

# Healthy Rewards: Physical Activity Tracking Apps



Earn Healthy Rewards points by documenting your physical activity!

If you do not have a tracking device, the following are examples of phone apps you may use to track your activity. Data will be accepted for Healthy Rewards points once you can document a **full 4-week period** of the required physical activity (50,000 steps per week **or** 150 minutes of activity).

*Always check with your health care provider before changing or starting an exercise program, especially if you have any medical conditions. Work at a pace that is comfortable for you. If you experience any pain or discomfort stop activity and consult your health care provider.*



**MapMyFitness**

<http://www.mapmyfitness.com>

*Search for this app on the “app store”*



**Strava**

<https://www.strava.com>

*Search for the app on the “app store”*



**Health**

<http://www.apple.com/ios/health/>

*This app comes pre-loaded on all iPhones*

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