

Calorie and Activity Trackers

Numerous online resources and mobile device apps are available to help you and your healthcare teams figure out how many calories they should consume, and how much physical activity they need for healthy weight loss and maintenance.

Tracker	Web Based	Mobile Device App	Wearable Device
www.myfitnesspal.com	✓	✓	
www.sparkpeople.com	✓	✓	
www.loseit.com	✓	✓	
www.calorieking.com	✓	✓	
www.fitday.com	✓	✓	
www.mapmyfitness.com	✓	✓	
www.runkeeper.com	✓	✓	
BMIQ Professionals Program	✓		
iTreadmill: Pedometer Ultra with Pocket Step		✓	
Footsteps Pedometer		✓	
Pocket Pedometer		✓	✓
Cardiotrainer for Android		✓	
BIDMC Walking Club Pedometer		✓	
Fitbit		✓	✓
Jawbone		✓	✓

