Sonic Striding 👟
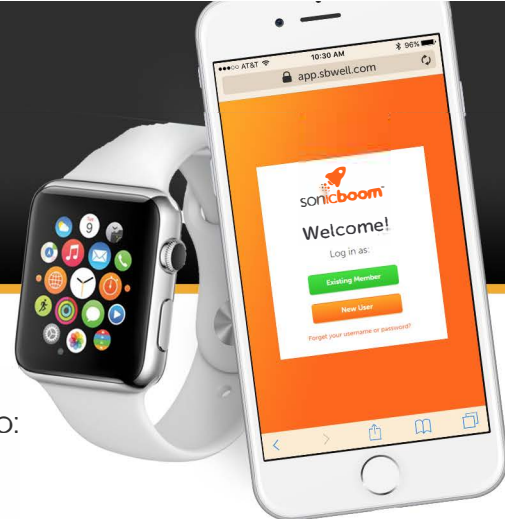## Things to know about the Apple Watch

Registration

To register your Apple Watch to your Sonic Boom account, you will need to:

1. Confirm that your Apple Watch is connected to the Apple Health app.
2. Download the Human API app from the App store and connect it to the Apple Health app.
3. Choose the "Apple Watch" option within your Sonic Boom account and follow the prompts.

3a

3b
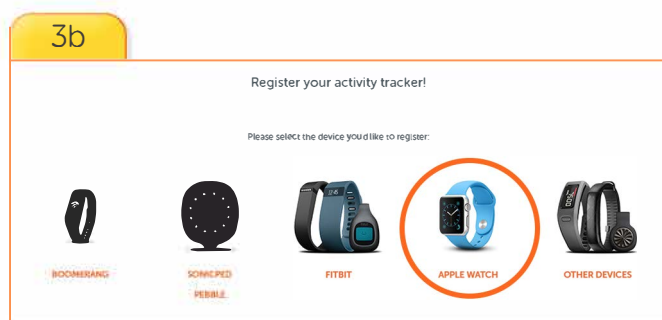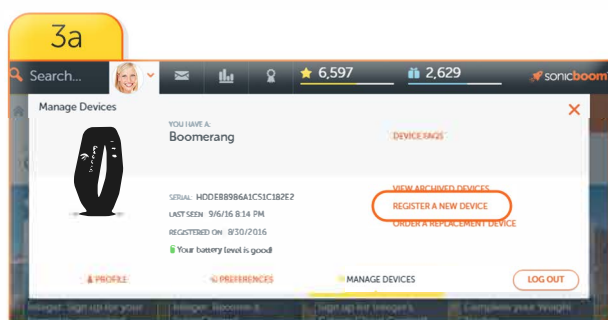
Transferring Data

In order to transfer your Apple Watch-tracked activity data to your Sonic Boom account, you will need to follow two steps:

1. Open the Apple Health app to transfer your data from your watch to your phone.
2. Open the Human API app to transfer data from your phone to your Sonic Boom account.

> **NOTE:** We highly recommend transferring data **once a day** to ensure all data is current!

Activity Data

Due to the way Apple shares its data, 🕐 activity time will NOT appear on your personal Sonic Boom dashboard. Please keep this in mind when signing up for contests or setting activity goals that are based on time.

You may also notice a slight discrepancy in the amount of activity data on your Apple Watch versus what is in your Sonic Boom account. This is a result of how data moves from Apple to Sonic Boom. Slight data loss is normal and to be expected. In most cases the data loss is minimal. We recommend transferring your data regularly to ensure you are aware of your progress in the program.

If you have any issues after following these steps, please contact **support@sbwell.com** (or your local Superchamp).

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