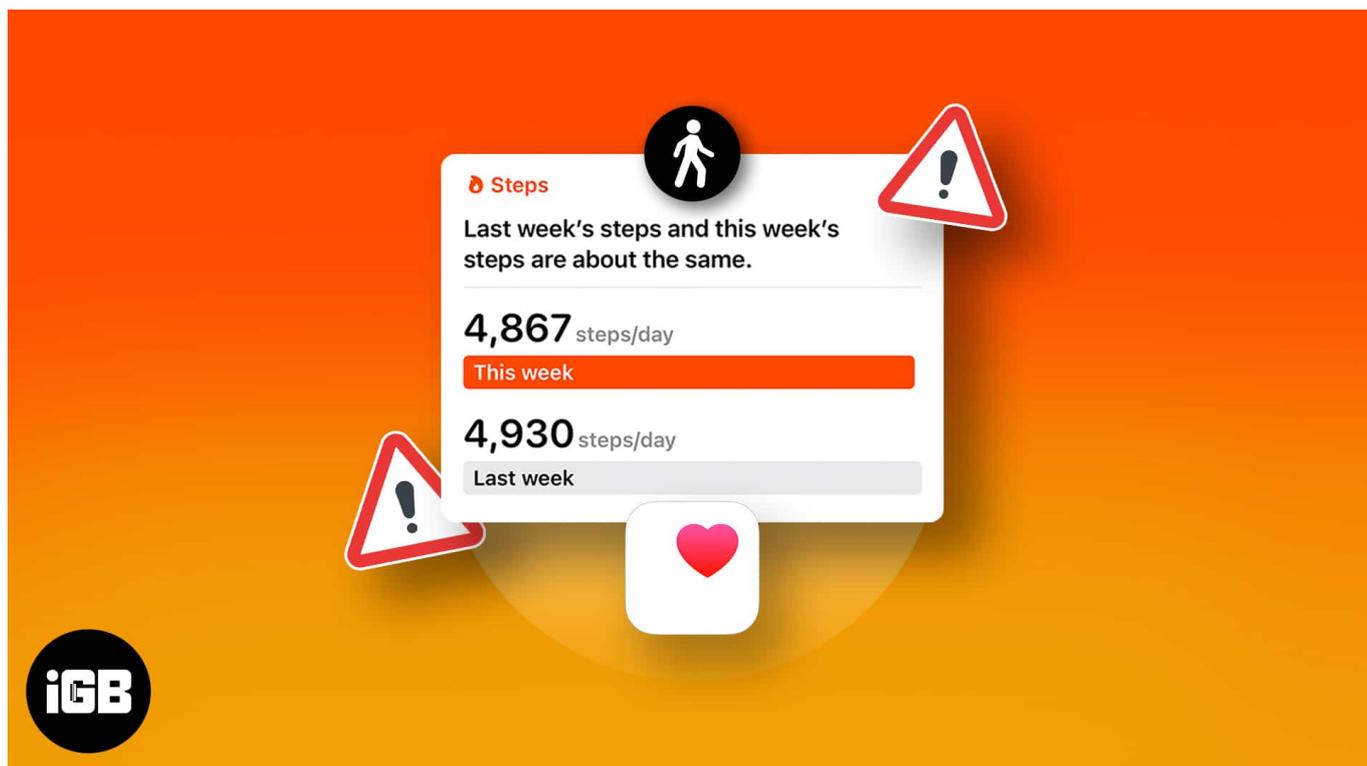


Apple has developed the Health app for iPhone so advanced that you don't need any additional fitness tracking services. It offers a convenient way to count the number of steps you take in a day and running or walking distance using your iPhone's built-in sensors.



However, as I track my health data daily on my Apple Watch and iPhone, I found this feature quite finicky. So, there's a chance that you may run into issues like the Health app not tracking steps. Frustrated with the same? Don't be. The solutions below should help you fix it!

Why Health app is not tracking steps on my iPhone?

If you are wondering why your Health app is acting up suddenly, you must determine the culprit before trying to resolve it. The Health app can malfunction due to many shallow reasons, such as:

- Misconfigured Health app and iPhone settings
- Disabled Location services
- iOS bugs or other system problems
- If your iPhone has ever been dropped or water-damaged, the sensors won't work

- Hardware issues in iPhone and Apple Watch

These are mainly found to disturb Health app operations. However, you can solve most Health app issues with some simple tricks. Let's explore them!

Note: Sometimes Health app records your step counts accurately but fails to show you. To get the data on the dashboard, go to the **Health app** on your iPhone → Tap **Edit** beside Favorites → Select **Steps** and **Walking + Running Distance** → Hit **Done**.

How to fix the Health app not counting steps on iPhone

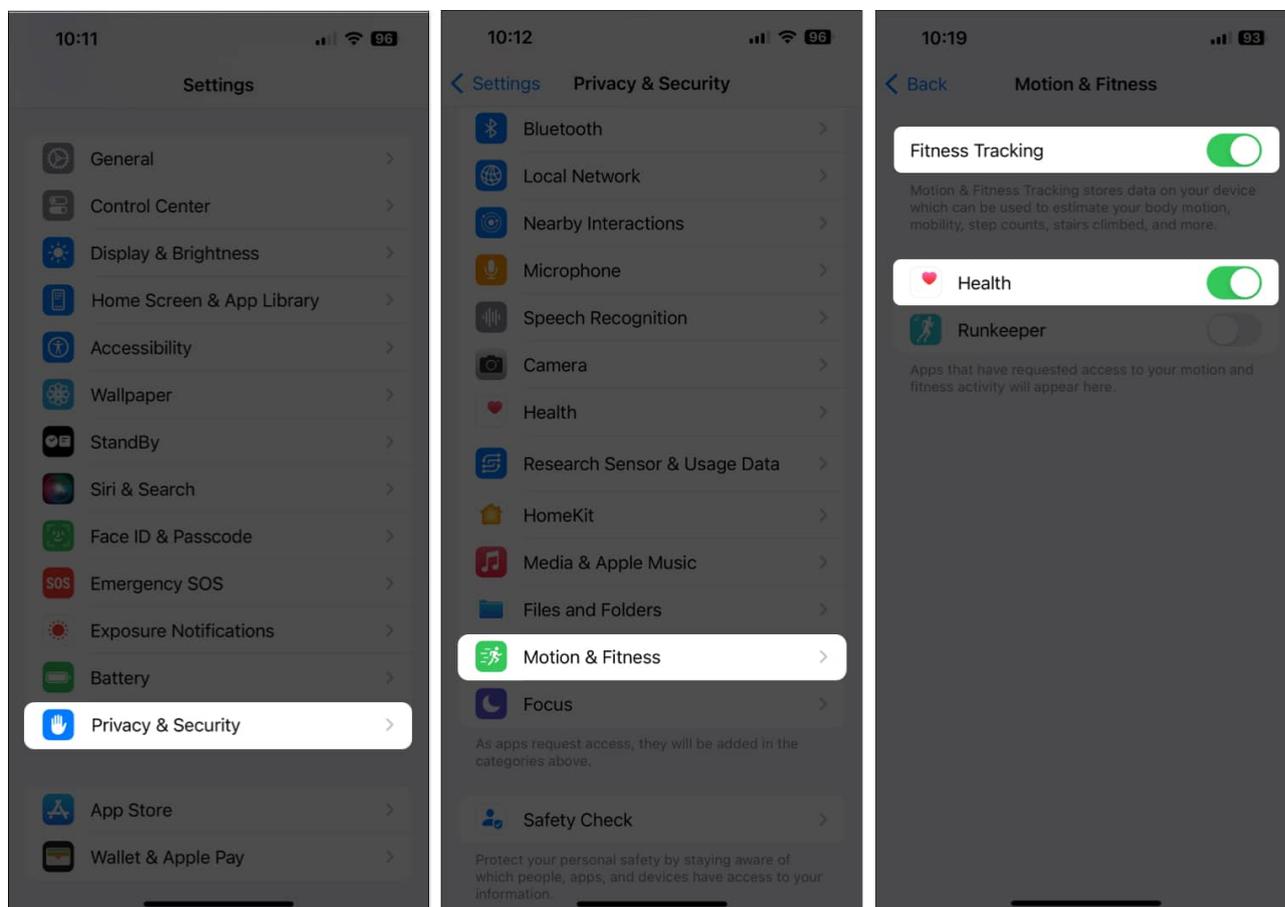
Here are the methods I tried and tested to get the Health app to track steps again on my iPhone.

1. Ensure Fitness Tracking is enabled

Before you can track your steps using the Health app on your iPhone, you must allow the app to access your Fitness tracking data. If you have accidentally disabled this permission, the Health app can't count your steps even with an Apple Watch.

Here's how to verify if this permission is enabled.

1. Open the **Settings** app on your iPhone.
2. Go to **Privacy & Security** → **Motion & Fitness**.
3. Toggle on **Fitness Tracking** and **Health**.



However, if the permission is already granted and you are not able to find the steps data, toggle off Fitness Tracking, restart your iPhone, and enable it again. This will reset the settings and remove any glitches.

Tip for Apple Watch users: You must configure the settings for your Apple Watch to track steps. For that, go to the **Health** app on your iPhone → Tap your **profile** → **Devices** → Select your **Apple Watch** → Tap **Privacy Settings** → Toggle on **Fitness Tracking**.

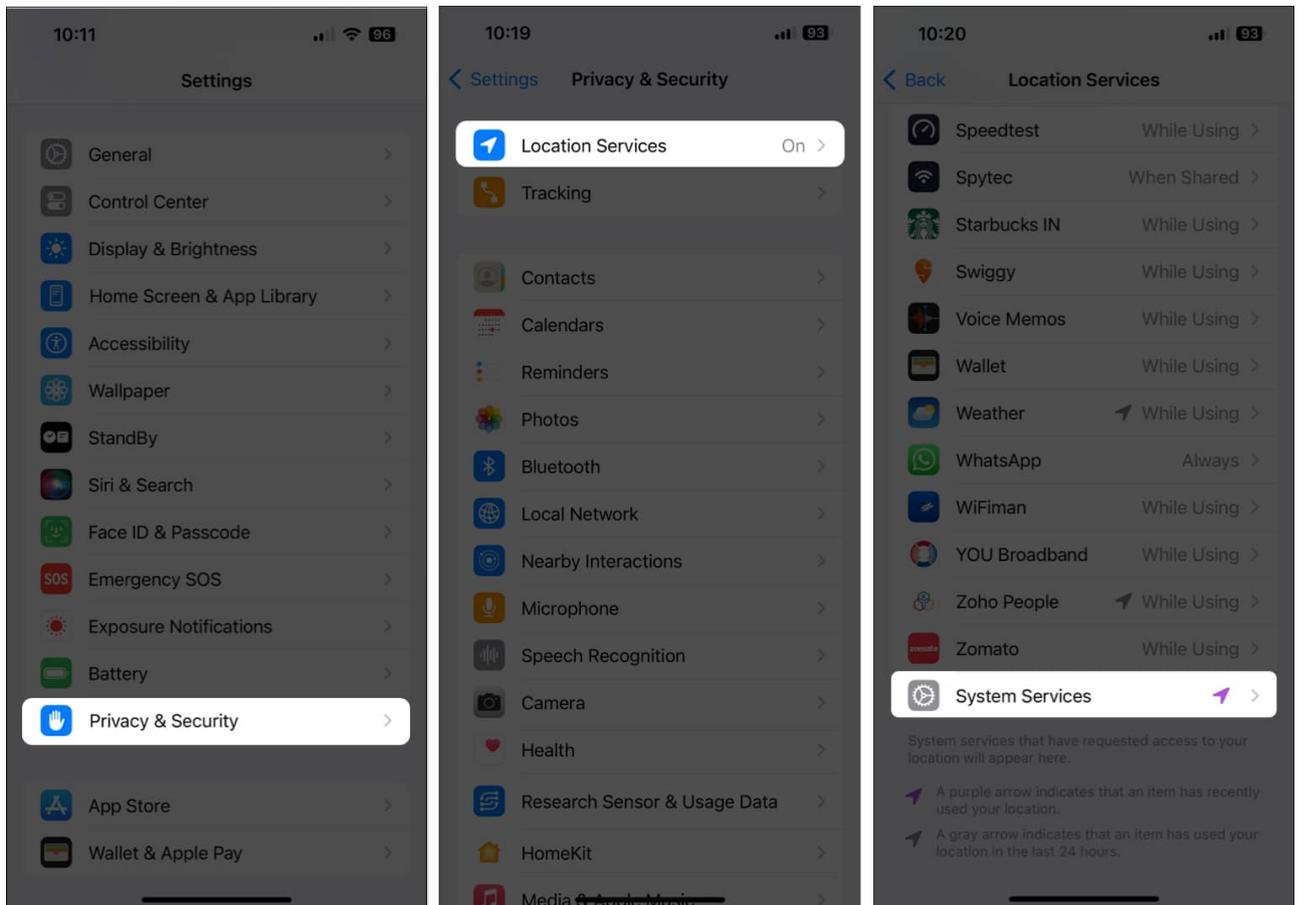
2. Ensure Motion Calibration is enabled

The Health app uses your iPhone's motion sensors, namely, the accelerometer and gyroscope, to precisely measure the number of steps you take and the distance you travel.

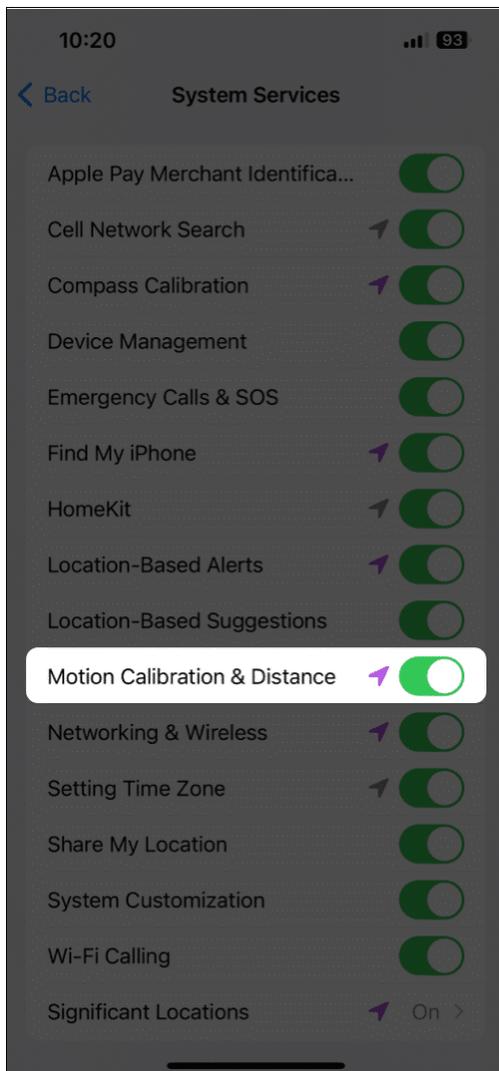
However, if you've turned off Motion Calibration on your iPhone, the Health app won't be able to track your steps. So, check if it is toggled on.

1. Open the **Settings** app on your iPhone.

2. Tap **Privacy & Security** → **Location Services** → **System Services**.



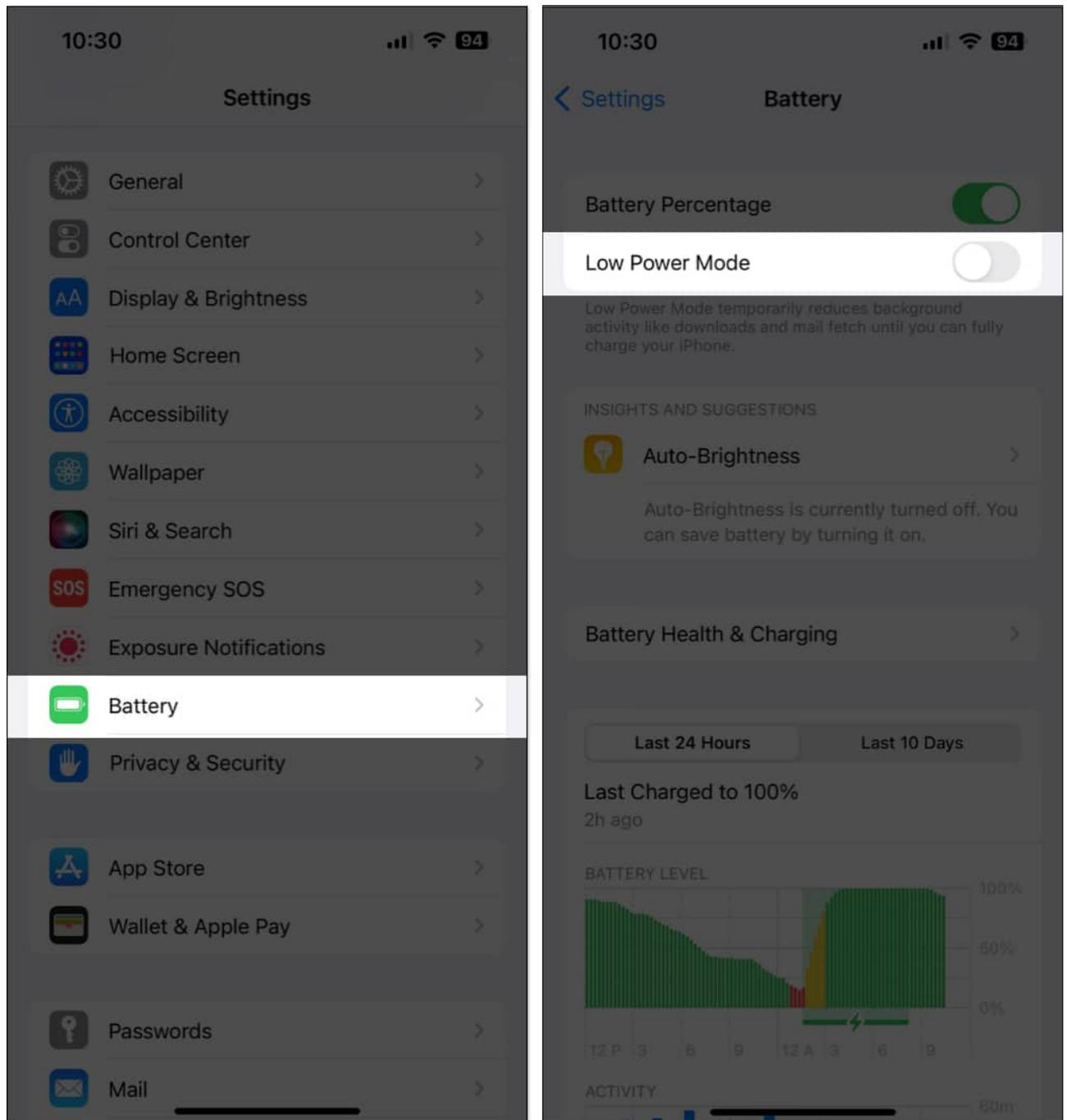
3. Toggle on **Motion Calibration & Distance**.



3. Disable Low Power Mode

[Using Low Power Mode](#) can come in handy if you need to preserve your iPhone's battery. However, this mode stops several critical services that are necessary for your iPhone's built-in step counter to function correctly. Hence, consider disabling it.

1. Go to **Settings** → **Battery**.
2. Toggle off **Low Power Mode**.

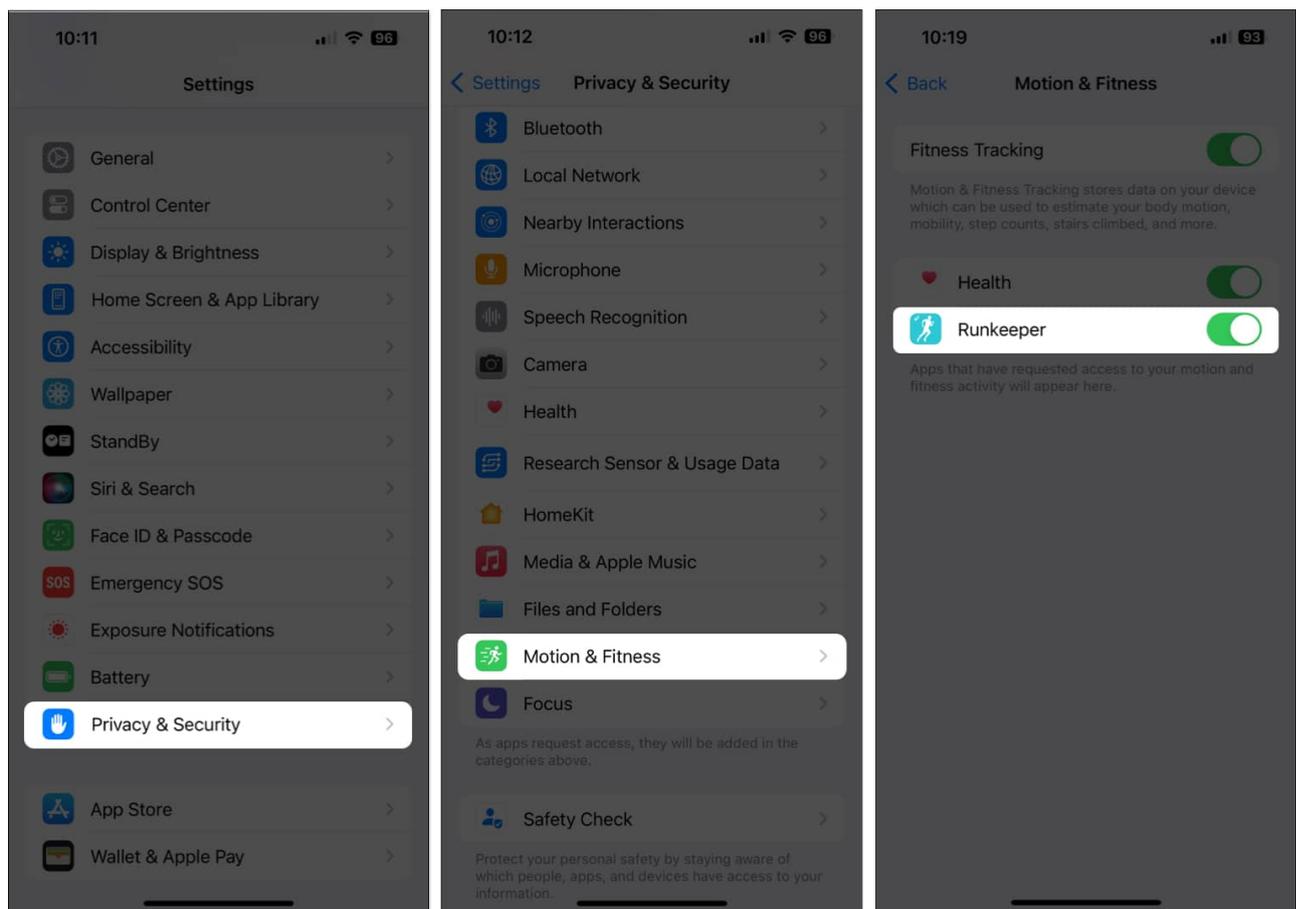


4. Remove conflicting fitness apps

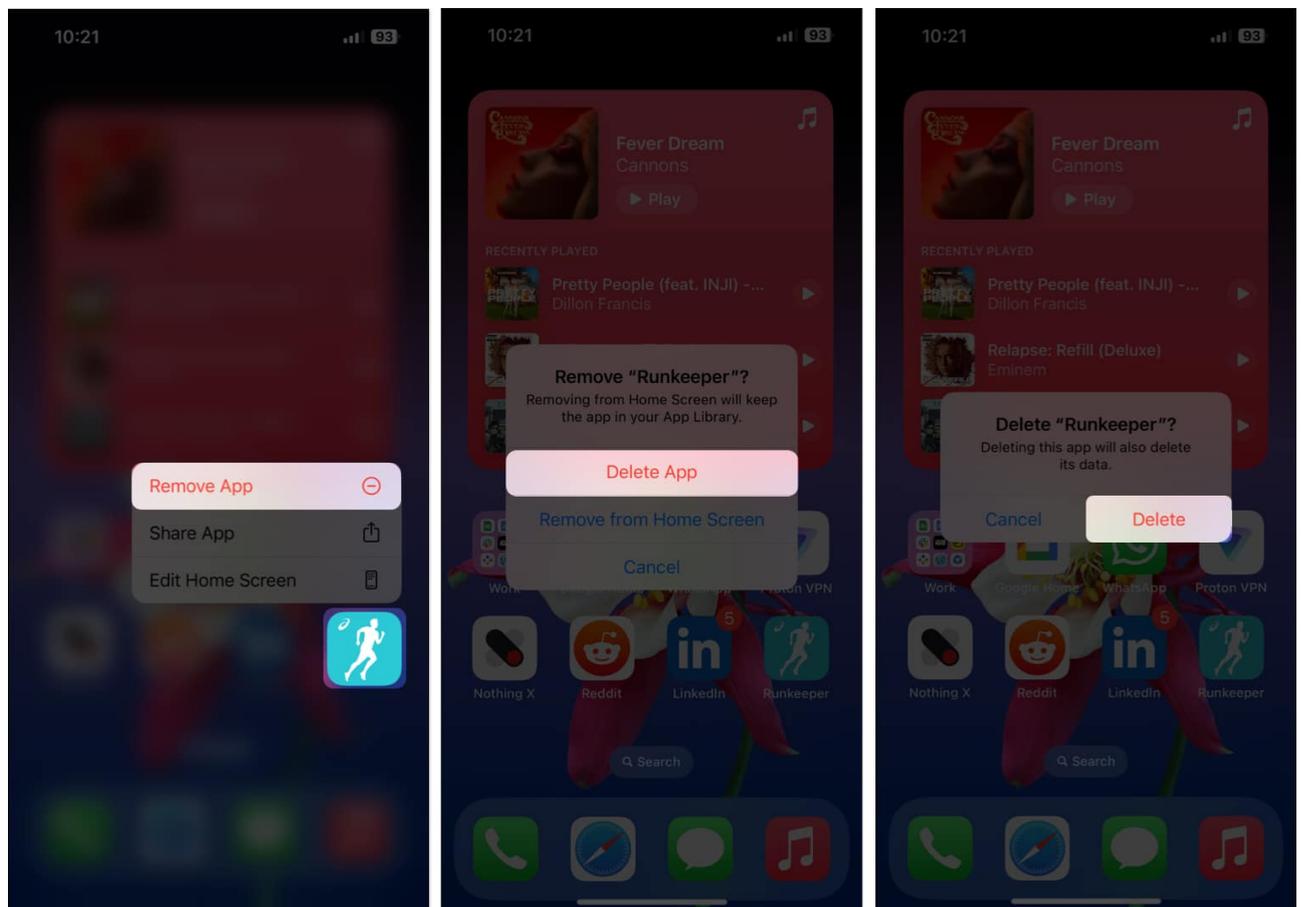
Sometimes, having multiple fitness apps installed on your iPhone can result in conflicts that prevent the Health app from tracking your steps. If you think this is what's happening on your iPhone, you must find the app causing the issues and uninstall it, as detailed in these

steps.

1. Open the **Settings** app on your iPhone.
2. Go to **Privacy & Security → Motion & Fitness**.
3. Check if there are other **apps** that can access the Fitness tracking data.



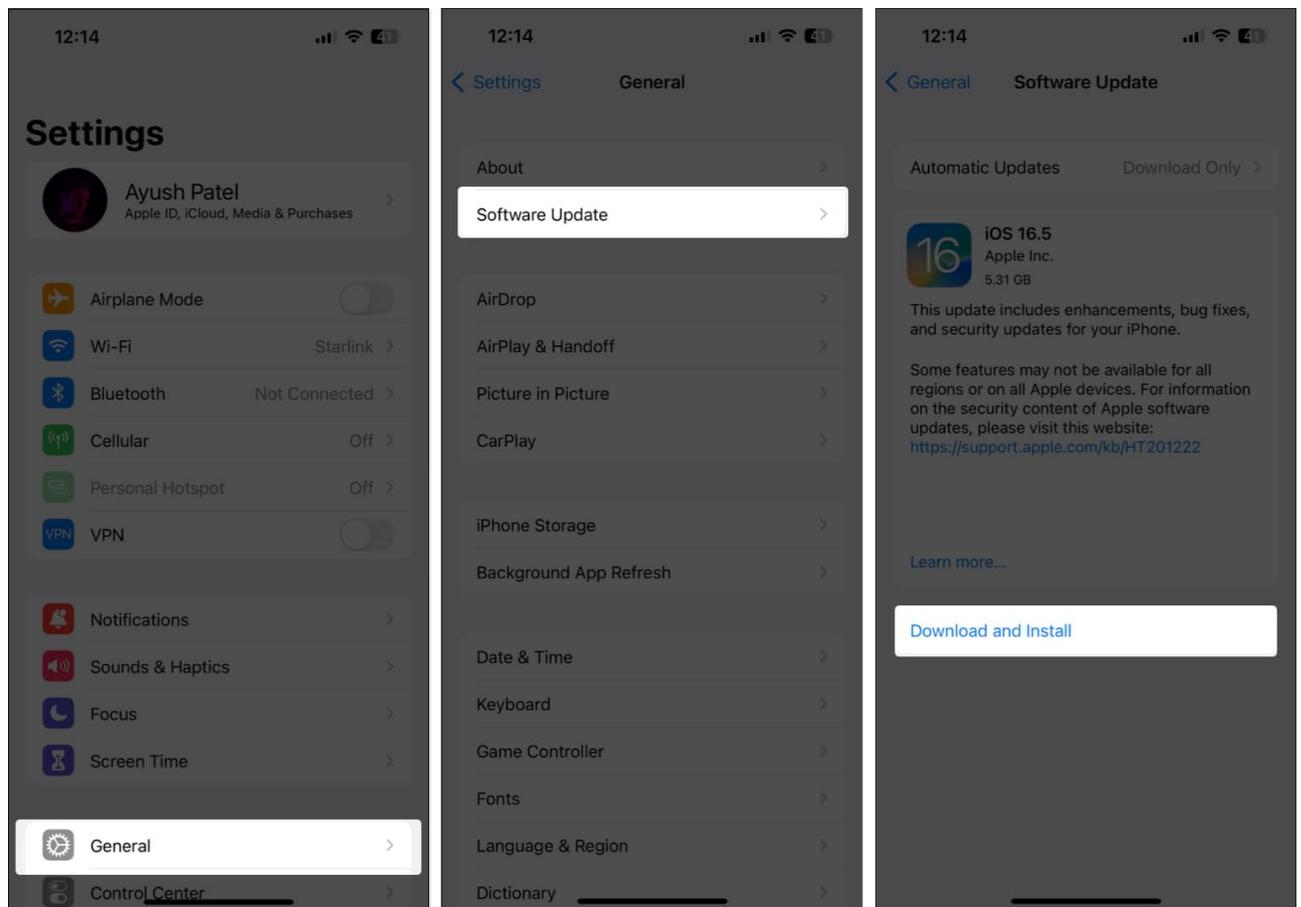
4. Navigate to the **Home Screen** → Tap and hold the **app's icon**.
5. Then, tap **Remove App** → **Delete App** → **Delete**.



5. Check for iOS updates

Many times, pesky glitches or bugs within iOS can also prevent some pretty useful features from working correctly. If you think that's the case with your iPhone, follow the steps given below to check if Apple has issued a software update with new bug fixes.

1. Go to **Settings** → **General** → **Software Update**.
2. Tap **Download and Install** if an update is available.



6. Force restart your iPhone

If the previous solutions didn't work, hard rebooting your iPhone should help you fix software glitches and bugs that might prevent your iPhone's built-in pedometer from working as expected.

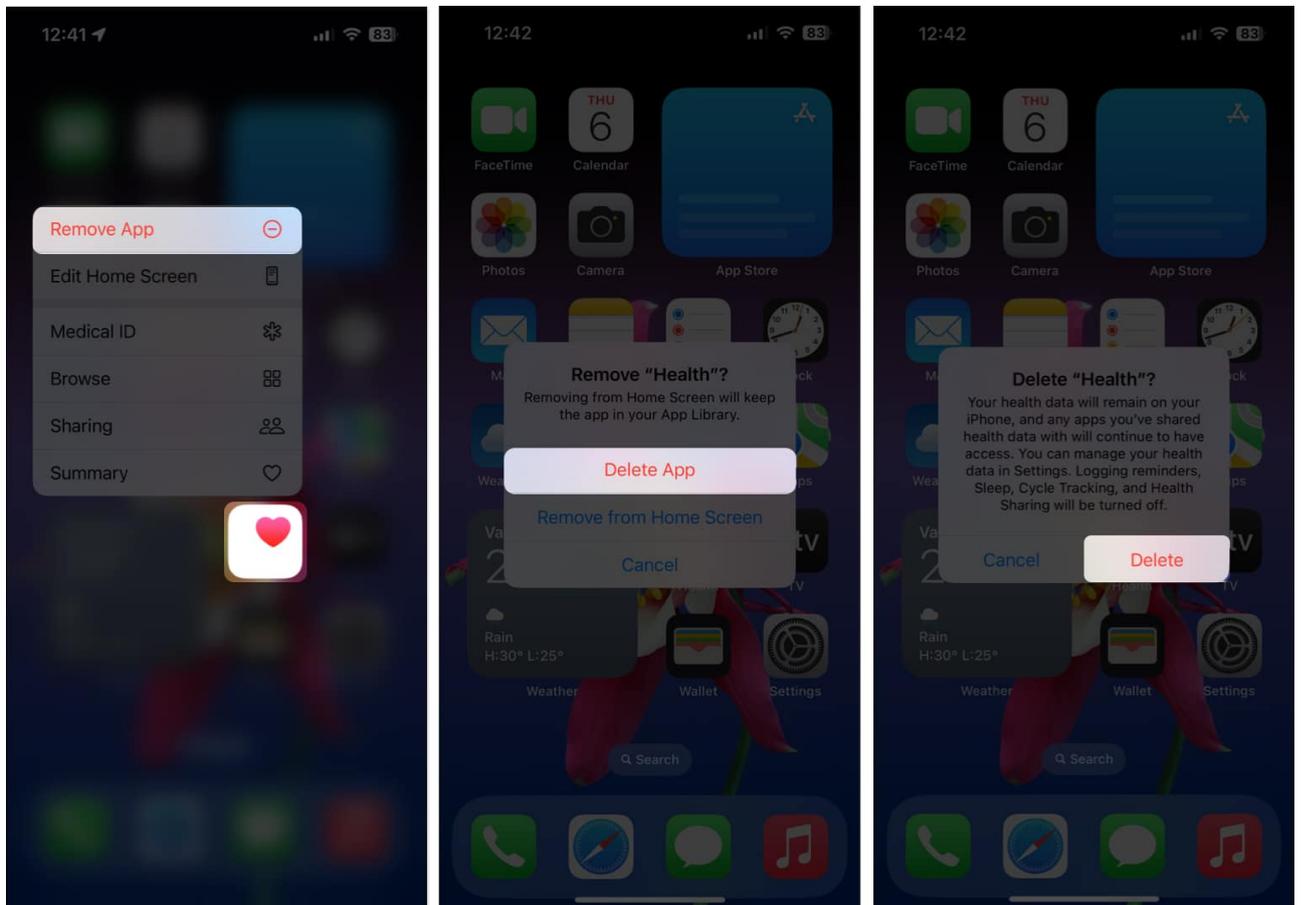
But, if you're unsure about how you can do that, check out this guide on [how to hard reboot any iPhone or iPad](#).

7. Reinstall the Health app

Sometimes, bugs or glitches within the Health app can also prevent the step counter from working on your iPhone. If you suspect this is what's causing the issue, your best solution will be to reinstall the Health app.

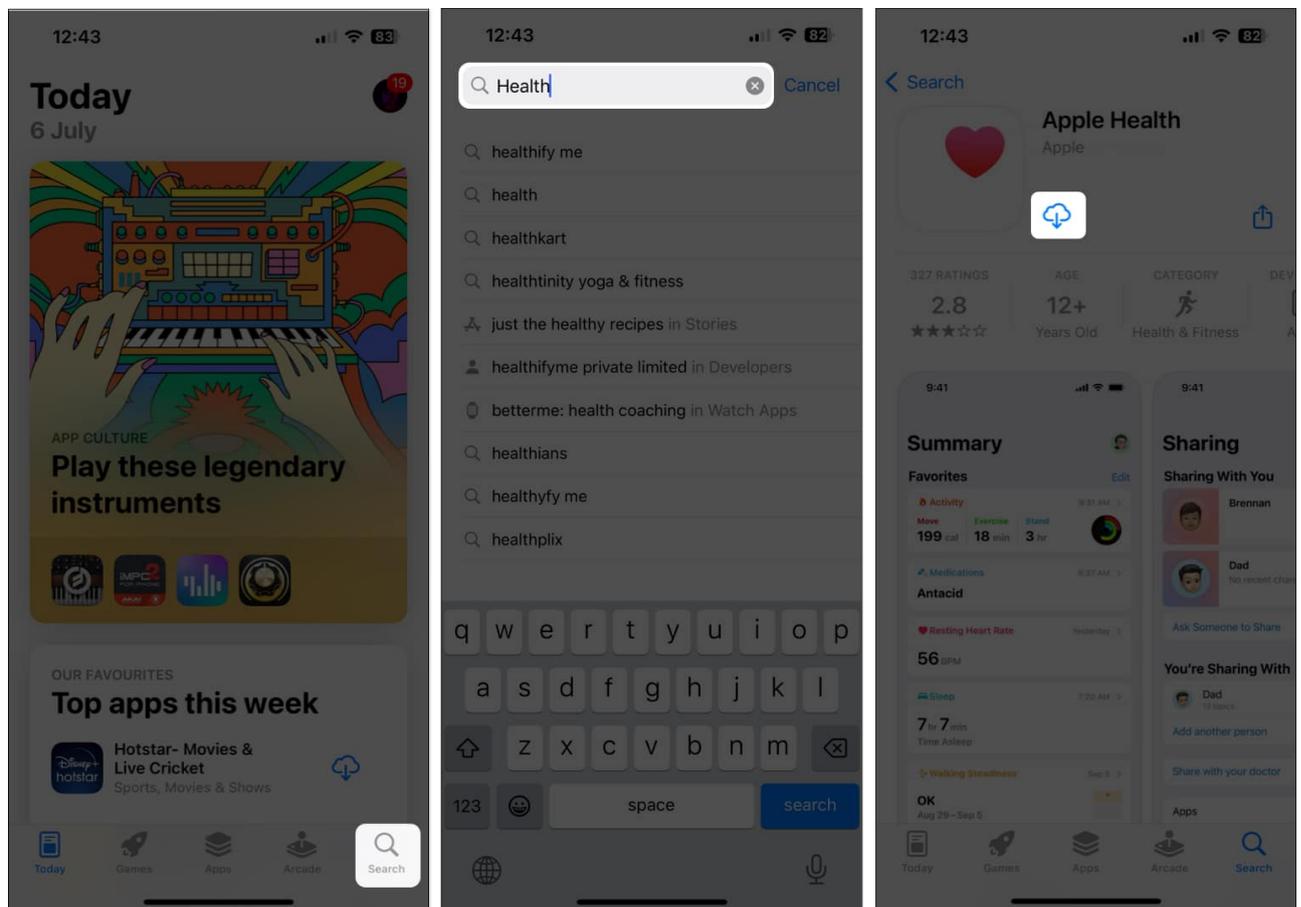
1. Tap and hold the **Health app's icon**.

2. Then, tap **Remove App** → **Delete App** → **Delete**.



3. Open the **App Store** → Go to the **Search tab** → Search for **Health** app.

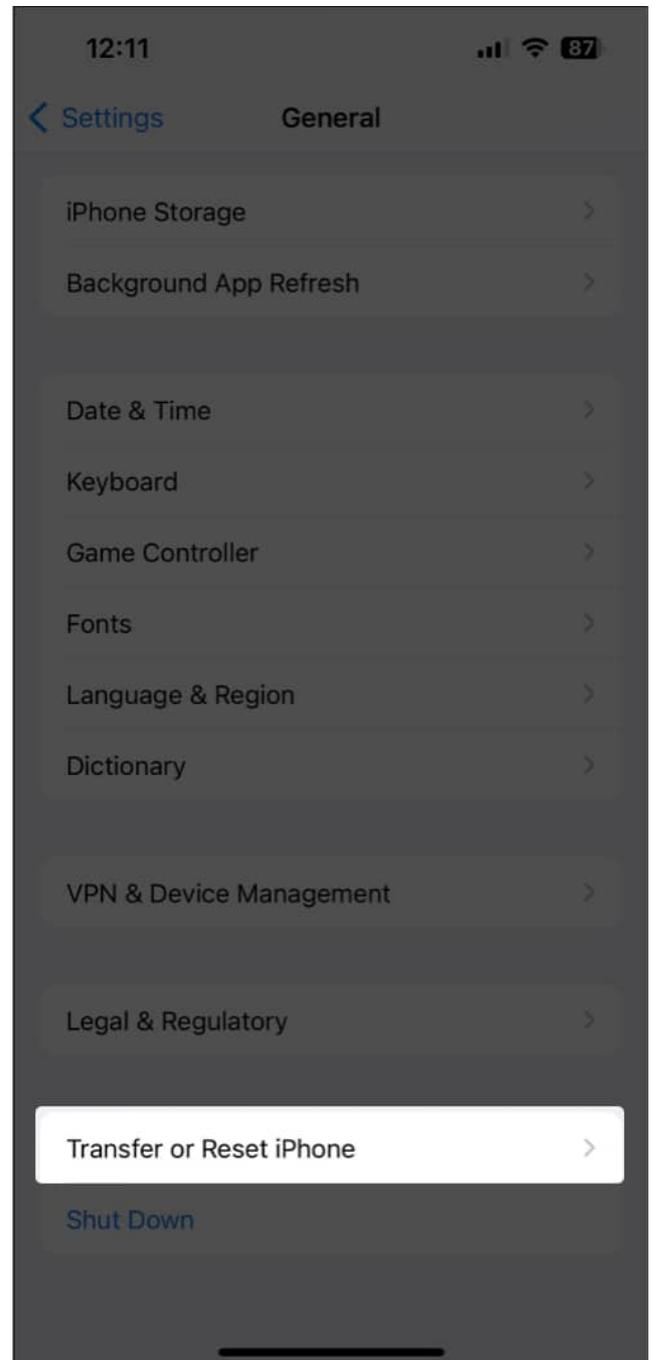
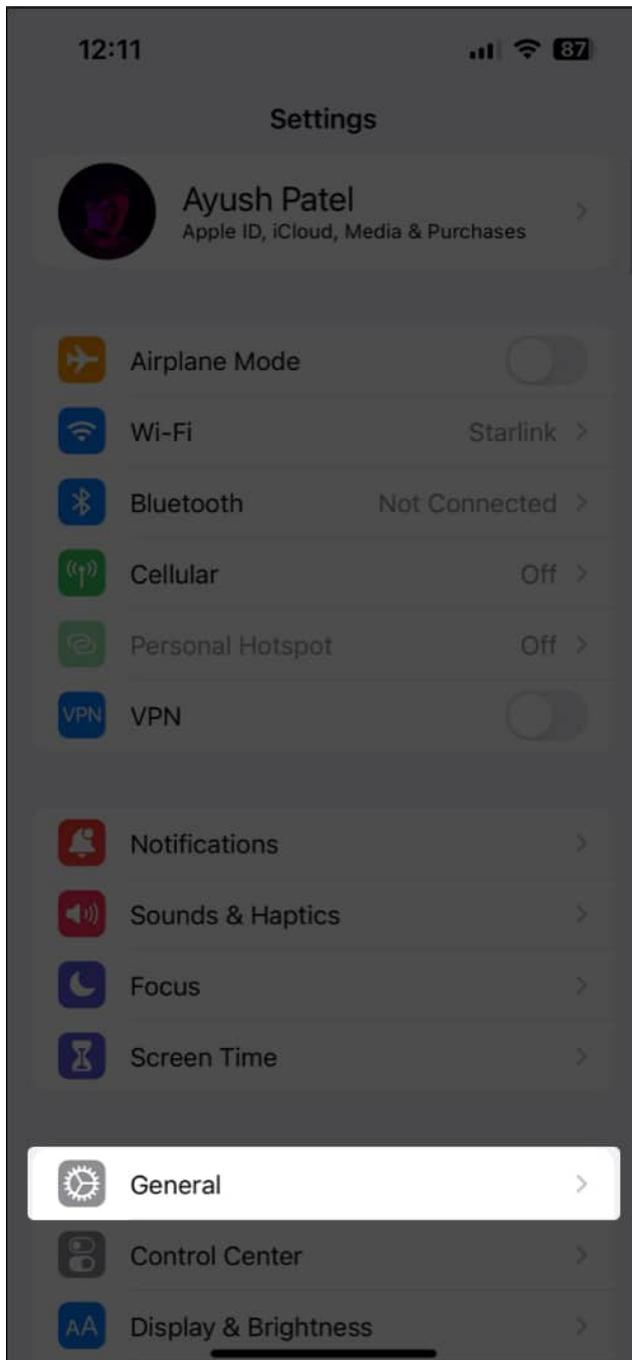
4. Tap the **blue cloud icon** beside the icon to get the Health app.



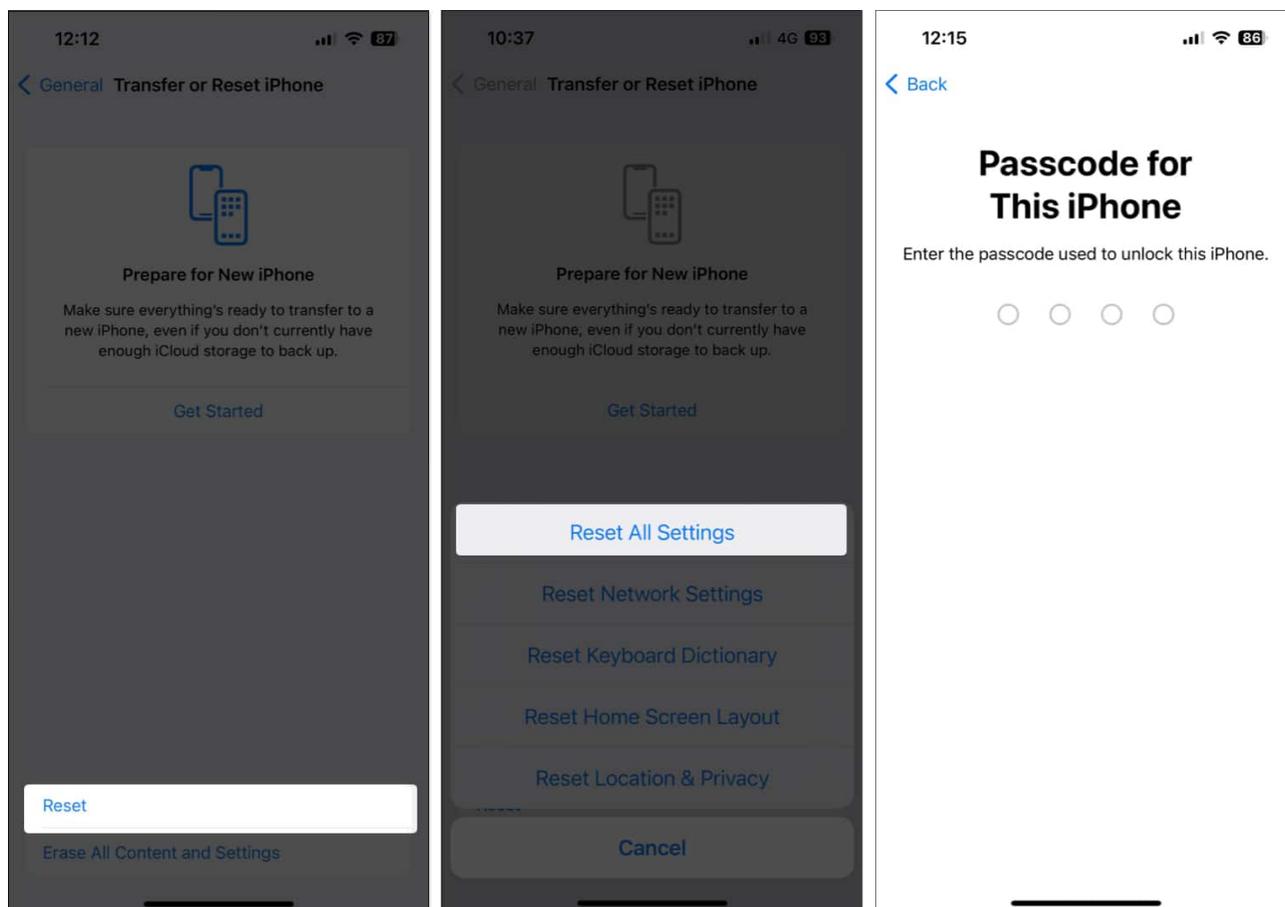
8. Reset All Settings

If most solutions fail, you should try resetting all settings on your iPhone to see if that helps you fix the issue. This action will restore all settings to their default values while leaving your data untouched. Here's how to do this:

1. Go to **Settings** → **General** → **Transfer or Reset iPhone**.



2. Tap **Reset** → **Reset All Settings**.
3. Enter your **iPhone's Passcode**.



4. Tap **Reset All Settings** again to complete the process.

Contact Apple Support

If you still can't get the step counter going, your iPhone's motion sensors might be damaged. In such cases, it's recommended that you [contact Apple Support](#) and see if they can schedule a Genius Bar appointment at the nearest Apple Store, where you can have your iPhone diagnosed or fixed.

Can I track my steps using the Health app without an Apple Watch?

Yes, you can [track your steps using the Health app on your iPhone](#), even without an Apple Watch. The Health app relies on your iPhone's built-in accelerometer and gyroscope to count your steps accurately.

Is the Health app's step-tracking feature accurate?

The Health app's step-tracking feature can provide reasonably accurate results. However, as it relies on motion sensors in your iPhone, factors like your carrying position and walking style can affect the accuracy.

Can I manually enter step data in the Health app?

Yes, just like any other metric in the Health app, you can also enter the step count manually to keep your records up to date and derive insights from it.

Are there alternative apps I can use to track my steps?

Yes, there are several alternative apps available on the App Store that can track your steps. Some popular options include Fitbit, Google Fit, and Stepz.

Wrapping up...

It can be very frustrating to see the Health app fail you, especially if you depend on it to track your daily step count and stay fit. However, thanks to the solutions listed in this guide, you should be able to fix the issue and use the Health app on the iPhone to track your steps again without any hitches. If you found this guide helpful, let us know which solution fixed the issue.

Also read:

- [How to use Fitness app on iPhone](#)
- [Fitness app not working on iPhone? 10 Ways to fix it!](#)