

How to use Apple Watch as a step counter, without an iPhone

Apple Watch can keep track of your steps. Here's how to set up the pedometer feature on the Apple Watch and see the results you achieved.

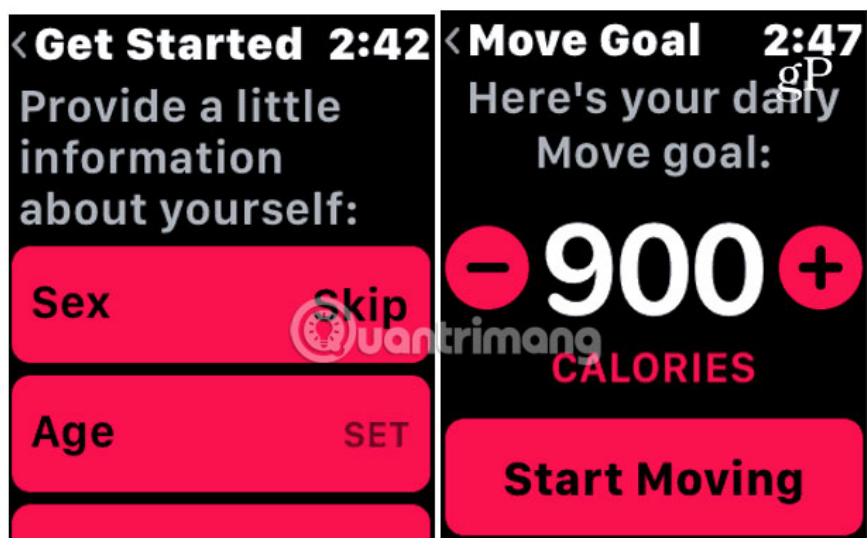
There are many different applications that you can run on Apple Watch to achieve health and fitness goals. But sometimes you just want the basics like a pedometer. For most applications and many integrated features, you need to bring your iPhone with you. And both devices need to be paired together.

However, for the pedometer feature, Apple Watch can track your steps. In fact, this feature is not only useful for simple step counting. The integrated pedometer feature tracks the total number of steps, the total distance traveled, the number of staircases that have climbed and the amount of calories burned. Here's how to set up the pedometer feature on the Apple Watch and see the results you achieved.

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Access your application list and open the **Activity** app on the watch. If this is the first time set up, the app will ask you some basic questions like gender, age and weight. Apple Watch uses the data you enter to calculate the calories you burn and other fitness goals.

If you just want to use a pedometer to track your steps, you can skip these questions. After going through the basic questions, including the calorie goal, click on the **Start Moving** button and start walking while wearing the watch.



After moving for a while, you can check the pedometer to see how many steps you have taken. Re-open the **Activity** application and swipe the screen from top to bottom or rotate the digital crown (control knob). Scroll through to see how many calories have been burned, as well as other health and physical information. There, you will see the step counter feature, which indicates the total number of steps, the total distance and even the number of floors you have climbed.



When it comes to health monitoring, using Apple Watch as a step counter is just a small part of many of the things that this device can do. But it's great to have the basics without installing additional applications or carrying phones all day long.

Hope you are succesful.

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