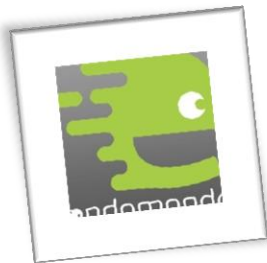


How to Track your Miles – Walk this Way Challenge



Accupedo Pedometer by Corusen LLC (Free). Accupedo is an accurate Pedometer App that monitors your daily walking on the Home screen of your phone. Intelligent 3D motion recognition algorithms are embedded to track only walking patterns by filtering and ejecting out non walking activities. Accupedo counts your steps regardless of where you put your phone like your pocket, waist belt, or bag. Be healthy by setting up your daily goal and accurately monitoring your steps with Accupedo.

AVAILABLE FOR IOS AND ANDROID.



Endomondo – Sports Tracker – GPS Track Running, Cycling, Walking, & More by Endomondo.com (Free; Pro version \$4.99). At the top of many reviews is Endomondo, a GPS-driven tracking app with a very social platform. The name comes from the idea of “freeing your *endorphins*” during fitness. (Endorphins are the hormones released during fitness that usually give you a feeling of well-being.) With Endomondo, you can track how far you walk, or travel during most any outdoor physical activity; then connect on social platforms like Facebook to inspire friendly competition or use the audio coach for a digital boost of encouragement. Endomondo tracks your outdoor exercise duration, speed, and distance via GPS. You can view your route map, set goals, and connect with Endomondo friends. Find popular routes near you; challenge your friends to a little competition; or join their teams. The app can connect to heart rate monitors or cycling cadence devices, and it can import data from a FitBit gadget or stats from the RunKeeper app (see below), among many others. A Google Maps view shows you everything from workout history to lap times. With the pro version of this app, you can include a step counter, graphs, interval training, and competing with yourself. You can also customize the audio coach and choose a low power mode to increase your battery standby time during long workouts.

AVAILABLE FOR IOS, ANDROID, BLACKBERRY, WINDOWS PHONE, AND SYMBIANOS.



MapMyRun, MapMyWalk, MapMyDogwalk, and MapMyHike are recommended (all with free and plus+ versions). Choose the one that best suits your needs. Simply use your phone's GPS to track your activity, which includes duration, distance, pace, speed, elevation, calories burned, and route traveled. You can save and upload your workout data and check back on the exact route traveled on a specific run, walk, or hike. With the MapMy apps, you can access a considerable database of international routes, fitness calculators, events, nutrition tracking, and more.

AVAILABLE FOR IOS, ANDROID, AND BLACKBERRY.



RunKeeper – GPS Track Running Walking by FitnessKeeper, Inc. (Free). Of all the GPS-driven apps, RunKeeper comes out on top in ratings and reviews again and again. Don't be fooled by the name; RunKeeper is not just for runners. It is great for walking, hiking, roller-blading and any other outdoor activity. The app allows you to track your activity by using the GPS in your phone. RunKeeper allows you to keep stats on each activity, compare those stats, set goals, count calories, measure distance, measure heart rate, and challenge yourself and your friends. It offers customizable training plans and provides audio cues and voice coaching while you're working out – great for a little extra motivation. RunKeeper will aggregate your data and let you compare your pace from day to day. Customizable training plans let you focus your progress on going longer distances or making better times. You can focus solely on improving your heart rate, as it can connect to a Bluetooth heart rate monitor, and provide coaching just on that statistic. Want to listen to music or take pictures while you're out exercising? Go ahead – RunKeeper lets you do both. Need a little social support? RunKeeper allows you to share your workouts on social media and connect with other users in the app. Besides its visual appeal and user-friendliness, RunKeeper is a "keeper" for most people because it's equally valuable to a veteran runner/exerciser or someone just getting started. You can follow a pre-determined routine or simply say you want to run 5 miles and you're ready to go, with a coach guiding you the whole way. RunKeeper can also integrate with other programs like Fitbit, Fitocracy, Lose It!, GAIN Fitness, and other apps and services. All your data are uploaded to RunKeeper.com.

AVAILABLE FOR IOS AND ANDROID.



Runtastic – Running & Fitness (Free; Pro version \$4.99). Another among the top rated and reviewed GPS-driven apps, Runtastic allows you to take advantage of fitness plans with voice coaching, as well as tracking and analyzing your exercise data, monitoring time, pace, speed, elevation, distance, and calories, and storing that info to measure progress against yourself and others. Don't be fooled by the name, although it is a great app for runners, Runtastic is equally great for walking, and other outdoor fitness activities. Runtastic gives you live cheering during your workouts – so if that's what keeps you going – this may be the app for you. Social media sharing is also a great feature to keep you motivated with social support. Runtastic does a great job with live and historical mapping of your routes and helping you keep a personal workout diary and metrics (distance, time, speed, calories, pace, altitude, etc.).

[AVAILABLE FOR IOS AND ANDROID.](#)



Strava Run by Strava Inc. (Free). Strava Run gets top billing in the reviews. You can track your runs with little effort. Strava lets users upload data from their iPhone, Android, or Garmin, and the app automatically logs workouts in its personal system. The app tracks your pace/speed, distance, elevation gained, and calories burned. You can also use a heart rate sensor to track your heart rate. Strava lets you compare your workouts to previous runs or see how you fare against other users. Some great features in these apps are that they will help you find the best running and cycling routes, introduce you to hidden sites nearby, and even help you with the best options when you're out of town. You can also compete against locals and even participate in sponsored fitness challenges. Other great features include the ability to record the age of gear and equipment to know when it's time to get something updated or new.

[AVAILABLE FOR IOS AND ANDROID.](#)