







## Free Step Tracking Apps

	<p><b><u><a href="#">Couch to 5K</a></u></b></p>	<p>This app is great for first time runners. It helps beginners go from sitting on the couch to running a 5K in eight weeks.</p>
	<p><b><u><a href="#">Runkeeper</a></u></b></p>	<p>Whether you're going for a run, walk or hike, this app tracks your exercise, helps you set measurable goals, allows you to see the progress you're making and encourages you to get active more often.</p>
	<p><b><u><a href="#">Map My Walk</a></u></b></p>	<p>This app maps your route and tracks your activity. You can also log your food.</p>
	<p><b><u><a href="#">Runtastic</a></u></b></p>	<p>This app will track your daily activity and help you improve you overall health and fitness.</p>
	<p><b><u><a href="#">Argus</a></u></b></p>	<p>This is an all-in-one health and fitness app that works for iPhone and Android. It's equipped with a calorie counter, activity tracker and pedometer.</p>
	<p><b><u><a href="#">Pacer</a></u></b></p>	<p>This Android and iOS app is designed to make the health journey more fun. It allows users to invite their family and friends into their weight loss and fitness goals.</p>

