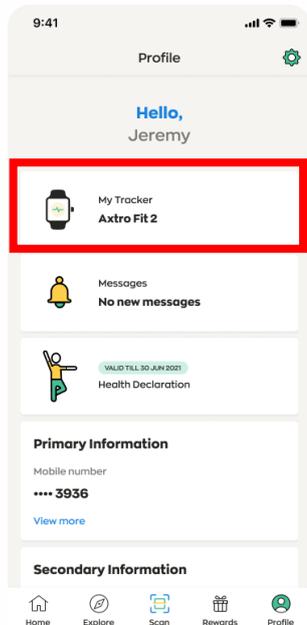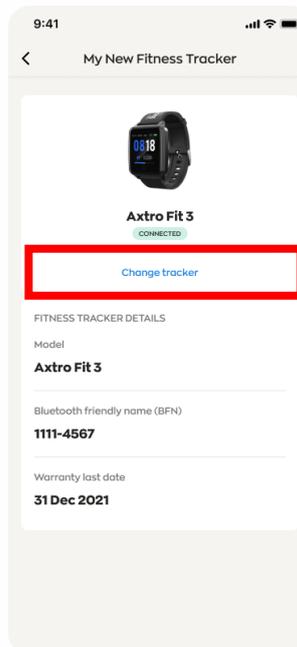# How to *change fitness tracking mode*

Do sync all your existing data before changing your fitness tracking mode.

Step 1
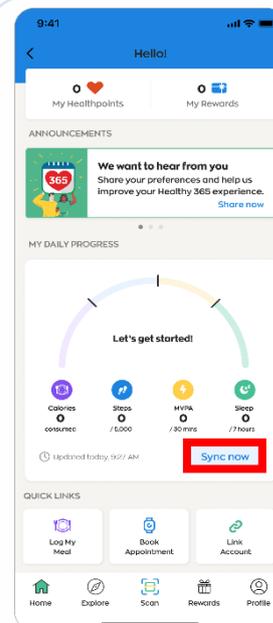*On the 'Profile' tab of the Healthy 365 app, tap on 'My Fitness Tracker'.*

Step 2
Tap on the 'Change tracker' button. Follow the on-screen instructions to ensure that you have synced all your existing data.

Step 3
Select your preferred fitness tracking mode and follow the on-screen instructions to complete the pairing process.

Step 4
Go to 'Home' and tap on the 'Sync now' button to sync for the first time.

Your fitness tracker should sync automatically after the first sync.

Aim for 150 mins of MVPA per week

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