilder
```

A builder object that constructs a workout incrementally based on live data from an active workout session.

```
class HKLiveWorkoutDataSource
```

A data source that automatically provides live data from an active workout session.