

FREE APPS TO KEEP YOU ON TRACK

Accomplish your health goals at your fingertips with these free nutrition and fitness resources!



MYFITNESSPAL

This app calculates your custom daily calorie and macronutrient goals and tracks your progress each day.

PELOTON



The Peloton app provides an array of different workouts, ranging from yoga to cardio and strength classes -- no bike required! Peloton usually requires a paid subscription, but they are currently running a free **90-day** trial of their app.



MAPMYWALK

MapMyWalk allows you to track your daily walks by mapping out the distance as you go.

STICKK



Use StickK to set and track your own health and fitness goals! This free app gives you the option to add a "referee" to hold you accountable, or add a financial "stake" to keep you motivated (though not required)!

