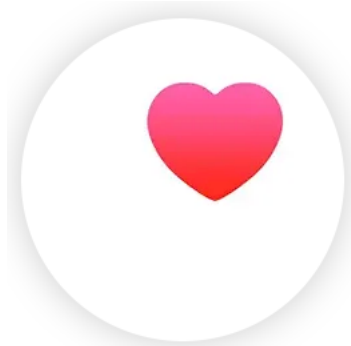


# Apps to Track Physical Activity

Evidence shows that people who track their progress towards their goals are more likely to achieve them. Explore a range of apps & websites that are available to track your physical activity below.



Smartphone Health App



Strava



Map My Fitness



Pacer




My Fitness Pal



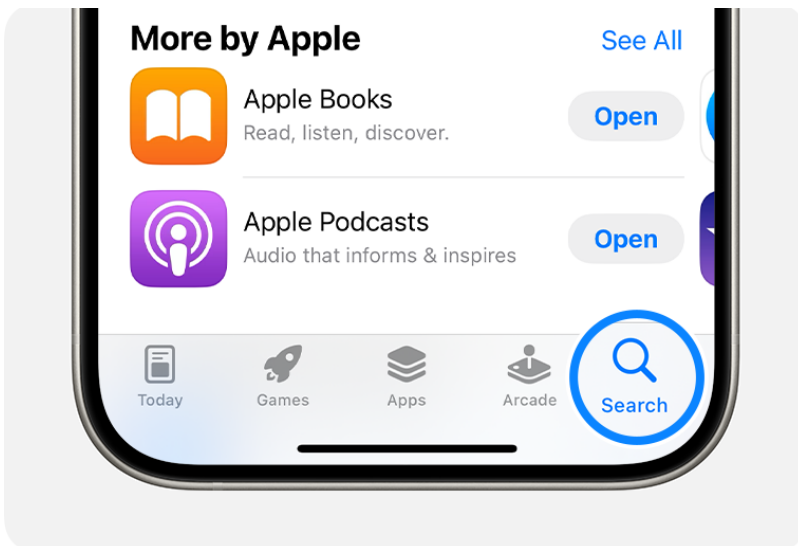
Nike Training Club

## Android: How to Download apps from Google Play

1. Open Google Play.
  - On your device, use the Play Store app .
2. Find an app you want.
3. To check that the app is reliable, find out what other people say about it.
  - Under the app's title, check the star ratings and the number of downloads.
  - To read individual reviews, scroll to the "Ratings and reviews" section.
4. When you pick an app, tap **Install** (for no-charge apps) or the app's price.

## iPhone: How to get apps

1. On your iPhone or iPad, open the App Store app.
2. Browse through the Today, Games, Apps or Arcade tabs to find apps you like. Or tap the Search tab to look for something specific.



3. Tap or click the price or Get button. If you see the Open button instead of a price or Get button, you've already bought or downloaded that app.
4. Double-click the side button on the right-hand side of your iPhone — or the top button on your iPad — to complete your purchase. If you use Face ID or Touch ID to unlock your device, you'll need to glance at your device or touch the Home button to authenticate the download. You may need to enter your Apple ID password to complete the download.

In the App Store, if an app has a Get button instead of a price, the app is free. You won't be charged for downloading a free app.