The 25 Best Fitness Apps of 2016

[Charity Miles](http://www.pcmag.com/article2/0,2817,2484252,00.asp)  
http://www.pcmag.com/images/pcm_4_dot.gif   
*Free*  
*Available on: Android, iOS*Free at iTunes StoreEarn money for charities every time you run, walk, or bicycle by using the free Charity Miles app. Corporate sponsors (whose information you'll see as a backdrop image in the app) agree to donate a few cents for every mile you complete. Browse the app's list of charities, find the one that you support, and then hit the road. When a lot of people use Charity Miles, those little bits of money add up.

[Cyclemeter](http://www.pcmag.com/article2/0,2817,2406203,00.asp)  
http://www.pcmag.com/images/pcm_5_dot.gif http://common.ziffdavisinternet.com/util_get_image/22/0,,i=225133,00.gif   
*Free; $4.99 Elite Upgrade optional*  
*Available on: iOS*Free at iTunes StoreThe best bicycle-ride tracking app I've tested is Cyclemeter by Abvio. This iOS-only app collects a wealth of data, is very accurate, contains several well-thought-out features, and appeals to fitness enthusiasts who participate in more than one sport. Despite the name, you can use Cyclemeter to track walks, runs, and other activities. It does not include a calorie-counting component, but it is packed with data about your biking outings.

[Digifit iCardio](http://www.pcmag.com/article2/0,2817,2406337,00.asp)  
http://www.pcmag.com/images/pcm_3_dot.gif   
*Free app; requires compatible heart rate monitor (about $50 to $100)*  
*Available on: Android, iOS*Free at iTunes StoreIf you want real hard stats about your workouts, accelerometers and GPS aren't enough. You need a heart rate monitor...and an app that can access the information it collects. One option is the Digifit iCardio app for iPhone and Android (it's called simply iCardio in Google Play). You can pair it with any supported heart rate monitor to track your runs, bicycle rides, and other workouts. Digifit iCardio records heart rate, of course, but also distance, time, and pace. All the components needed to track heart rate can add up, so plan to spend somewhere in the $50 to $100 range to get full use of this app. If you're in the market for a heart rate monitor, I recommend the [MIO Link](http://www.pcmag.com/article2/0,2817,2456605,00.asp)[$66.90 at Amazon](http://www.pcmag.com/article2/0,2817,2485287,00.asp) wristband.

[Endomondo](http://www.pcmag.com/article2/0,2817,2483786,00.asp)  
http://www.pcmag.com/images/pcm_3_5_dot.gif   
*Free; $5.99 per month or $29.99 per year for Premium*  
*Available on: Android, BlackBerry, iOS, Windows Phone*Free at iTunes StoreEndomondo tracks your runs, bike rides, and other outdoor activities with good accuracy and a simple interface. Its training plans and coaching features, which are limited to Premium subscribers, definitely improve the Endomondo experience.

[FIT Radio](http://www.pcmag.com/article2/0,2817,2489147,00.asp)  
http://www.pcmag.com/images/pcm_4_dot.gif   
*Free; $3.99 per month for Premium*  
*Available on Android, BlackBerry, iOS* FIT Radio is a music-streaming app that specializes in DJ-created mixes that maintain a consistent beat. You can browse mixes by genre, DJ, or type of workout, such as Spin, Zumba, or yoga. If you like exploring new music and never want to think about putting together a workout mix on your own, FIT Radio is a great fitness app to try. FIT Radio is free to use, but with the free level, you get only one genre of music (the "FIT Radio Free" genre) and only a few mixes. A premium membership gets you more than 25 genres and stations, access to more mixes, unlimited skips, track list information, the ability to save favorites, DJ profiles, and no ads. Premium membership costs $3.99 per month, $27.99 for the year, or $79.99 for a lifetime.

[Fitbit](https://itunes.apple.com/us/app/fitbit/id462638897?mt=8)  
*Free; $49.99 per year for Premium*   
*Available on: Android, iOS, Windows Phone, and Web*  
Free at iTunes StoreI came to know the Fitbit system through testing the company's activity trackers, such as the [Fitbit Charge HR](http://www.pcmag.com/article2/0,2817,2476100,00.asp)[$127.99 at Amazon](http://www.pcmag.com/article2/0,2817,2485287,00.asp), but you don't actually need a tracker to use the mobile app. Without a tracker, the Fitbit app can count your steps (provided your carry your phone all day long), help you track the calories you consume, log your weight, and record other health information, such as blood pressure and glucose levels. If you do own a Fitbit tracker, the app is even easier to use because it logs a good amount of information about your activity automatically. And if you're a full-blown Fitbit junkie, you might also add the [Fitbit Aria bathroom scale](http://www.pcmag.com/article2/0,2817,2405897,00.asp)[$107.99 at Amazon](http://www.pcmag.com/article2/0,2817,2485287,00.asp), which will automatically add your weight to the app, too.

[FitStar](http://www.pcmag.com/review/344134/fitstar-for-iphone)  
http://www.pcmag.com/images/pcm_4_dot.gif  
*Free; $7.99 per month or $39.99 per year for Premium*  
*Available on: Android, iOS*  
[Free at iTunes Store](http://www.pcmag.com/article2/0,2817,2485287,00.asp)FitStar creates custom workouts for you based on your fitness level. You start by doing a few workouts with the app and you give it feedback as you go about which exercises were too tough, too easy, or just right. The app uses that information to create a routine that challenges you in all the right ways. FitStar was purchased by Fitbit in 2015 and now works with some Fitbit devices. The in-app coach is former NFL player Tony Gonzalez, a beefy workout buddy who is nothing but a bundle of positive, cheery feedback, and absolutely no excuses.

[Jefit Workout](http://www.pcmag.com/article2/0,2817,2457597,00.asp)  
http://www.pcmag.com/images/pcm_3_dot.gif   
*Free; Jefit Pro version available for $4.99*  
*Available on: Android, iOS*  
[Free at iTunes Store](http://www.pcmag.com/article2/0,2817,2485287,00.asp)When you hit the gym, do you still carry a notebook or crumpled sheet of paper to all the stations and machines? Don't. With mobile apps for the gym, there are better ways to keep track of your sets and reps. The Jefit Workout app gives you simple tools for crafting weight-lifting workouts and keeping track of the details as you complete your routines. You can log sets and reps, as well as how much you lifted. A calendar helps you plan your workout days and rest days. Jetfit Workout isn't especially rich with features, but it gets the job done.

[The Johnson & Johnson Official 7 Minute Workout](http://www.pcmag.com/article2/0,2817,2430297,00.asp)  
http://www.pcmag.com/images/pcm_3_dot.gif   
*Free*  
*Available on: Android, iOS*  
[Free at iTunes Store](http://www.pcmag.com/article2/0,2817,2485287,00.asp)the Johnson & Johnson Official 7 Minute Workout App (free) helps you squeeze some exercise into your day at an intensity level that's right for you. The interface is surprisingly attractive and clear. All you need is a chair and seven minutes—or about 11 minutes if you add a warm-up and cool down. A medium-intensity workout can include jumping jacks, pushups, wall chair, high-knee running in place, crunches, plank, side plank, triceps dips using a chair, and a few other moves. The app coaches you through each move as it comes up in the workout. It's a great app for people of all ability levels.

[Lose It!](http://www.pcmag.com/article2/0,2817,2393937,00.asp)

http://www.pcmag.com/images/pcm_3_5_dot.gif   
*Free*  
*Available on: Android, iOS, Kindle, Nook, and Web*  
[Free at Amazon](http://www.pcmag.com/article2/0,2817,2485287,00.asp)The free website and app Lose It!, designed for counting calories and logging exercise, can help you lose weight, especially if you tend to eat name-brand American foods. Lose It!, which has been around for years, has an incredibly strong community of supportive people to help you stick to your goals. Lose It! is compatible with a long list of other fitness devices and apps, including Nike+ FuelBand, Fitbit devices, Runkeeper, MapMyFitness, and Jawbone UP, so you can import your calorie intake and balance it effortlessly against your calorie expenditure.

[Map My Fitness](https://itunes.apple.com/us/app/map-my-fitness-gps-workout/id298903147?mt=8)  
*Free; optional $5.99 per month membership required for some features*  
*Available on: Android, iOS, Windows Phone*  
$2.99 at iTunes StoreThe company that makes the Map My Run app for runners also makes a slew of similar apps for different sports, such as Map My Ride for cyclists and the more general purpose Map My Fitness. Although it might sound like Map My Fitness will give you the widest range of supported activities, really all the apps have settings that let you track different sports and workouts. In other words, you only need to download one of the apps, and you can use it for almost any activity (Map My Fitness has more than 600 activities). But beware: The free app keeps some of its features behind a subscription pay wall, starting at $5.99 per month or $29.99 per year. As with most fitness apps for running, walking, cycling, etc., Map My Fitness uses GPS to track the routes you travel, and shows you a map of the ground you covered when you're done. It also displays length, in both time and distance, as well as pace, maximum speed, and a few other statistics.

[My Asics Run Training](https://itunes.apple.com/us/app/my-asics-run-training/id466664337?mt=8)  
*Free*  
*Available on: Android, iPhone*  
Free at iTunes StoreThe My Asics app by sneaker company Asics helps you create a training plan for running a race. Whether you're on route to your first 3K or your fifth marathon, there's a great deal of value in getting a race-training schedule for free. It's usually a premium feature in other run-tracking apps. My Asics isn't the best at tracking runs, but it gets the job done. The reason to use it is for the training schedules, as well as the customizations that come with it. If you can use the app to track your miles and pace and do well, then it will offer to push you harder in your program. If it realizes you're a beginner with a long way to go, your plan will adjust to stay within your reach.

[MyFitnessPal](http://www.pcmag.com/article2/0,2817,2393270,00.asp)  
http://www.pcmag.com/images/pcm_5_dot.gif http://common.ziffdavisinternet.com/util_get_image/22/0,,i=225133,00.gif   
*Free*  
*Available on: Android, BlackBerry, iOS, Windows Phone, Web*  
[Free at iTunes Store](http://www.pcmag.com/article2/0,2817,2485287,00.asp)We live in a world of temptation, cheap pleasures, stress, and convenience—all of which can affect our diet and health. MyFitnessPal is a mobile app and website that gives you a wealth of tools for tracking what and how much you eat, and how many calories you burn through activity. Of all the calorie counters I've used, MyFitnessPal is by far the easiest one to manage, and it comes with the largest database of foods and drinks. With the MyFitnessPal app you can fastidiously watch what you eat 24/7, no matter where you are.

[Pact](https://itunes.apple.com/us/app/pact-earn-cash-for-exercise/id456068701?mt=8)  
*Free; wagering money is optional (but kind of the point)*  
*Available on: Android, iOS*  
[Free at iTunes Store](http://www.pcmag.com/article2/0,2817,2485287,00.asp)Pact, formerly known as Gympact, is an app that you use to wager money on whether you'll go to the gym or complete a workout. The app verifies if you've hit your goals by making sure you check in to the venues where you said you'd pump some iron. If you reach or exceed your goals, you earn cash. If you don't, you have to pay up. The pot is communal, and there are a lot of slackers out there pouring money into it.

[Pear Personal Coach](http://www.pcmag.com/article2/0,2817,2424244,00.asp)  
http://www.pcmag.com/images/pcm_5_dot.gif http://common.ziffdavisinternet.com/util_get_image/22/0,,i=225133,00.gif   
*Free for app; requires heart rate monitor*  
*Available on: iOS* The Pear Personal Coach app talks you through runs, at-home workouts, yoga routines, and even training programs for running races. Real human voices make the audio part of the experience excellent. The app is free, but in-app purchases can add up. The Android version is called Pear Interactive Coach.

[RockMyRun](http://www.pcmag.com/article2/0,2817,2485089,00.asp)  
http://www.pcmag.com/images/pcm_3_5_dot.gif   
*$4.99 per month*  
*Available on: Android, iOS*  
[Free at iTunes Store](http://www.pcmag.com/article2/0,2817,2485287,00.asp)RockMyRun changes the tempo of your running music based on your footfalls or heart rate. It also lets you set the tempo of a playlist, if you'd rather try to make your feet keep up with the music. Not every playlist in the RockMyRun app has these advanced features, but many do. With a wide variety of genres, including classical, RockMyRun has plenty of music to explore. In action, the music sounded a little more frenetic than I had imagined it would, but it's a neat app nonetheless and great for those who like to explore new music while running. You can try RockMyRun for free for a week, no credit card required. After that, you'll have to pay $4.99 per month or $35.99 per year to keep using it.

[Runmeter](http://www.pcmag.com/article2/0,2817,2484834,00.asp)  
http://www.pcmag.com/images/pcm_4_dot.gif   
*Free; $4.99 per year for Elite*  
*Available on: iOS*  
[Free at iTunes Store](http://www.pcmag.com/article2/0,2817,2485287,00.asp)Rich with stats, highly customizable, and with an astoundingly low price for Elite membership, Runmeter is the best running app for data-lovers. Note that the $4.99 price for Elite membership is per   
*year*, making it the least expensive running-app membership you'll find. It's for iOS only, however, so if you switch between having an iPhone and an Android phone, it might not be best for you.

[Runtastic PRO](http://www.pcmag.com/article2/0,2817,2424771,00.asp)  
http://www.pcmag.com/images/pcm_4_5_dot.gif http://common.ziffdavisinternet.com/util_get_image/22/0,,i=225133,00.gif   
*$4.99*  
*Available on: Android, BlackBerry, iOS, Windows Phone, and Web (for accessing account)*  
[$4.99 at iTunes Store](http://www.pcmag.com/article2/0,2817,2485287,00.asp)Runtastic Pro lets you measure and track your runs, walks, and other exercises, but it also doubles as a coaching app to motivate you to keep working toward your goals. You can use it to train for races, too. The $4.99 Pro version is worthwhile, because the free app lacks (and tries to sell to you through in-app purchases) many of the features that are central to the experience, such as the coaching features, voice feedback, and music player integration. The one-time fee, rather than a subscription, makes Runtastic Pro a good deal.

[Runtastic Six Pack Abs](http://www.pcmag.com/article2/0,2817,2427337,00.asp)  
http://www.pcmag.com/images/pcm_4_dot.gif   
*Free; $4.99 in-app purchase for full content, recommended*  
*Available on: Android, iOS*  
[Free at iTunes Store](http://www.pcmag.com/article2/0,2817,2485287,00.asp)The Runtastic Six Pack Abs app will leave your midsection muscles burning for days—or simply tighten that tummy, depending on the difficulty level you choose. It's a solid coaching app that targets abs through a wide variety of exercise moves. A human voice (available in several languages) counts through your sets and reps, while a video of an avatar shows you the correct form for each exercise. Some of the training programs are weeks long, and there's plenty of variety along the way.

[Spring Running Music](http://www.pcmag.com/article2/0,2817,2470178,00.asp)  
http://www.pcmag.com/images/pcm_4_dot.gif   
*$2.99 per month or $24.99 per year*  
Available on: iOS   
[Free at iTunes Store](http://www.pcmag.com/article2/0,2817,2485287,00.asp)Spring Running Music helps you discover new music during your workouts. This iPhone-only app supports a number of different activities, including running, walking, interval training, bicycling, and more. It has a huge collection of more than 40,000 songs, as well as some pre-made playlists for workouts. With Spring, you keep your pace to the beat, and you can change the music's tempo during your workout if you're looking to slow down or speed up. Subscriptions cost $2.99 per month, $24.99 per year, or $74.99 for a lifetime plan.

[Spotify](http://www.pcmag.com/article2/0,2817,2456303,00.asp)  
http://www.pcmag.com/images/pcm_4_5_dot.gif http://common.ziffdavisinternet.com/util_get_image/22/0,,i=225133,00.gif   
*$9.99 per month*  
*Available on: Android, iOS, Windows Phone*   
[Free at iTunes Store](http://www.pcmag.com/article2/0,2817,2485287,00.asp)Music streaming app Spotify now packs playlists and special features designed for working out. The Running feature, which debuted in 2015, for example, finds your running tempo and plays songs that have a beat that matches it. Spotify also created a few custom Running Original playlists, DJ-mixed electronic music that'll perk up your workout, even if running isn't your thing. Spotify's fitness-focused features are for Premium members only, so expect to pay $9.99 per month for the running and working out music.

[Strava](http://www.pcmag.com/article2/0,2817,2457616,00.asp)  
http://www.pcmag.com/images/pcm_4_dot.gif   
*Free; Premium from $6 per month or $59 per year*  
*Available on: Android, iOS*   
[Free at iTunes Store](http://www.pcmag.com/article2/0,2817,2485287,00.asp)Runners, bicyclists, and other outdoor types have a host of apps and devices they can use to track their activities. The best one for competitive types is Strava. Whether you're competing against yourself to beat your best time, or looking at the long list of strangers on the leaderboard who have smoked you on some nasty uphill stretch of your favorite route, Strava brings a fierce competitive angle. This freemium app is a great one to download if you crave having the heat turned up.

[Sworkit](http://www.pcmag.com/article2/0,2817,2430355,00.asp)  
http://www.pcmag.com/images/pcm_3_5_dot.gif   
*Free; $4.99 per month or $39.99 per year*  
*Available on: Android, iOS*   
[Free at iTunes Store](http://www.pcmag.com/article2/0,2817,2485287,00.asp)Sworkit coaches you through workout routines that are designed to meet your goals, whether it's to improve your cardio health, become more flexible, increase strength, and so forth. Within sections, you can choose to work on certain parts of your body, too, such as doing a strength workout that focuses on your core. One extra feature I like is that Sworkit's includes music options from Spotify, so you can stream a premade workout mix. Paying for a Premium account unlocks even more workouts.

[Touchfit: GSP](http://www.pcmag.com/article2/0,2817,2430516,00.asp)  
http://www.pcmag.com/images/pcm_4_5_dot.gif   
*$4.99 plus $9.99 optional membership (recommended)*  
*Available on: iPhone*   
[$4.99 at iTunes Store](http://www.pcmag.com/article2/0,2817,2485287,00.asp)One of the most fun and challenging workout apps I've tested is Touchfit: GSP. The GSP stands for Georges St-Pierre, your workout coach and MMA World Champion. He created a number of muscle-boosting routines that he'll coach you through while you use his app. First you complete a test workout, in which you rate different exercises as easy, tough, impossible, or "need to learn." Your answers from that and subsequent workouts inform the app going forward about your difficulty level. The more you exercise, the better the customizations become. You're always challenged without being asked to go beyond your capabilities. Touchfit is similar to FitStar, but St-Pierre's strict style is very different from Gonzalez's upbeat nature.

[Vida Health Coach](http://www.pcmag.com/article2/0,2817,2473288,00.asp)  
http://www.pcmag.com/images/pcm_3_dot.gif   
*$15 per week*  
*Available on: Android, iOS*   
[Free at iTunes Store](http://www.pcmag.com/article2/0,2817,2485287,00.asp)Need a professional health coach to help you meet your fitness goals? For $15 per week, Vida Health Coach gives you in-app access to a personal coach who works with you one-on-one no matter what your health or fitness objectives are. Once a week, you can talk to your coach by phone or video conference, too, to get real advice. The coaches have a range of certifications and specializations, so if you have, say, gestational diabetes, you'll be able to work with someone who understands your special needs.

**10 best Android diet apps and Android nutrition apps**

[Calorie Counter and Diet Tracker by SparkPeople](https://play.google.com/store/apps/details?id=com.sparkpeople.androidtracker)

[Price: Free]  
First up is an simply called Calorie Counter & Diet Tracker. It helps you keep track of your diet by keeping a database of over three and a half million food items and more are added all the time. It also comes with a built in barcode scanner so you can scan foods at the grocery store and see their nutritional information online if you so choose. The app also includes a basic fitness tracker, additional calorie counting features, informational articles to help you out, and cross-platform support so you can view your stats on a smartphone or computer.

[Calorie Counter by FatSecret](https://play.google.com/store/apps/details?id=com.fatsecret.android)

[Price: Free]  
Calorie Counter by FatSecret is more basic than many of these other apps. It includes a dietary diary so you can keep a record of the food that you eat and the calories that you burn. It also comes with a barcode scanner, a weight tracker, a diet calendar, and a reference guide to find foods and restaurants to see the nutritional value of their food. It also comes with a widget if you need one as well as recipe ideas. It’s also totally free to use and comes with both Facebook and Google login capabilities.

[Calorie Counter by MyFitnessPal](https://play.google.com/store/apps/details?id=com.myfitnesspal.android)

[Price: Free with in app purchases]  
MyFitnessPal is on all of the app lists for diet apps and nutrition apps and that’s because it’s the most popular. It currently rocks more than a staggering ten million downloads and a 4.6 rating in the Play Store. It comes with all the features including a database with over five million foods, full sync with their website service so you can count calories cross-platform, a recipe calculator so you can see how much nutrition a home cooked meal will have, and the ability to add multiple items at once. There is also a pretty decent fitness tracker with 350 exercises that covers both cardio and strength training. It’s about the best all-in-one solution you can find for both fitness and nutrition.

[Calorie Counter PRO MyNetDiary](https://play.google.com/store/apps/details?id=com.fourtechnologies.mynetdiary.ad)

[Price: Free with in app purchases]  
Calorie Counter by MyNetDiary is an up and coming calorie counter app with some decent features. It does the standard stuff such as track what you eat using at least 600,000 foods (probably more) from its database. It also comes with a basic fitness tracker, support for a variety of connected devices such as Fitbit, Jawbone UP, Garmin, and more. Using this app, you can also keep track of things like your blood glucose, heart rate, A1C, cholesterol, and more. MyNetDiary provides a very positive experience with this app and there is cross-platform support via their website.

[Diet Point – Weight Loss](https://play.google.com/store/apps/details?id=si.simplabs.diet2go)

[Price: Free with in app purchases]  
Diet Point is another app that puts most of the power in your hands. It contains more than 130 diet plans complete with dedicated shopping lists, tips to improve your weight loss plan, a BMI calculator, and it’ll even remind you when it’s time for you to eat again. A lot of apps on this list try to do as much as possible and it kind of waters down the experience, but Diet Point knows what it wants to be and accomplishes its purpose very well. There is also a free version you can use until you decide to buy the pro version.

[Diet Watchers Diary](https://play.google.com/store/apps/details?id=com.crocodil.software.dwd)

[Price: $2.19]  
Diet Watchers Diary may be the most complicated app on this list but it also allows for a lot of personal customization. With this app, users are tasked with creating their own database and then using it to create their own diet. The premise is that once you see what you’re eating, it’ll encourage you to change things up a bit. The app also comes with Dropbox integration for backup and syncing, a barcode scanner, BMI calculator, and a basic food database to get you started. It has all the basics and is a good app for those who want a more hands-on approach. Do beware, though, as there is no free version of this app so make sure you give it a good test inside of the refund time!

[Fooducate Healthy Weight Loss](https://play.google.com/store/apps/details?id=com.fooducate.nutritionapp)

[Price: Free with in app purchases]  
Fooducate is something a little bit different. On the surface, it is a diet and weight loss application that does the basic stuff such as count calories, track weight loss, and track exercise. What makes Fooducate stand apart is that it tries to not only count your calories, but help you analyze the value of the calories consumed. The premise being that it helps you consume better calories leading to more weight loss and a healthier diet. It also has a product database of over 250,000 items and there is a community forum to get further help.

[Lose It!](https://play.google.com/store/apps/details?id=com.fitnow.loseit)

[Price: Free with in app purchases]  
Lose It! is another popular application that does pretty much everything you need a calorie counting app to do. It comes with a food database, dietary plans based on your needs, the barcode scanner, and there is more if you buy the premium version. There is above average hardware support that lets you connect things like the Fitbit and Jawbone hardware to the app for additional stats to analyze plus the application can connect to MyFitnessPal, RunKeeper, and even Google Fit for more data. It’s a decent, more simple all-in-one fitness and health app and it’s definitely worth a shot.

[Lose Weight Without Dieting](https://play.google.com/store/apps/details?id=ru.harmonicsoft.caloriecounter)

[Price: Free with in-app purchases]  
Lose Weight Without Dieting and a quickly growing nutrition and dieting app that keeps things simple and streamlined. There is a database of food that you can add to which is admittedly difficult, but the rest of the application seems to work well. You have calorie and fitness trackers, weight loss plans, weight tracker, and other metrics to help round out an already positive experience. The unique part of this app is that you earn “pearls” for actually using the app on a consistent basis. If you get enough pearls, you can get the ad-free version of the app without paying for it. That’s some pretty good motivation. About the only really bad part of this app is the name, but everything else seems pretty solid.

[My Diet Coach – Weight Loss](https://play.google.com/store/apps/details?id=com.dietcoacher.sos&hl=en)

[Price: Free]  
My Diet Coach takes a different approach by helping people tackle the mental hurdles when it comes to weight loss. It offers a ton of things like tips, photos, and rewards to keep you motivated. Our favorite part is how the app encourages a person to make baby steps when it comes to lifestyle changes so that no one is doing something drastic and then feels bad about themselves if they mess up. On top of that, the app has some basic features like calorie counting, progress tracking, reminders to do things like eat or drink water, and there is even a visual weight loss tracker so you can see the change. It’s a lot of fun even if it’s not as complex as other apps.

sanitation

**Empowering Girls** monitors girls’ school attendance to track appropriate sanitation facilities.

**LION Sync** provides decision-makers with access to real-time data online and offline.

**LooRewards**promotes sanitary behavior by rewarding safe sanitation practices.

**mSchool** monitors the status of water and sanitation infrastructure in schools.

**mSewage** crowdsources the identification of open defecation sites and sewage outflows.

**San-Trac**reminds users about hygienic practices and gathers real-time data for trend analysis.

**Sanitation Investment Tracker**tracks investment and expenditure in sanitation at the household level.

**SunClean**teaches sanitary and hygienic behavior through games to children.

**Taarifa**enables citizen reporting and tracks decision-makers’ feedback.

**Toilight**finds toilets in a smart and easy way.

San-Trac also won the People’s Choice Award, which was calculated by Facebook votes and Twitter mentions of the competing teams’ name and the Twitter hashtag #SanHack.

The Grand Prize Award winners will be announced on April 19, on the eve of the World Bank’s Spring Meetings.

**Best Self-Defense iPhone Apps You Should Have for Personal Security**

**1. My Panic Alarm**

[](http://www.igeeksblog.com/best-personal-security-iphone-apps/my-panic-alarm-iphone-app/)Open the app, tap the alarm button and the iPhone will sound the alarm klaxons so anyone in the near will know immediately. Besides the sound, the alarm also flashes colors on the iPhone screen to grab the attention of others. It’s an app you should use when you are being attacked in a relatively people-filled place.

**2. SOS iEmergency**

[](http://www.igeeksblog.com/best-personal-security-iphone-apps/sos-iemergency-iphone-app/)SOS iEmergency has one motive: in an emergency, you should just trigger the alarm button. Everything else should be taken care of by the app. Popular emergencies like Medical, Fire and Crime are covered so you just have to tap the right button during the emergency. An SMS and email will be sent, containing your GPS co-ordinates at the time of the emergency, to a preset email id and number (of a person you trust) and the local authorities based on the country setting. There’s a lot of power in this app but it’s going to cost a little.

**3. SEND HELP – Emergency SOS Panic Button**

[](http://www.igeeksblog.com/best-personal-security-iphone-apps/send-help-iphone-app/)Send Help app works pretty much the same way as the previous app. One large button lets you send emergency SMS and emails to preset people besides letting you publish your location detail as your Facebook and Twitter statuses so your friends are alerted at once.

**4. Global SOS**

[](http://www.igeeksblog.com/best-personal-security-iphone-apps/global-sos-iphone-app/)Global SMS puts information first for you: in case of an emergency, it shows you the most important emergency numbers of the country you are in. This is good for travelers who visit other countries and have little knowledge about emergency numbers of that country. The app also lets you send a predefined SMS along with your location details to a preset number (person).

**5. SafeSnapp**

[](http://www.igeeksblog.com/best-personal-security-iphone-apps/safesnapp-iphone-app/)SafeSnapp takes things a little further. It is a capture and alarm tool where you can click three rapid pictures of the person attacking you (theft, mugging, assault etc.) and the app then sends these pictures to preset numbers instantly. This, along with the GPS location data, so the cops can track your assailant down. The app sends the data to your email ID and a preset contact and it’s saved on their servers too.

**6. Attack Alarm SMS** Attack Alarm SMS is a toned down, simplistic version of SOS alarm systems. It’s a giant red button which when you press initiates a loud sound, while sending an SOS message to two contacts you’ve configured in the app.

**7. SafeTrek**

[](http://www.igeeksblog.com/wp-content/uploads/SafeTrek-Self-defense-iPhone-App-Icon.jpg)SafeTrek is a simple and ingenious way of alerting the cops when you feel unsafe. You hold the safe button till you feel safe. If you release the button in the event of a danger, the app will send out an SOS along with location information (continuously monitored via your iPhone) in ten seconds. You can disable the alert if you want to – within ten seconds – by entering a PIN. The app is one of the most minimal safety apps

The Top Ten Apps To Make You More Green

**1.** If you need ideas for how to be more green, try **Green Genie**. [iTunes](http://itunes.apple.com/app/green-genie/id332055754?mt=8) ($0.99) The app suggests more than 100 projects to tackle, like bringing your own grocery bags when you go shopping or reducing your company’s paper usage.The app includes a glossary of green terms and has a library of “essential reading” on sustainability. For those who want to dive deeper, it also lists recommended websites and green organizations.Another useful feature of the app is its plastics directory, which helps you understand what the number 5 on your yogurt container means, and why it’s may not be recyclable in your area.Green Genie allows you to submit project ideas, and the database continues to grow as more people pitch in. This is definitely one of the most social, interactive green apps available.

**2. GoodGuide** [iTunes](http://itunes.apple.com/WebObjects/MZStore.woa/wa/viewSoftware?id=294447660) (free) showcases sustainable products and features a bar code scanner to check an item’s environmental impact before buying it.GoodGuide’s mission is to become the best information source for products’ and companies’ environmental, health and social impacts. Its database has more than 70,000 ratings in categories ranging from personal care to toys.If a product catches your eye, you can add it to a shopping list within the app, and if you discover that your favorite deodorant doesn’t live up to your environmental standards, you can make note of that, too. GoodGuide is a[TechCrunch50 alum](https://techcrunch.com/2008/09/10/tc50-goodguide-shines-light-on-the-goodness-of-consumer-products/).

**3. Carbon Tracker** [iTunes](http://itunes.apple.com/WebObjects/MZStore.woa/wa/viewSoftware?id=301169871) (free) uses GPS to calculate your carbon footprint based on how much your travel. You can chart your carbon emission changes by month and set goals to decrease them.The app factors emission for planes, train and automobiles, as well as a few other vehicles. It also allows you to switch between miles and kilometers, in case you need to emit carbon abroad.

**4. Green Outlet** [iTunes](http://itunes.apple.com/app/green-outlet/id329692231?mt=8) ($2.99) tries to predict your electric bill and carbon footprint based on what appliances you use. To get started, you find the types of appliances you have (microwave? PlayStation?) and approximate how many hours per day you use each one.The app will estimate your electric bill and carbon footprint for the month. You can also see a breakdown of how much each appliance is costing you.If you exceed the U.S. Government’s recommended carbon limits, the app will warn you and give you the option to purchase carbon offsets.

**5. Green Gas Saver** [iTunes](http://itunes.apple.com/us/app/green-gas-saver/id305557300?mt=8) (free) tracks your driving habits and warns you through gauges and sounds if you accelerate too quickly or take a turn too hard. The app saves your score from each trip to help you improve over time. It’s a good way to become a better driver overall, in addition to saving on fuel costs. It uses the accelerometer to detect sharp turns, but if may also GPS to constantly calculate how fast you are going, which could make it a battery hog.

**6. Find Green** [iTunes](http://itunes.apple.com/WebObjects/MZStore.woa/wa/viewSoftware?id=325640751&mt=8) (free) points you to nearby sustainable businesses. There are a few apps that focus on local food, but Find Green can also point you to other categories, like wellness, office and landscaping. It also lets you select distance by type of transportation, so you can choose whether to bring groceries home by foot, bike or car. You can also submit green businesses you know of to the database.

**7. Get Green** [iTunes](http://itunes.apple.com/WebObjects/MZStore.woa/wa/viewSoftware?id=293788732) ($0.99) offers relevant green tips by tailoring them to the season. Getting advice on keeping your house draft-free is less relevant in summer, as are gardening tips in winter. Most of the “green tips” apps available offer randomized advice that are often pointless or laughable in the wrong weather. Get Green is the best of the bunch for being smart about the context and timing of the tips it offers.

**8. Green Me** is designed for list-maker types. It [iTunes](http://appspace.com/apps/view/96431/green-me/326558760) ($1.99) displays a calendar and asks you to list five “green” things you’ve done each day. The built-in calendar is then marked with a shade of green correlated to how many things you did to be sustainable. The more accomplishments you list, the darker the green for that date. It’s a handy way of tracking how diligent you’ve been over time with a little game mechanics thrown in.

**9. Green Charging** [iTunes](http://itunes.apple.com/WebObjects/MZStore.woa/wa/viewSoftware?id=326274712) ($0.99) makes your phone vibrate and sound an alarm when it’s fully charged to save energy. It also displays how much talk time you have at your current battery level. This app is handy because phones and other devices can use up a significant amount of energy even when they’re no longer charging. Unplugging electronics when you’re not using them is a good green habit to develop, and this app can help you get into it.If you ever goofed off in math class by playing Drug Wars on your graphing calculator, you might enjoy **Green Wars**[iTunes](http://itunes.apple.com/WebObjects/MZStore.woa/wa/viewSoftware?id=307733072) ($1.99, or free for the lite version). It’s a green twist on the classic buy low/sell high game.In the original game, you deal drugs, but in Green Wars your inventory is packed with things like reusable shopping bags and hybrid cars. I know, it’s not as fun, but if you can forgive that it can be an engaging game.Your goal is to buy cheap green products, travel to a different area in the game, and try to sell them at a profit. Loans are available to buy more items, and once you start earning, you can deposit your bounty to start earning interest.It won’t make you more green directly, but it might help you keep those green thoughts front and center.Many other green apps exist that encourage sustainability, but some things still have to be done manually. Separating and taking out the recycling or turning the compost? No, there’s still no app for that.