

Wearable Setup Checklist

Get cleaner data and fewer annoying notifications in 10 minutes.

Profile basics (do once)

Ensure your age, sex, height, weight, and dominant wrist are correct in the app.

Incorrect profile settings = inaccurate calorie, recovery, and fitness estimates.

Wearing & sensor quality

- ☐ Wear it consistently (same wrist).
- ☐ Wear snug (not tight) — sensor flush to skin.
- ☐ Clean the sensor weekly.
- ☐ For workouts, tighten 1 notch for fewer dropouts.

Sleep tracking setup

- ☐ Set your typical sleep window in the app (if available).
- ☐ Enable sleep stages only if it doesn't worsen battery/comfort.
- ☐ Charge earlier in the day so you can wear it overnight.
- ☐ Use a consistent bedtime alarm (optional).

Notifications (reduce stress)

- ☐ Turn off non-essential notifications (social, promo).
- ☐ Keep only: calls, key messages, calendar (if needed).
- ☐ Disable 'stand reminders' if they annoy you.
- ☐ Set a do-not-disturb window at night.

Goals that actually help

- ☐ Steps: set a realistic baseline + small increase.
- ☐ Movement: aim for short walks after meals.
- ☐ Recovery: schedule 1–2 easy days/week.
- ☐ Nutrition: focus on protein + fiber before micromanaging.

Data sanity check

If the data feels wrong, check fit, settings, and consistency before changing your routine.

Trend > single day. Symptoms > device.