

How to view workout history on Apple Watch

The Apple Watch records all your activity and health data so we can track them as needed.

Apple Watch brings users a lot of health care features, sleep tracking, exercises with goals, Competition feature on Apple Watch competes to practice with friends . All training activities of You are recorded by Apple Watch, to help users can track the progress of the workout, as well as your training trend by day. There are also many other useful information for users to track. The following article will guide you to view the operation history on Apple Watch.

How to view workout history on Apple Watch

Open the **Activity app on Apple Watch** and then **swipe the screen to the bottom** . You will then see **the saved exercises** on Apple Watch to review the data. **Click on an exercise** to view the data more clearly. When viewing on Apple, we can only view the history for the current day.



The exercise data is recorded very detailed by Apple Watch, such as the duration of the exercise, calories burned, the average heart rate when performing. Scroll down below to see more information.



How to view workout history on iPhone

We also **open the Activity app** on iPhone, then we will see today's activities. **Click on the month** in the top left corner to see the training history from the previous time. **Select the date** you want to view and then click to view activity history.



There are detailed information on the bottom of the training days, **click on a workout** to view data, including calories burned, heart rate.



In addition, you can click on the **Workouts** tab to see only the list of exercises, the **Trends** tab to see more of your training trend through the day.



You finished reading the article "**How to view workout history on Apple Watch**" 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.