

FREE* Pedometer/Step Counter 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.



Accupedo Pedometer by Corusen LLC (Android/iOS)

This app is among the most *intelligent* pedometers around. It uses an intelligent 3D motion recognition system that tracks only walking patterns and ejects out non-walking activities. This intelligent system starts tracking after 10 consecutive steps you have taken, and then it stops and restarts automatically as you walk. This feature keeps it from counting occasional trips to the breakroom or bathroom, and counts more intentional activity. It has a nice display on your home screen that allows you to have a constant view of the steps you've taken without having to open the app. You can configure the app to see steps taken, distance travelled, minutes moved, calories burned and more in a manner that suits you. Accupedo displays easy-to-read charts and history logs to help you meet your fitness goals. It has additional features like music player options and social components.



Argus: Calorie Counter & Step by Azumio, Inc. (Android/iOS)

If you want an app with a great pedometer function to count your steps, while including more comprehensive wellness components, try Argus. Argus measures distance travelled, calories burned and total time spent being active (which can be displayed graphically to show when you were most active). It also lets users count calories with a built in food database and a bar code scanner to help you track your nutritional intake. A healthy diet chart and recipes are also provided. Argus also provides you with training plans created by top personal trainers. A comprehensive app, Argus has other features like a weather monitor, hydration tracker, sleep cycle monitor, heart rate monitor, and social networking.



Noom Walk Pedometer by Noom, Inc. (Android)

For Android only, this app is known for being simple and clean with a user-friendly design. It is also known for being extremely friendly with your battery. It doesn't use GPS so it can help save your phone's battery life while still counting your steps. If you are looking for a very basic, simple-to-use app to monitor your steps, this is one you'll want to try. It also has a social component that lets you leave comments on your friends' physical activity and give them high fives — a little motivation among friends.



Pacer by Pacer Health, Inc. (Android/iOS)

Known as Pacer Step Counter & Weight Loss Tracker for Android and Pacer Pedometer & Step Tracker for iOS, this app is hailed as one of the highest rated pedometers because it works no matter where you prefer to keep it — whether in your pocket or your backpack — it will track your steps. It tracks steps, distance, calories, stairs climbed, and all of your active time. You can also input your weight and BMI and set weight loss goals. It also has GPS features that allow you to track walking, running, or cycling paths. Pacer has group features that allow teams of walkers to encourage each other via group chat and compete with each other via leaderboards. If you're looking for a step counting app that has more comprehensive wellness components, give Pacer a try.

Updated February 2019



Pedometer by ITO Technologies, Inc. (Android/iOS)

Known as Pedometer for Android and Pedometer α for iOS (look for ITO Technologies to be sure you have the right one), this highly rated app is known to record steps in an accurate and precise manner. It monitors step count, calories burned, distance covered, and walking time, and displays the information in user friendly graphs. The app features various themes to allow you to change its look and feel for those who like to personalize their apps.



Pedometer ++ by Cross Forward Consulting, LLC (iOS)

For iOS only, this highly rated app allows you to set your own personal step goal and work toward it, displaying the result on an application badge on your home screen so you don't have to launch the app every time you want to view your progress. In the app, your step count shows up in big, bold numbers with your total estimated distance underneath. When you reach your step goal for the day, you're rewarded with a burst of confetti. This app also lets you keep track of your step count without draining your battery. If you're looking for an app that's easy to set up, this is a great user-friendly option.



Steps Activity Tracker by Supercritical Flow (iOS)

This app has the cleanest, simplest, least-cluttered display of all those mentioned here. In fact, it can be reduced to a single number — your step count. Then, with one tap, you can reveal your distance and time travelled; a swipe up will show you a brief history of the previous three days, while a swipe to the left allows you to set a daily steps goal. Simple! A daily update notification is about the only other feature, and that's the beauty of this app — uncluttered simplicity.



StepsApp Pedometer by StepsApp GmbH (Android/iOS)

This app stands out for its plethora of customization options. You can customize your daily goals and turn notifications on/off for steps, calories, distance, time, weekly reports and an app icon badge. Another stand out feature, the app has a beautiful monthly calendar view so you can see your monthly progress at a glance, as well as a variety of other interesting diagrams. The StepsApp can also serve as an outdoor GPS tracking device for walking and running. If you like customization with daily goals, notifications, and a nice variety of diagrams, give the StepsApp a try.



Stepz by Bending Spoons Apps IVS (iOS)

Stepz is another all-in-one pedometer app that tracks step count, distance, calories burned, stairs climbed, and active time. If you don't have a particular goal, Stepz will help you set one and has achievement badges to encourage you to move more. The app will give you an achievable, slightly challenging goal based on your weekly averages; and, if you allow the app to show badge notifications, the app icon will show a badge with your current daily step count on the home screen without having to open the app. You can share your progress with friends and compete with them as well. This app is also known for helping to conserve your battery.



Wokamon by Noodum Co. Ltd. (Android/iOS)

If you find step counting and keeping track of your fitness data generally boring and un-motivational, then you might want to try this app. Wokamon is a pedometer-slash-game that forces you to walk to play. In this app, your steps are energy and you need this energy to feed, grow, and clothe your Wokamons (and collect more Wokamons). You start by walking to hatch an egg; then keep logging steps to grow and foster your digital pet. Wokamon *does* feature a weekly breakdown of your steps, so it *is* a pedometer; but, if you prefer gaming to step counting, try going on a *Wokamon Monster Walk Quest* and see how far you can go ... and how many Wokamons you can collect!

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

Updated February 2019

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