

## 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 you should consume, and how much physical activity you need for healthy weight loss and maintenance.

Tracker	Web Based	Mobile Device App	Wearable Device
<a href="http://www.myfitnesspal.com">www.myfitnesspal.com</a>	✓	✓	
<a href="http://www.sparkpeople.com">www.sparkpeople.com</a>	✓	✓	
<a href="http://www.loseit.com">www.loseit.com</a>	✓	✓	
<a href="http://www.calorieking.com">www.calorieking.com</a>	✓	✓	
<a href="http://www.fitday.com">www.fitday.com</a>	✓	✓	
<a href="http://www.mapmyfitness.com">www.mapmyfitness.com</a>	✓	✓	
<a href="http://www.runkeeper.com">www.runkeeper.com</a>	✓	✓	
<a href="#">BMIQ Professionals Program</a>	✓		
<a href="#">iTreadmill: Pedometer Ultra with Pocket Step</a>		✓	
<a href="#">Footsteps Pedometer</a>		✓	
<a href="#">Pocket Pedometer</a>		✓	✓
<a href="#">Cardiotrainer</a> for Android		✓	
<a href="#">BIDMC Walking Club Pedometer</a>		✓	
<a href="#">Fitbit</a>		✓	✓
<a href="#">Jawbone</a>		✓	✓
<a href="#">Digiwalker pedometers</a>			✓
<a href="#">Accusplit pedometers</a>			✓
<a href="#">Omron pedometers</a>			✓

