

TUESDAY, NOV 30

Summary

Activity

Move
214/310CAL

Exercise
27/30MIN

Stand
6/12HRS



Workouts

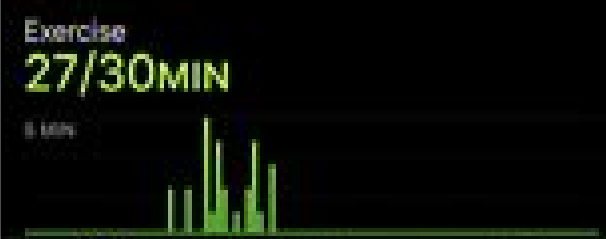
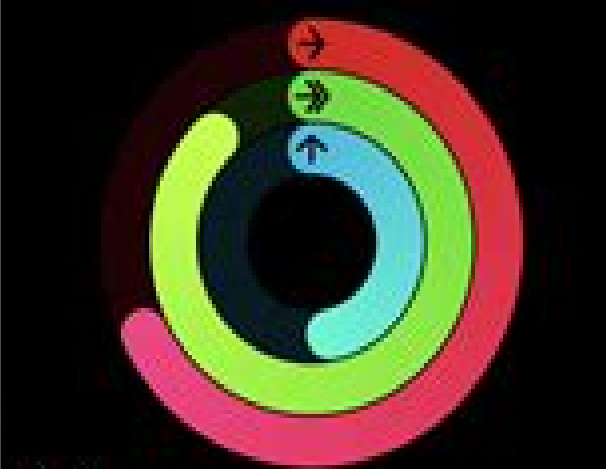
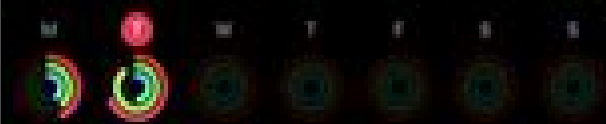
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0.12MI
Today
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Sunday

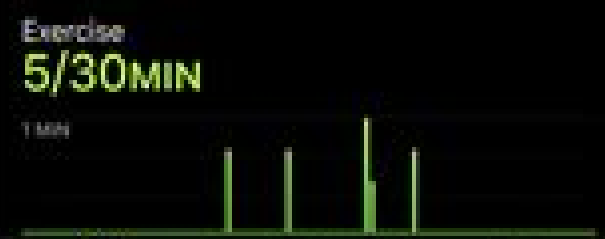
Mindfulness

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Apple Watch Activity App

Marc Saltzman

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located to the right of the name bar.

Apple Watch Activity App:

Apple Watch For Dummies Marc Saltzman, 2019-01-30 Take a bite out of the new and improved Apple Watch The Apple Watch is a powerful computer that's worn on your wrist and can serve as an invaluable companion anytime and anywhere Acting as a communication device fitness and health tracker and sleek time piece the Apple Watch keeps you connected and all hands free Apple Watch For Dummies gets you up to speed on the latest updates to WatchOS and teaches you about all new features such as the walkie talkie You'll find out how to use it to set and maintain reachable goals for your fitness monitor your heart rate detect falls and track other health related info send and receive text messages and emails use Siri get directions in real time learn about the best apps for work and play and much much more Find tips for picking a watch model Get watch basics for newbies Adjust the settings Learn about the hottest apps Troubleshoot common issues Wrap your head around WatchOS 5 and the updated Apple Watch even as it wraps around your wrist *The Complete Guide to iPhone 12 Mini* Ian Osborne, 2020-11-01 Combining style power and some great new features the iPhone 12 mini takes Apple's smartphone to a whole new level Its operating system iOS 14 also brings exciting new features and enhancements Together they make for a world beating mobile experience Over the 180 pages in this guidebook we get to the heart of the awesome iPhone 12 mini and the iOS 14 operating system bringing you guides tips and tutorials that help you get the most from your new Apple smartphone *Apple Watch and iPhone Fitness Tips and Tricks (includes Content Update Program)* Jason R. Rich, 2015-09-09 Book Content Update Program Apple Watch and iPhone Fitness Tips and Tricks contains hundreds of tips and tricks you can use with the new Apple Watch and your iPhone to create a powerful personal health and fitness system that can help you get fit and stay fit You'll learn how to use Apple's new technologies to track your performance strengthen your motivation reduce your stress and improve your diet You'll learn how to use the Apple Watch and iPhone with everything from Bluetooth compatible workout equipment to third party exercise and nutrition apps Easy to understand and nontechnical this book is ideal for beginners as well as more experienced Apple Watch and iPhone users who are fitness health or nutrition minded and want to reduce their stress lose weight sleep better build muscle and live a healthier lifestyle In addition this book is part of Que's Content Update Program As Apple updates features of the Apple Watch and iPhone sections of this book will be updated or new sections will be added to match the updates to the software The updates will be delivered to you via a FREE Web Edition of this book which can be accessed with any Internet connection How to access the free Web Edition Follow the instructions within the book to learn how to register your book to get the FREE Web Edition Author Jason Rich is the best selling author of more than 55 books Rich will help you learn to Through in depth and exclusive interviews with world renowned health and fitness experts learn how to succeed in your fitness diet and health goals Define achievable goals and use your iPhone and Apple Watch to work toward them Use the built in Health app to collect view analyze store or share health and fitness data Customize your Apple Watch to display fitness information whenever you want

it Wirelessly link a scale treadmill fitness tracker and medical devices to your iPhone Discover great tracking and performance tools for cyclists runners and walkers Track what you eat and become more mindful about nutrition Discover mind body tools for improving focus and reducing stress Monitor your sleep patterns sleep better and consistently wake up more rested Reinforce your motivation with apps accessories and music Set up Medical ID to provide life saving medical information in an emergency Make the most of Apple s Activity and Workout apps iPhone & Apple Watch for Health & Fitness in Easy Steps Nick Vandome,2017 R sum Providing help support and encouragement in creating measuring and achieving your health and fitness goals this essential guide explains the built in Health App on the iPhone and Apple Watch ensuring that it is fun and gratifying at the same time *My Health Technology for Seniors* Lonzell Watson,2016-02-29 A 2017 National Health Information Award Best in Show Winner My Health Technology for Seniors is the first easy guide to today s revolutionary health technologies Learn to use your computer smartphone and other devices to manage your health and get help when you need it Whether it s sleep exercise diet heart health diabetes or asthma this book shows you how to stay healthier happier and in charge of your life With step by step instructions full color screen shots and an easy to read design this shows you how to Succeed at eating right and staying fit with help from new technologies that are fun and easy Sleep better and manage stress more effectively Manage chronic conditions and save money on medications and costly medical procedures Transform your smartphone into a powerful glucose monitor blood pressure monitor and medication usage tracker for asthma and COPD management Track protect and improve your heart health Use in home technology to stay safer and prepare for emergencies Get valuable advice and support from online communities Choose online health resources you can trust And much more This book is the recipient of a 2017 National Mature Media Award These awards recognize the nation s finest marketing communications educational materials and programs designed and produced for older adults *Distributed, Ambient and Pervasive Interactions* Norbert Streitz,Panos Markopoulos,2016-07-04 This book constitutes the refereed proceedings of the 4th International Conference on Distributed Ambient and Pervasive Interactions DAPI 2016 held as part of the 18th International Conference on Human Computer Interaction HCII 2016 held in Toronto ON Canada in July 2016 and received a total of 4354 submissions of which 1287 papers were accepted for publication after a careful reviewing process These papers address the latest research and development efforts and highlight the human aspects of design and use of computing systems The papers accepted for presentation thoroughly cover the entire field of human computer interaction addressing major advances in knowledge and effective use of computers in a variety of application areas This volume contains papers addressing the following major topics designing and developing smart environments tracking and recognition techniques in ambient intelligence human behavior in smart environments emotions and affect in intelligent environments and smart cities and communities **Get Fit with Apple Watch** Allen Taylor,2015-09-23 Get Fit with Apple Watch is the concise introduction to the amazing new Apple Watch It s the first book specifically focused on the

Apple Watch's most important function health and fitness This book is for you if you are interested in health and are willing to make small lifestyle adjustments in order to enhance health and well being This book is also for you if you are a dedicated health junkie who already exercises on a regular basis and follows a healthy diet The Apple Watch includes fitness apps that you can access right on your wrist while you are exercising for instant feedback on how you are doing You will learn how to use the Watch to avoid sitting for too long to register a healthy amount of body movement every day and how to get the most out of more strenuous exercise activities All fitness and exercise related built in apps will be covered in detail as well as leading third party health and fitness apps that have been specifically tailored to work with the Watch Part I plus two appendixes give readers just what they need to know to understand all functionality of the Apple Watch to set up their Apple Watch and what third party apps are available at time of publication It's a great mini book that will be appeal to readers who don't feel the need to buy an entire standalone introduction to the Apple Watch Part II the majority of the book clearly explains the Apple Watch's fitness and health tracking functions but goes well beyond this by showing readers different ways to integrate these functions into their daily lives regular workout routines and with their iPhone and the leading third party health and fitness apps Plus there's an entire chapter devoted to the Apple Watch Research Kit explaining the benefits of the associated medical research apps and how users can participate in these world changing programs should they choose to

Veteran technology author Allen Taylor is also a participant in the Apple Watch Research Kit study in cardiovascular fitness conducted by Stanford University

iOS 8 for Programmers Paul Deitel,Harvey M. Deitel,Abbey Deitel,2014-12-15 The professional programmer's Deitel guide to iPhone and iPad app development using iOS 8 Swift™ Xcode 6 and Cocoa Touch This book presents leading edge computing technologies for professional software developers At the heart of the book is the Deitel app driven approach a variant of Deitel's live code approach concepts are presented in the context of complete working iOS apps rather than using code snippets The introduction and app test drives at the beginning of each chapter show one or more sample executions The book's source code is available at www.deitel.com/books/iOS8FP1 You'll quickly learn everything you need to start building iOS 8 apps beginning with a test drive of the Tip Calculator app in Chapter 1 then building your first apps in Chapter 2 with visual programming and in Chapter 3 with Swift By the time you reach Chapter 9 you'll be ready to create your own apps for submission to the App Store We'll overview the submission process including uploading your apps deciding whether to sell your apps or offer them for free and marketing them using in app advertising social media Internet public relations and more

Teach Yourself VISUALLY Apple Watch Guy Hart-Davis,2015-07-08 Master your new smartwatch quickly and easily with this highly visual guide Teach Yourself VISUALLY Apple Watch is a practical accessible guide to mastering the powerful features and functionality of your new smartwatch For Apple devotees and new users alike this easy to follow guide features visually rich tutorials and step by step instructions that show you how to take advantage of all of the Apple watch's capabilities You'll learn how to track your health control household devices

download and install apps sync your music sync other Apple devices and efficiently use the current OS The visually driven instruction style dovetails perfectly with the visual cue based OS helping you master the basic features and explore the more advanced functionality and most commonly associated accessories The Apple Watch is the latest addition to Apple's family of mobile devices featuring the latest in consumer wearable tech This guide is your expert visual reference for unlocking all the features of your Apple Watch Learn the features visually with 400 full color screen shots Master the basic Apple Watch functions and customize your settings Get optimal performance from your smartwatch with expert tips Find the best apps and services to fit your personal needs The Apple Watch's graphics intensive touch interface is perfect for visual learners and this guide mirrors that feature with a highly visual approach to using both the OS and the device itself With full coverage plenty of screen shots and expert tips and tricks Teach Yourself VISUALLY Apple Watch is the companion you cannot be without

Apple Watch Series 10 User Guide For Beginners And Seniors PIXEL TECH GUIDE,2025-12-24 Are you ready to unlock the full potential of your Apple Watch Have you ever wondered how to make the most of your Apple Watch Series 10 transforming it from just a timepiece into an indispensable tool for your daily life Whether you're a fitness enthusiast a tech lover or someone looking for better ways to stay connected this book is your ultimate guide to mastering the Apple Watch Series 10 Why settle for basic features when you can use your Apple Watch to its fullest In this comprehensive guide you'll learn everything you need to know to maximize your Apple Watch experience From customizing watch faces and settings to advanced features like Siri Apple Pay and fitness tracking you'll discover how to make your Apple Watch work for you in ways you never thought possible What's inside Step by step setup and customization Unlock all the secret features of your Apple Watch Series 10 Master fitness and health tracking From monitoring your heart rate to tracking your workouts and setting goals become your own fitness coach with your watch Stay connected with ease Learn how to make calls send messages and use Walkie Talkie without ever taking out your phone Troubleshooting and maintenance tips Keep your Apple Watch running smoothly with easy to follow solutions for common issues Security features for peace of mind Protect your personal data with built in security tools like passcodes and emergency SOS Key Benefits of This Book Unlock Hidden Features Discover all the powerful tools your Apple Watch has that go beyond telling time Boost Productivity Learn how to use your watch as a personal assistant to manage tasks track fitness goals and stay connected Maximize Health and Fitness Track your daily activity monitor your heart rate and use your watch to create healthier habits Solve Problems Fast Get quick fixes for common Apple Watch issues so you never have to waste time troubleshooting Feel More Confident Gain the confidence to personalize and use your Apple Watch to its full potential enhancing every aspect of your life Don't miss out on the full Apple Watch experience Grab your copy today and start exploring all the ways your Apple Watch Series 10 can make your life easier healthier and more connected Your ultimate guide to mastering the Apple Watch is just a click away Buy Now

Apple Watch Series 2 Seniors: Overview of Features Jack Davidson,2017-01-22 Apple Watch Series 2

Seniors is a very useful companion for the aging persons who love their independent lifestyle With elegance as the front and center of this device and innumerable functionalities Apple Watch removes the stigma related to emergency button bands and necklaces that the seniors detest Apple Watch Series 2 can be both a lifesaver and a health tracker for the elderly people themselves and a remote healthcare tracker for their caregivers With such a high tech piece of accessory round their wrist they ll feel much more confident and independent in their daily lives At the same time they ll feel more secure and the caregivers will feel more certain about their wellbeing

Mobile Forensic Investigations: A Guide to Evidence Collection, Analysis, and Presentation, Second Edition Lee Reiber,2018-12-06 Master the tools and techniques of mobile forensic investigationsConduct mobile forensic investigations that are legal ethical and highly effective using the detailed information contained in this practical guide Mobile Forensic Investigations A Guide to Evidence Collection Analysis and Presentation Second Edition fully explains the latest tools and methods along with features examples and real world case studies Find out how to assemble a mobile forensics lab collect prosecutable evidence uncover hidden files and lock down the chain of custody This comprehensive resource shows not only how to collect and analyze mobile device data but also how to accurately document your investigations to deliver court ready documents Legally seize mobile devices USB drives SD cards and SIM cards Uncover sensitive data through both physical and logical techniques Properly package document transport and store evidence Work with free open source and commercial forensic software Perform a deep dive analysis of iOS Android and Windows Phone file systems Extract evidence from application cache and user storage files Extract and analyze data from IoT devices drones wearables and infotainment systems Build SQLite queries and Python scripts for mobile device file interrogation Prepare reports that will hold up to judicial and defense scrutiny

Apple Watch Series 7 Beginners Guide Alan Thompson,2022-03-11 Apple Watch has a lot of technology built into it It can save your life and be a big convenience There are numerous instances where the Apple Watch has saved people whether due to a cardiac condition a vehicle accident or something else So you ve just bought your first Apple Watch or want to brush up on the basics well you ve come to the right spot This book covered everything you need to know about getting started with your new Apple Watch There are many hidden and other dope features found on the newest Apple Watch Series 7 you need to uncover and this book did justice to that Also I talked about WhatsApp for Apple Watch Topics include 1 How to install WhatsApp on the Apple Watch Series 7 2 How to send messages 3 How to send voice messages Even though iMessage is popular people find WhatsApp essential so make your Apple Watch 7 even more useful by installing WhatsApp for your pleasure With this Apple Watch Series 7 book learn how to 1 Setup the Apple Watch Series 7 with iPhone 11 12 13 or any iPhone 6s or later 2 Set up and use Apple Pay to make purchases in stores restaurants taxis and more 3 Use the Digital Crown side button and gestures to respond to messages 4 Use Find Devices and Find Items features on your Apple Watch to help locate your lost iPhone iPad items with an AirTag attached 5 Use the Find People feature to share your location with friends and family 6 Work out with

your Apple Watch when you're running hiking doing yoga and more 7 Give yourself a better chance of not being late for appointments 8 Essential settings to change on your Apple Watch as well as on your iPhone to boost battery life 9 Clear notifications in one simple gesture and quickly switch between two open apps 10 Use the Camera Remote app and customize your watch face 11 Reply quickly to messages and try out new watch faces on your Apple Watch This series 7 Apple Watch user guide will also work on older generation Apple Watches The setup process carefully outlined is easy to follow and your device will run smoothly afterwards Also get a physical tour of the watch and ways to add and remove the watch bands What are you waiting for Get your copy right now *Apple Watch For Dummies* Marc Saltzman, 2019-11-14 Get connected with Apple Watch The new and improved Apple Watch does it all tells time tracks your fitness monitors your health keeps you connected and so much more Apple Watch for Dummies covers the latest series and version of Apple Watch giving you the lowdown on the new WatchOS You'll learn how to use all the exciting new features watch faces improvements to Siri and how to customize your Apple Watch to suit your needs From picking the right watch model and learning the newbie basics to must-have apps troubleshooting and beyond this book will help you wrap your head around the Apple Watch Send and receive text messages and e-mails Use Siri to control Apple Watch with your voice Taking advantage of advanced health and fitness features Adjust Apple Watch settings to meet your needs Push Apple Watch to its limits with advanced techniques Whether you're a beginner or already an Apple Watch veteran read this book to get a handle on all the features and tools of the latest and greatest Apple Watch Essentials of Nursing Informatics, 7th Edition Virginia K. Saba, Kathleen A. McCormick, 2021-03-22 The single best resource for learning how technology can make the nursing experience as rewarding and successful as possible A Doody's Core Title for 2024 computer systems and information theory electronic medical records continuum of care information technology systems and personal health records coding and government clinical and private sector system requirements This revised and updated edition covers the latest changes in technology administration policy and their effects on healthcare informatics in the U.S. with contributing international authors from Canada South America Europe Asia Australia and New Zealand The seventh edition includes section summaries and each chapter includes sample test questions and answers This updated seventh edition covers Nursing Informatics Technologies Nursing Practice Applications System Standards Advanced Applications for the 4th Nursing IT Revolution System Life Cycle Educational Applications Informatics Theory Standards Research Applications Policies and Quality Measures in Healthcare **Apple Watch Series 11 User Guide User Guide For Beginners And Seniors** PIXEL TECH GUIDE, 2025-12-24 Are you ready to unlock the full potential of your Apple Watch Series 11 and transform your health and fitness journey Have you ever wondered how you can maximize every feature of your smartwatch to not just track your steps but also crush your fitness goals monitor your health and stay motivated every day Look no further this book is your ultimate guide to mastering the Apple Watch Series 11 Whether you're a fitness enthusiast a tech lover or someone looking to live a healthier lifestyle Apple

Watch Series 11 User Guide User Guide for Beginners and Seniors will show you exactly how to take full advantage of all the powerful features your watch offers From setting and tracking long term fitness goals to using personalized workouts through Apple Fitness this book will help you get the most out of your watch and keep you on track toward your fitness and health targets Why You Need This Book Struggling to get started Learn step by step how to set up and personalize your Apple Watch for your unique fitness goals Not sure how to track your fitness progress Discover how to set long term fitness goals track achievements and stay motivated with Activity Rings Want personalized workouts We ll guide you through Apple Fitness showing you how to find the perfect routines based on your fitness level and goals Need motivation Learn how to stay driven with monthly challenges share your progress with friends and unlock the power of rewards Hoping to make it a lifestyle This book teaches you how to incorporate wellness habits into your daily routine making fitness and health a natural part of your life What You ll Get from This Book Comprehensive Fitness Guide Learn how to create personalized fitness goals track daily weekly and monthly progress and achieve your dream health and fitness levels Maximize Your Apple Watch From heart rate monitoring and sleep tracking to connecting third party devices we show you how to fully utilize the features of your Apple Watch Series 11 Powerful Fitness Tracking Tips Master how to use the Activity Rings and Apple Fitness to design and execute a workout plan that fits your goals Stay Motivated and Inspired Get expert tips on using monthly challenges and how to stay consistent with your fitness routine no matter your starting point Benefits of This Book Achieve your fitness goals faster with customized advice and strategies designed for every fitness level Learn to use your Apple Watch like a pro from advanced settings to tracking your health progress with ease Stay motivated every day with expert techniques for hitting your milestones keeping your progress visible and sharing your wins Maximize your time and effort with proven strategies to make your workouts more efficient productive and enjoyable Unlock a healthier lifestyle by integrating the Apple Watch into your daily routine and using its full range of health tracking features Take Action Now Why wait The tools and knowledge you need to get the most out of your Apple Watch are right at your fingertips Don t just wear your Apple Watch master it Get your copy now and start your journey toward better health fitness and productivity today With this book in hand you ll be on your way to making your Apple Watch the ultimate tool for your success Don t miss out Buy now and transform your Apple Watch into your personal fitness and health coach

[The Rough Guide to Apple Watch](#) Dwight Spivey,2015-11-03 The Rough Guide to Apple Watch is the essential guide to the ultimate smartwatch Whether you want an in depth step by step guide to functionality a definition of taptic engine or you need advice on fast fixes and troubleshooting The Rough Guide to Apple Watch is the definitive full colour guide to the most exciting wearable tech and hottest smartwatch on the market Full of easy to use photographic step by steps The Rough Guide to Apple Watch takes you from setting up your Apple Watch and connecting it to your iPhone to accessing iTunes and using Apple Pay all the way through to getting the best from the health and fitness features and using third party apps The Rough Guide to Apple Watch will give you all the best tip and tricks for

maximising your Apple Watch's potential Make the most of your Apple Watch with The Rough Guide to Apple Watch

Apple Watch Series 11 User Manual for Beginners Ryan Matthews, 2025-11-01 Unlock the full potential of your Apple Watch Series 11 with this comprehensive beginner's guide that transforms complex technology into simple actionable steps Whether you're a first-time smartwatch owner or upgrading from an earlier model this manual provides everything you need to master your device quickly and confidently From initial setup and pairing to advanced health monitoring and fitness tracking every feature is explained in clear jargon-free language What You'll Learn Complete setup and pairing process with your iPhone Navigate the interface like a pro using gestures and controls Master health monitoring features including heart rate blood oxygen and ECG Optimize fitness tracking with Activity Rings and workout customization Manage notifications and communications effectively Customize watch faces and organize apps for maximum productivity Troubleshoot common issues and maintain your device properly Perfect for New Apple Watch owners seeking step-by-step guidance Users upgrading who want to discover new Series 11 features Anyone wanting to maximize their health and fitness tracking Tech enthusiasts looking for comprehensive reference material This guide eliminates guesswork and provides practical solutions for real-world usage scenarios Each chapter builds upon previous knowledge while serving as a standalone reference for specific features and functions Ready to transform your Apple Watch from a simple timepiece into a powerful health and productivity companion Start your journey today and discover why millions trust their Apple Watch for fitness motivation health insights and seamless connectivity

Apple Watch SE User Guide for Seniors: the Illustrated Step by Step Guide with Tips and Tricks to Operate the New iWatch SE and WatchOS 7 Charlie Scott, 2020-09-26 A Comprehensive User Guide with Clear Screenshots that Show You How to Use the Latest Apple Watch SE The Perfect Guide for Beginners and Advanced Users Do you want to know all the new and hidden settings on your device Do you want to find shortcuts to several settings on your device Do you need an updated guide that covers every single tip and trick for the Apple Watch SE on watchOS 7 Then search no more as this user guide is all you need to easily and quickly navigate your smartwatch find hidden settings and discover great and new features like the automatic Handwashing detection sleep tracking app new workout types and the watch face sharing feature Whether you are a beginner or an advanced user you will find all the basic and advanced tips and tricks to get the most out of your watch Some of the things you will find in this book include How to Set Up Your Watch Set Up Apple Watch for a Family Member Set Up Family Sharing Transfer Existing Cellular Plan to New Apple Watch Wake to Your Last Activity Keep the Apple Watch Display on Longer Change Bands Calculate Tips and Share Bills Unlock Your Mac with Your Watch Navigate the Home Screen Display Your Apps in a List or on a Grid Launch Apps on the Home Screen Launch the Face Gallery and add complications to your watch face Share Watch Faces Set Up Siri Use Siri Shortcuts View Safari Website on Apple Watch Text Size Brightness Haptics and Sounds Record and Play a Voice Memo Pair Bluetooth Speakers or Headphones Use the Music App on your watch See the Music Storage Space Delete Music from Your Watch Play

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The U.S. Healthcare Ecosystem: Payers, Providers, Producers Lawton Robert Burns, 2021-03-16 An Essential Guide to the Processes and Operational Complexities of the U S Healthcare System A Doody s Core Title for 2023 The U S Healthcare Ecosystem serves as an expert navigator through the complicated and often confusing environment where healthcare payers healthcare providers and producers of healthcare technologies all interact This thorough resource provides expert insight and analysis of employer based health insurance pharmacy benefits the major professions healthcare consolidation drug discovery and development biotechnology and much more Packed with timely examples and filled with illustrations The U S Healthcare Ecosystem will inspire you to think more critically about the business of healthcare and make informed assessments Features Includes often neglected topics impacting healthcare delivery such as employer based health insurance pharmacy benefits healthcare consolidation and biotechnology Highly readable and single authored by a Wharton Professor who has taught health care delivery and management for over 20 years Filled to the brim with helpful diagrams charts and tables nearly 350 figures complement the text Every chapter ends with a helpful Summary and Questions to Ponder

Whispering the Strategies of Language: An Psychological Quest through **Apple Watch Activity App**

In a digitally-driven world where displays reign supreme and instant transmission drowns out the subtleties of language, the profound techniques and mental subtleties concealed within words usually move unheard. Yet, set within the pages of **Apple Watch Activity App** a captivating fictional prize sporting with organic emotions, lies an extraordinary journey waiting to be undertaken. Penned by a skilled wordsmith, this charming opus attracts visitors on an introspective trip, gently unraveling the veiled truths and profound affect resonating within the very material of each word. Within the emotional depths of this emotional review, we can embark upon a heartfelt exploration of the book's primary themes, dissect their interesting writing model, and succumb to the effective resonance it evokes deep within the recesses of readers' hearts.

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Apple Watch Activity App Introduction

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specifically for dates on or before 4 october 1582 the julian calendar is used for dates on or after 15 october 1582 the gregorian calendar is used thus there is a ten day gap in calendar dates but no discontinuity in julian dates or days of the week 4 october 1582 julian is a thursday which begins at jd 2299159 5 and 15 october

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