Digital Prosumer
Establishing a Futures Market for Digital Personhood Data

WATCH
Data Download Guide

Digital Prosumer Platform Data Tagging:

Category	Sub-Category	Supplier	Data	Format
Fitness & Diet	Fitness Trackers	Apple	iHealth Data	.xml

How do I download my Apple Watch data?

There are two methods of exporting your Apple Watch data:

1. Via the iHealth App;
2. Use the Health Data Importer App from the App Store.

Download data via the iHealth App

1. Open the Heath app.
2. Navigate to the Health Data tab.
3. Select the 'All' option at the top to see all health-related categories.
4. In the top right hand corner of the scree, select the Share icon
5. Confirm the export and it will create a new email of your health data.
6. Unzip and this is the .xml file you will need to upload to the Digital Prosumer Platform ready for trading.

Download data via the Health Data Importer App

Follow the app creator's guide here (http://www.idownloadblog.com/2015/06/10/how-to-export-import-health-data) until you download the export.zip file. When unzipped, this .xml file is the one you will need to upload to the Digital Prosumer Platform ready for trading.