

# How to calibrate your Apple Watch to improve workout tracking

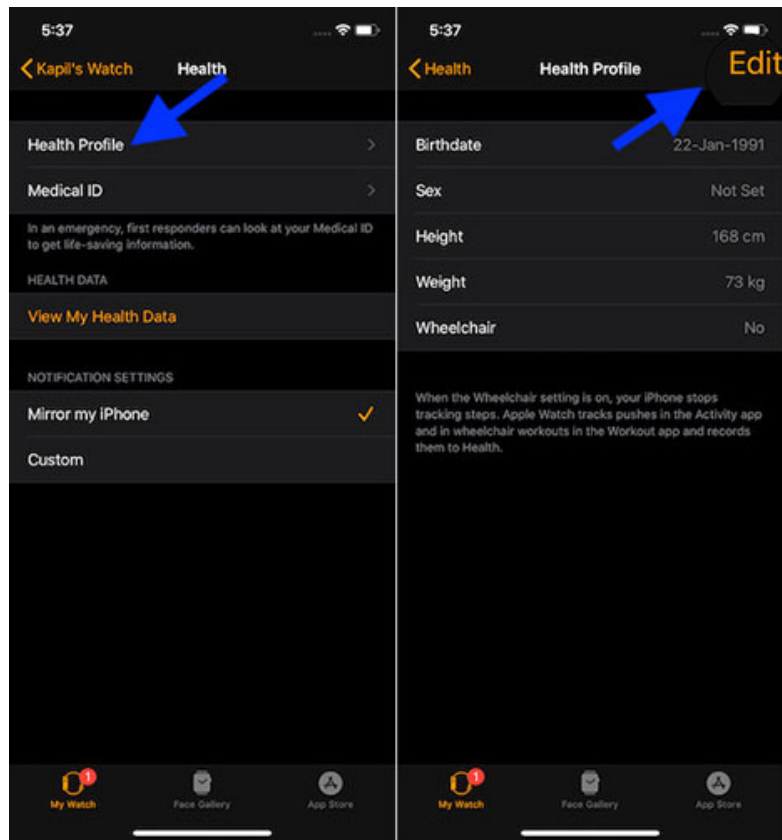
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To keep track of health and fitness seamlessly, nothing could be better than the Apple Watch. Powered by a powerful watch along with a host of health-focused features, including hearing, ECG and accurate fitness tracking, this smartwatch is a great asset for fans. exercise.

However, you can always calibrate your Apple Watch to improve workout tracking with the following 6 tips.

## Make sure your personal information is up to date

First and foremost, make sure your personal information is up to date. Apple Watch uses your personal information like height, weight, age, gender to calculate the calories you burn. So make sure all information is accurate and up to date. To do so, launch the **Watch** app on iPhone, click the **My Watch** tab > **Health**> **Health Profile** . Then click **Edit** and then update the information.



Update personal information

## Make sure Motion Calibration & Distance is enabled on iPhone

Another important thing you should do to calibrate your watchOS device is to make sure the **Motion Calibration & Distance** feature is turned on. It helps smartwatches get necessary information. To do so, open the **Settings** app on your iPhone, go to **Privacy > Location Services**. Now, make sure that **Motion Calibration & Distance** is turned on. Then, click on **Location Service** and make sure the **Motion Calibration & Distance** switch is set to **On**.

## Make sure Wrist Detection is enabled

For Apple Watch to track your standing progress, the Wrist Detection feature must be turned on. Besides, reading the heart rate in the background is also based on this feature. So be sure to turn on this feature. Launch the **Watch** app on iPhone, press the **My Watch** tab > **Passcode**. Now, turn on Wrist Detection.

## Wear a suitable watch

Another piece of advice is to wear a smartwatch that fits, not too loose or too tight, and making sure the skin can breathe. This not only helps you feel more comfortable at work, but also helps the sensors work well.

## Starting from scratch

Start from the beginning to see how well the Apple Watch can track fitness. The best way is to go for a walk or jog outdoors. This smartwatch monitors stride lengths at different speeds and adjusts the accelerometer accordingly to provide accurate measurements.

Simply set a goal before starting your workout (tap the 3 dots, then fine-tune everything), then walk or run for about 20 minutes as usual.



Where to start calibrating your Apple Watch

**Note :** In case you're operating at different speeds, make sure to calibrate for 20 minutes at each speed to help watchOS device find out your stride length.

## Reset physical calibration data

If the Apple Watch is not right for you, try resetting the physical calibration data to its factory default values. In most cases, this can eliminate hidden problems and make the smartwatch track these exercises with improved accuracy.

Visit the **Watch** app on iPhone, click the **My Watch** tab > **Privacy**> **Reset Fitness Calibration Data** .

In case, things don't improve even after trying these tips, update the software on Apple Watch (go to **Settings> General> Software Update** ).

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