



**WORKING FOR A
HEALTHIER TN**



Free Step Tracking Apps



Couch to 5K <http://www.c25kfree.com/>



Runkeeper

Whether you're going for a run, walk or hike, the Runkeeper app tracks your exercise, helps you set measurable goals and allows you to see the progress you're making along the way. It also encourages you to get active more often.



Map My Walk

The Map My Walk app maps your route, tracks your activity and you can log your food.



Runtastic

Runtastic Pedometer will track your daily activity and help you improve your overall health and fitness.



Argus

This is an all-in-one health and fitness app that works for iPhone and Android. It is equipped with a calorie counter, activity tracker and pedometer for weight loss.



Pacer

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.