

Pedometer Apps for your Cell phone or mobile deviceⁱ

Stepz

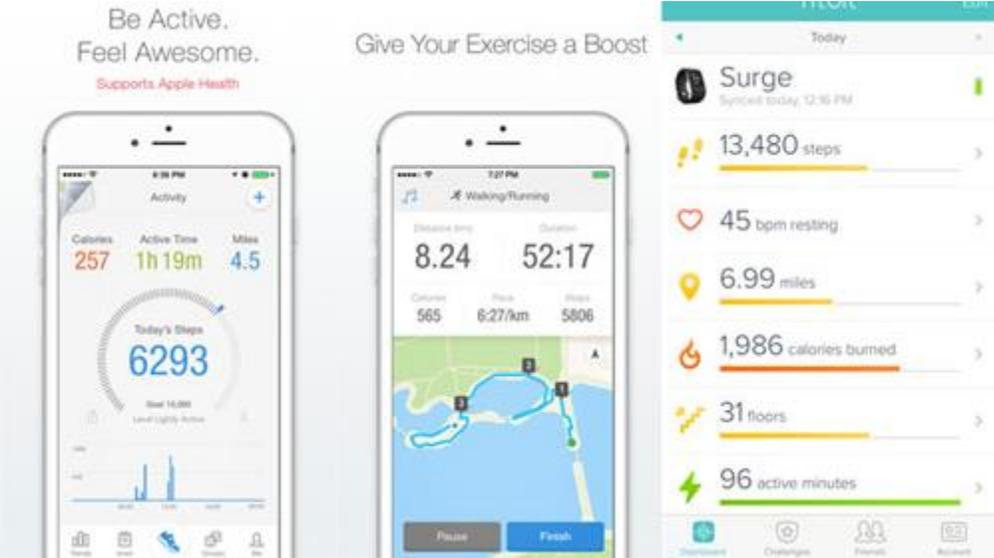


Stepz is an iPhone only pedometer app. The app doesn't need a GPS and it doesn't drain your phone's battery.

The app also supports export/import from a CSV file. Unlike most other apps, the data is stored securely in the device.

If you have an iPhone 6 or an iPhone 6 Plus you can also see the floors you climbed, which is a nice addition.

Pacer



Pacer is not just a pedometer app but helps you with lot more stuff like blood pressure tracker and weight and BMI management.

The app can record your steps no matter how you carry your phone. And it not just records your steps, but also the calories you burnt, the distance you covered and the time where you were active.

You can create groups with your family and friends; and share and compare the data!

Pacer is only available for iPhone.

Pedometer ++



Pedometer++. It's free.

Pedometer tracks how many steps you take based on data from the chip in the phone that tracks your steps. The app displays your steps for the day as a constantly updating badge on the outside of the app. The inside of the app displays your steps in a bar chart.

It also serves up your steps in a widget in the notification center, if that's more your thing.

Walker M7



In addition to tracking steps, Walker can distinguish between walking and running; track your routes; record weight, blood pressure, and body fat; and estimate calories burned.

Walker displays your step count data inside a circle on the main screen. The blue line that outlines the circle indicates your progress towards that day's step goal. To the right of the step indicators, select whether you'll be walking or running, or tap the plus sign for both: this helps Walker track your steps more accurately. This screen also shows your distance, estimated calories burned, the time you've spent moving, and even your speeds.

¹ GOGA does not promote the use of one product or device over another, participants are free to find whatever resource that best suits their needs.