

Phone Pedometers

The pedometer provided with WOW registration are promotional items. If you are looking for more accurate alternatives we recommend the following options (via <http://tinyurl.com/myumnz8>):

Moves (\$3 – iOS, free-Android) - The display of Moves is simple yet colorful, with a colored circle that counts your steps daily. The more steps you take, the bigger the circle, so it's easy to see at a glance how well you're doing.

Map My Walk (free-iOS and Android) - The app is elegantly designed, making it simple to use even though it contains many options and presents a lot of data. For example, the app tracks your location by GPS, it wirelessly syncs with popular heart rate monitors and will speak out loud to prompt you as you walk on your progress.

Runtastic (Free p iOS and Android) - It's similar in terms of function and interface to Map My Walk, without the location-tracking system. The interface is plain, and this sort of no-nonsense look may appeal.

Pedometer++ (Free iOS) - The Pedometer app just keeps a tally of your daily step count versus a target you set. The results are then shown as a number and simple graph.

Accupedo Pedometer (Free Android) - The app has a relatively clear interface, and tracks steps and distance walked and calories burned. It also has a great Android widget so you can pin your walking data to the home screen for quick review without having to open the app.