

## FitBit:

Your stats will automatically sync to select smartphones wirelessly (nothing to plug in!). See how you are tracking against your daily goals, with friends, and against your historic averages. Bring fitness into your life seamlessly

with the Fitbit app. You can also purchase Fitbit pedometers to sync with your phone.

# Fitness (Health and Fitness) Apple App logoFitness (only available for iPhone, iPad, and Apple Watch):

See your Activity Details, Workout, Mindfulness, and Dive history, Trends, and Awards. Set goals and check your progress throughout the day.

See details of your estimated active calories toward your move goal with the Move ring. With Apple Watch, you’ll also see your total exercise minutes toward your Exercise ring, and your stand hours toward your Stand ring. View your historical workouts from the Workout app on Apple Watch or any third-party fitness app. See important metrics from each workout like average pace, distance, calories burned, and more. The app is **always on**, so there’s no need to start and stop it. Just keep your phone in your pocket or your bag.

# Map My Walk by Under Armour, App logoMap My Walk:

Track and map every walk with MapMyWalk. For every mile you go, you’ll get feedback and stats to help you improve your performance. Discover new workout routes and save or share your favorites, and get inspired to reach new walking goals with a 40 million member strong community of athletes. Whether you’re a beginner on your first long walk or a pro, you’ll find the features and tools you need to stay on track and motivated along the way.