

## \*FREE GPS-driven Fitness Mileage Tracking Apps – Our Top Picks

This document is meant for educational purposes only and is not intended to replace the advice of your doctor or other health care provider. Please note: The information we provide here is based on information obtained from the companies who created the apps and online reviews of the apps. Some of the information provided within individual apps may not be scientifically proven.



### **Charity Miles** by Charity Miles (Android/iOS)

Does giving to a charitable cause help motivate you to exercise? If so, Charity Miles is a great option. This app donates money to the organization of your choice when you use the app to log miles running, walking, or bicycling. You can choose from a variety of non-profit organizations (e.g., Leukemia & Lymphoma Society, National Park Foundation, Save the Children, World Wildlife Fund, Wounded Warrior Project). Corporate sponsors donate a few cents for every mile you complete. In exchange, they show special offers and/or expose you to their brand. While you walk, run, or cycle you can view your exercise time and miles. When done, you must post to Facebook or Twitter in order to accept sponsorship and earn money for your charity. You can also form teams and work together to raise money for the charities or invite your friends to sponsor your favorite cause.



### **Endomondo** by Endomondo, LLC (Android/iOS)

This app is known for its personal training and social community features. With Endomondo you can track walking, treadmill walking, running, cycling, hiking, and 60-plus other sports. You can also take part in challenges. Choose the type of workout you'd like to do — either a basic workout or goal-based workout (e.g., setting distance, time, calories-burned, or following a route). You can also search for nearby routes or create your own. The audio feedback will give you a pep-talk and announce your distance, duration, lap time, etc. When you finish your workout, summary statistics will include distance, duration, average pace, maximum pace, average speed, maximum speed, calories burned, minimum and maximum altitude, total ascent, and total descent. You can share your workouts on social media and connect with friends who also use Endomondo.



### **Map My Walk** by Under Armour, Inc. (Android/iOS)

This app is part of the *MapMyFitness* family of apps (also available: *MapMyFitness*, *MapMyHike*, *MapMyRide*, *MapMyRun*, depending on your activity preferences). When you start a workout, you can see a map of the area. As you walk, the route you have taken is marked in red. The app tracks elapsed time, distance, pace, speed, elevation, and calories burned. You can choose audio feedback to announce distance, pace, calories burned, and other data every mile, half mile, or another interval. When you finish your workout, you can save your workout data and view it on the app and on the *MapMyWalk* website.



**Nike+ Run Club** by Nike, Inc. (Android/iOS)

This app does a great job of tracking your time and distance without bugging you with lots of ads and pleas to upgrade — and it's not just for running. It's also great at calculating your steps no matter how fast or slow you walk! It offers tons of features for free, including training plans, auto-pause, and playing music from your phone's library or using Spotify. You can choose whether you're running or walking a certain time, distance, or if you're trying to beat a personal distance record (e.g., a faster mile). A configurable voice supplies time/distance/pace check-in every mile, which lets you know when you're halfway and when you have one mile left on distance runs/walks. The app is easy to use and setup with multi-language support and audio training by professional athletes. Nike+ Run Club maintains leader boards so you can compete with your friends. You can also collect trophies by meeting your goals and making new achievements.



**Runkeeper** by Fitness Keeper, Inc. (Android/iOS)

This app can calculate pace, speed, route distance, elevation, and calorie burn with high accuracy. You can track not only running, but also cycling or fitness walking. It allows users to view a detailed history of activities. You can listen to audio coaching and follow in-app training plan workouts, or create your own. Runkeeper also lets you set goals and watch your progress to stay motivated. For runners training for races, this app offers personalized training routines, complete with helpful reminders to keep you on track.



**Runtastic** by Runtastic (Android/iOS)

This app is great for tracking your running, walking, biking, and jogging routes, and a myriad of other fitness activities (e.g., workouts on the treadmill or with other gym equipment). The app uses your tracked information to create detailed graphs and tables regarding your progress. Runtastic also includes *voice coach* and cheering. In addition, you can set goals, discover new routes, and share your fitness activities with friends on social media.



**Strava** by Strava, Inc. (Android/iOS)

This app can track your run, map a cycling route, and analyze your training with all the statistics. One of the fun features about Strava is that it contains a *leaderboard* where you can challenge yourself or compete with other app users. The app can be an excellent choice for a cyclist. You can access the largest road and trail network, and also discover new roads for your rides or runs.

\*Though these apps are free to download, some may require in-app purchases to open specific features.

## Sources

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