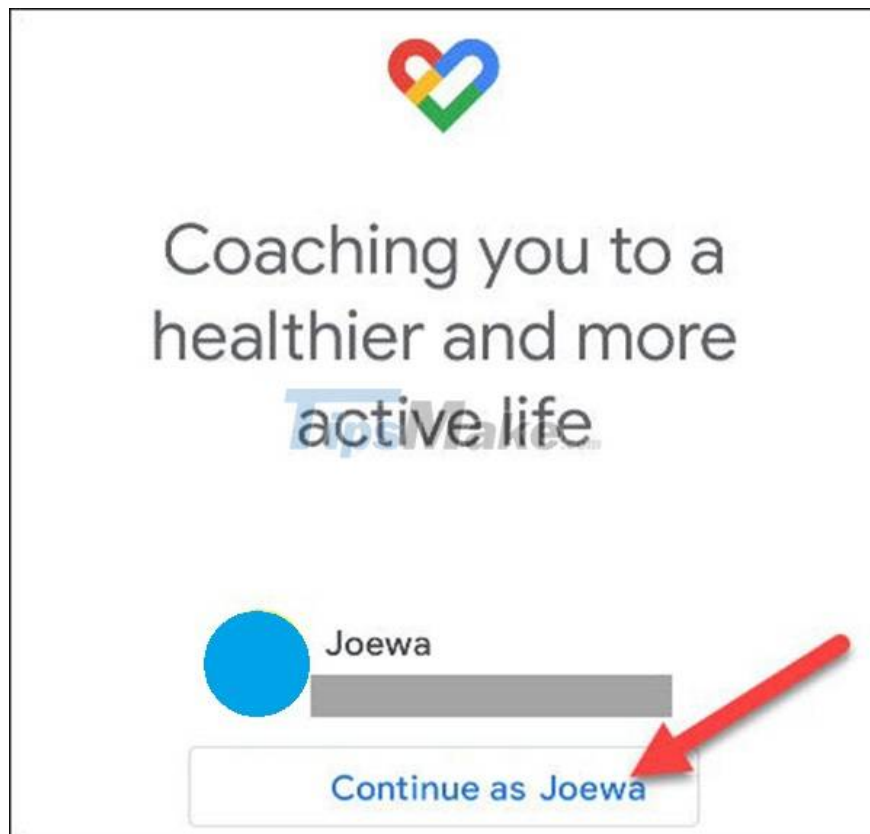


# How to measure heart rate on Android

Smartphones can be great tools for tracking health and fitness data. Google Fit on your Android device makes it easy to track not only your exercises but also your heart rate and breathing rate without the need for special equipment.

All you need is the Google Fit app and an Android phone to use these features. They were first introduced on a Google Pixel phone, so they might not be available on all current Android devices.

First, open **the Google Fit app** on your Android device and sign in with your Google account.



If this is your first login, you will be asked to fill in some information about yourself including gender, date of birth, weight and height. Select **Next** when finished filling in the information.

♥

## About you

This information lets Fit estimate calories, distance, and the intensity of your activity. You'll also get coaching that's tailored to you.

TipsMake.com

Gender: Male

Birthday: [Redacted]

Weight: [Redacted]

Height: [Redacted]

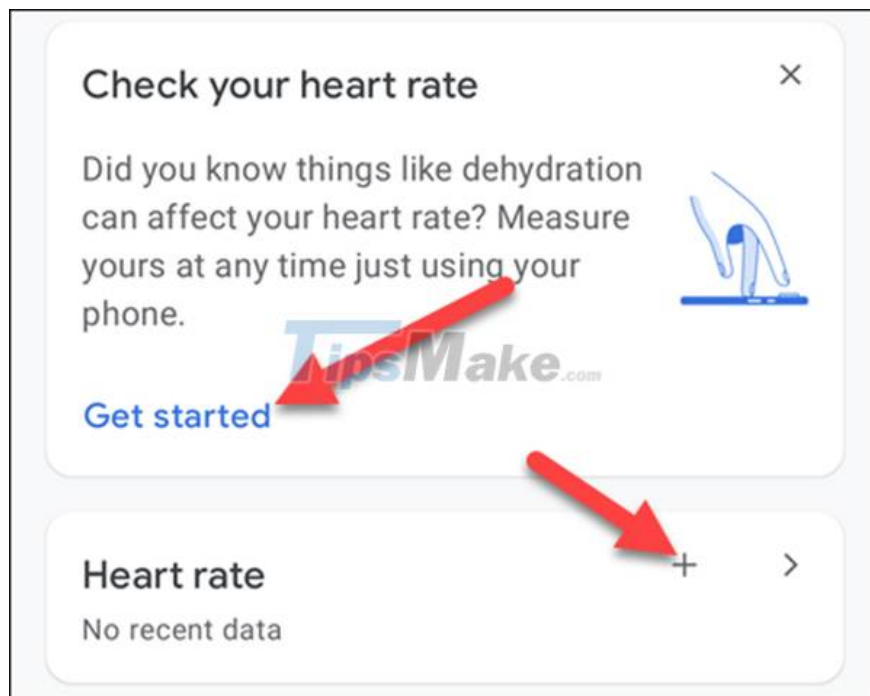
Next

If you'd like, you can turn on automatic activity tracking, although it's not required.

With a different initial setup, we can now use the heart rate and breathing features.

## Check your heart rate using Google Fit

Open Google Fit and look for "Check your heart rate" or "Heart rate". If you don't see either, then this feature isn't available on your Android device.



Next, the screen will explain that you'll use your phone's camera to measure your heart rate. Click **Next** to continue.

## Measure your heart rate with your phone camera



See how your body responds in different situations by measuring your heart rate after things like exercising or drinking caffeine. Or, take a reading in the morning to track your heart rate at rest.

Cancel

Next

The next screen will guide you to place your finger on the main back camera lens. Click **Next** again .

You just need to give us a hand



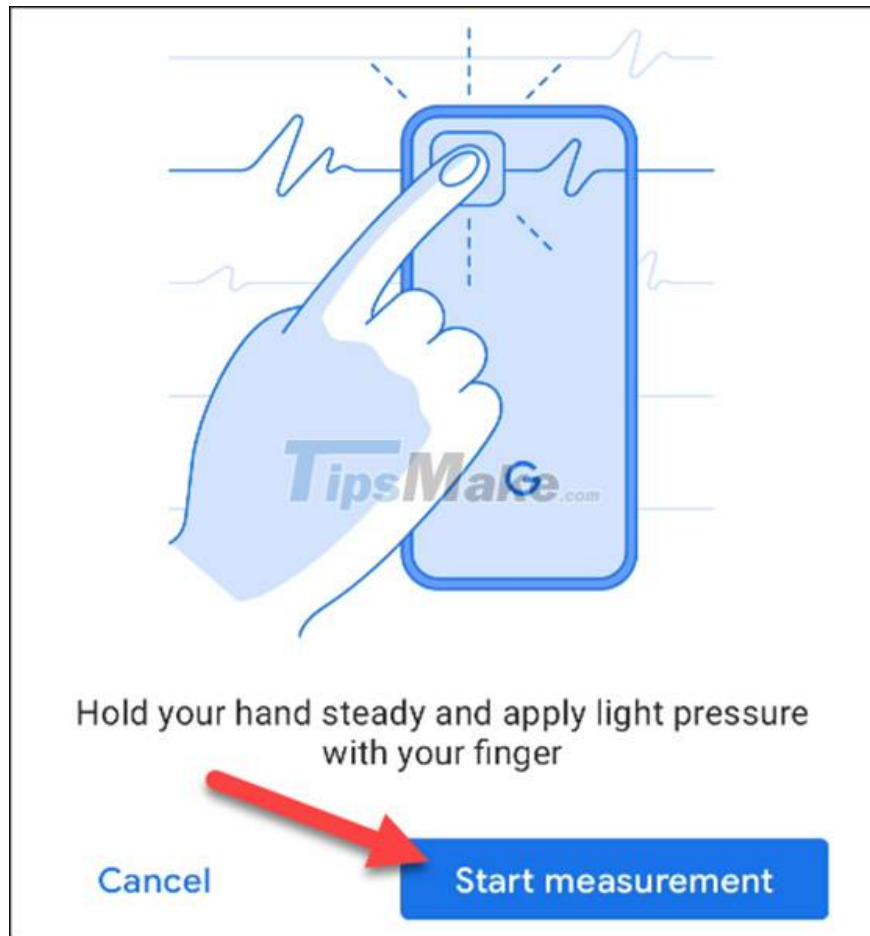
Put your finger over your rear-facing camera lens to measure your heart rate. For the most accurate read, make sure you're in a well lit area and can hold your hand steady.

Cancel

Next

Since the feature uses the camera, you'll need to allow Google Fit to take photos and videos on the device.

You can now place your finger on the lens and tap **Start Measurement**.



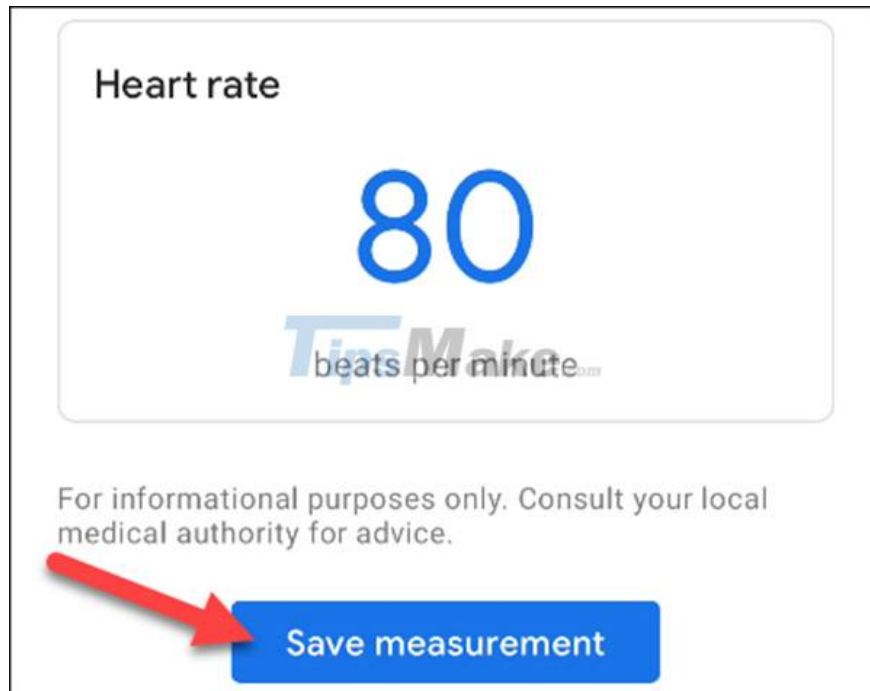
Hold your hand steady and apply light pressure with your finger

Cancel

Start measurement

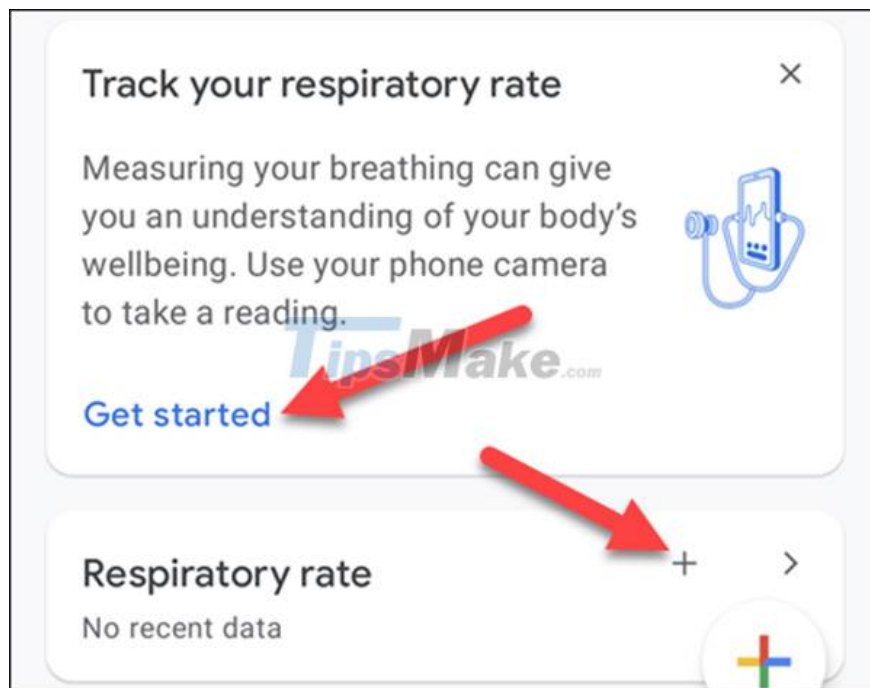
A viewfinder will appear. You should place your finger so that it covers the camera completely. You can turn on your phone's flashlight if you are in a dark room. Be sure to hold it still as much as possible during the measurement.

Once done, you'll see your results, and you can save your metrics to your account.




## Check your breathing with Google Fit

Open Google Fit and look for " **Respiratory Tracking** " or " **Breathing Rate** ". If you don't see either, then this feature isn't available on your Android phone or tablet.



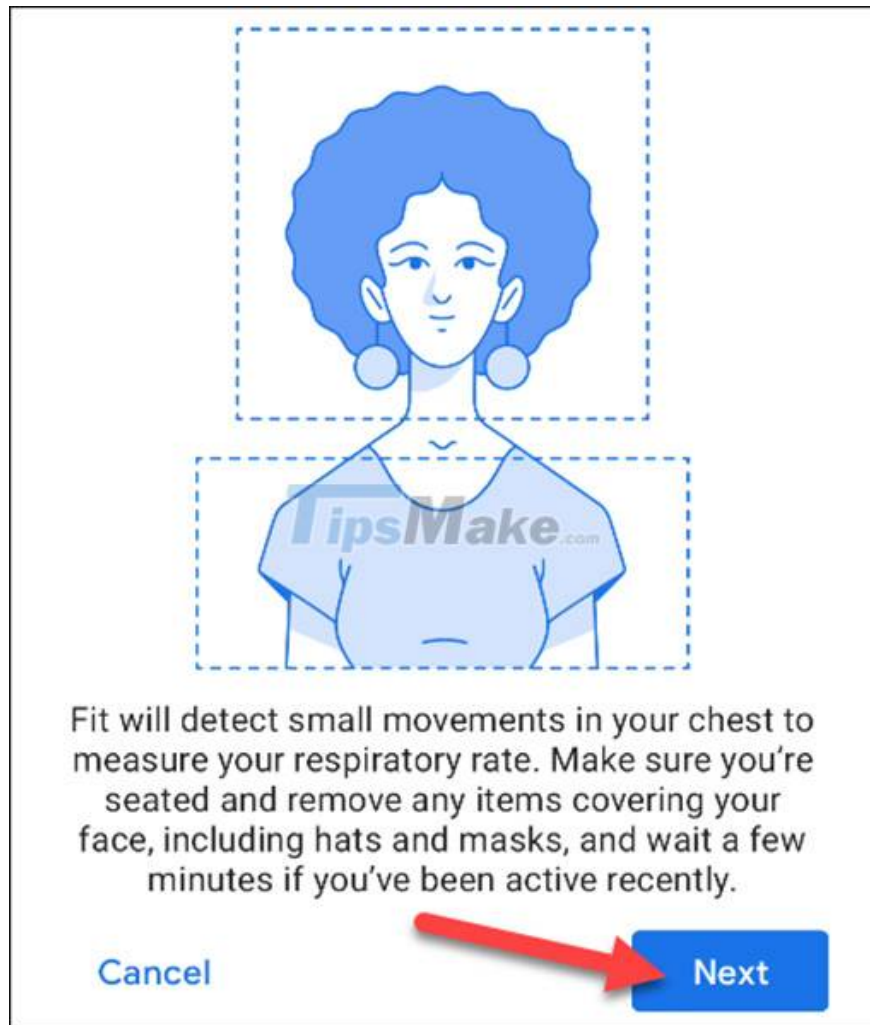
The monitor will first explain that it will use the camera to measure your breathing rate. Click **Next** to continue.



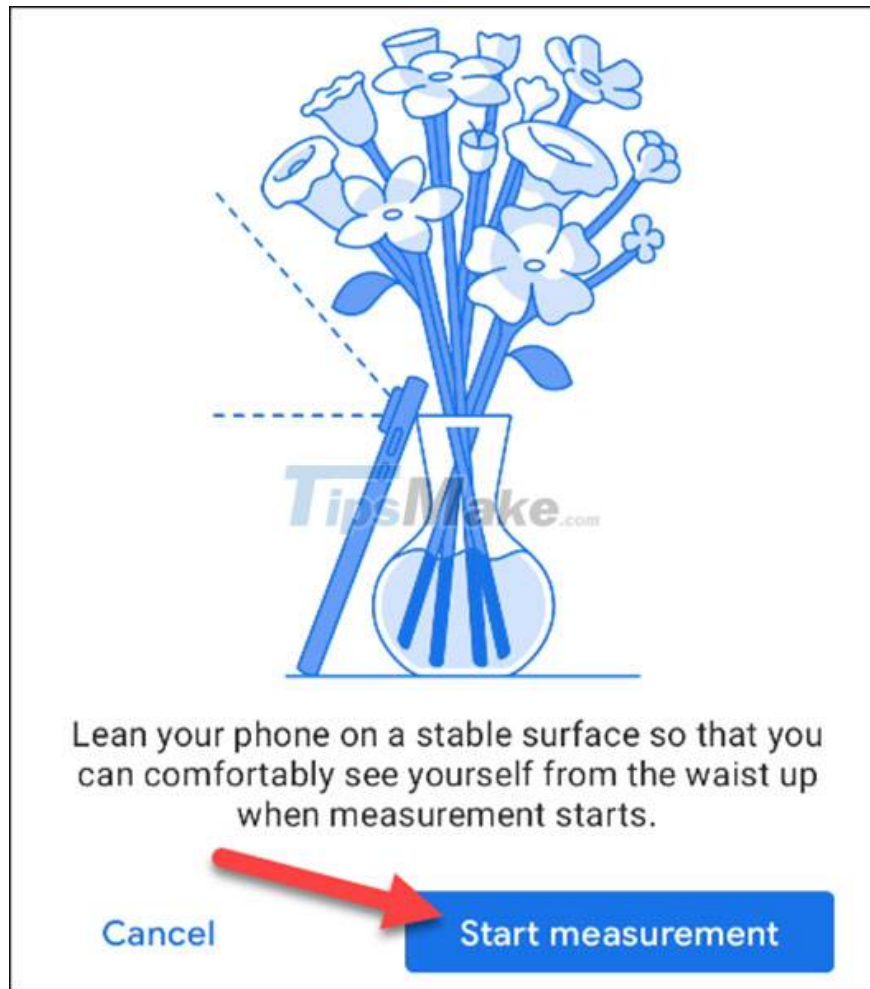
See how your body regulates your breathing by measuring your respiratory rate. For most people, it's usually stable – but you might notice changes if you're feeling stressed or unwell.

[Cancel](#) [Next](#)

The on-screen interface will explain how to determine your location and will guide you to remove any items that may interfere. Click **Next** again .



When ready, place your phone face down and select **Start Measurement** .



Since this feature uses the camera, you need to allow Google Fit to take photos and videos.

The viewfinder will open and move into position. Once your head and chest are identified, the measurement will begin. Try to keep your position as still as possible.

When the measurement is finished, you will see the result and be able to save it.

How accurate are these measurements? Google says that they are not used to make medical diagnoses or evaluate medical conditions. You will not achieve the same level of accuracy as when using an actual medical device. However, it is very neat for routine health and fitness monitoring.

You finished reading the article "**How to measure heart rate on Android**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.