

Week 1 - Tracking Techniques

Experts encourage you to utilize tracking to improve your fitness results. That extra step of documentation can help you evaluate your weekly results and set goals to challenge yourself.

Several **free** apps will track your steps like a pedometer on your smart phone. Following are free tracking websites: AccuPedo, Breeze (Runkeeper), Endomondo, GoogleFit, Human, MapMyWalk, Moves, MyFitnessPal, Nike-Move, Pedometer 2.0, Pedometer++, Runtastic, SparkPeople, Walklogger, Walk4Life, Walkmeter, NexTrack, Noom, Pacer, SportsTracker, u4fit, and Walkmate. FitBits are the rage!

We have a walking log for you to complete or you can print out your results from April 3rd through June 24th. Remember, **either steps or minutes for our tracking**, we need you to choose at the beginning.

Let us know what you recommend for tracking and we will share it with the group! Good luck and enjoy the 13th annual Walk to Health program. Please share your success stories with us!

