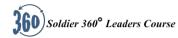


## Smartphone Apps

Physical Fitness		
<mark>کر چ</mark>	Fitness Trainer (Weight-training and fitness application)	
rt	http://www.azumio.com/apps/fitness-trainer/index.html	
	Fitness Buddy (Comprehensive exercise planner) http://www.azumio.com/apps/fitness-buddy/index.html	
	Run with Map My Run - GPS Running, Jog, Walk, Workout Tracking and Calorie Counter https://itunes.apple.com/us/app/run-map-my-run-gps-running/id291890420?mt=8	
	5K Runner: 0 to 5K run training, free https://itunes.apple.com/us/app/5k-runner-0-to-5k-run- training/id448357306?mt=8	
PROTIMER	ProTimer Interval Workout Timer https://itunes.apple.com/us/app/protimer-interval-workout/id576655511?mt=8	
A Distance of the second secon	Round Timer - For Fitness and Workouts https://itunes.apple.com/us/app/round-timer-for-fitness- workouts/id376965029?mt=8	
FREE	Best Interval Timer Free – Your Personal Sports Coach https://itunes.apple.com/us/app/best-interval-timer-free-your/id547542742?mt=8	
<b>(</b>	Tabata Stopwatch Free - Interval Timer For Tabata And HIIT Workouts https://itunes.apple.com/us/app/tabata-stopwatch-free- interval/id664563975?mt=8	





## Cardio Tracking

(	Cardio	Buddy	(Measure	your	heart	rate)
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http://www.azumio.com/apps/cardio-buddy-2/index.html



## Instant Heart Rate (Measure and graph your heart rate)

http://www.azumio.com/apps/heart-rate/index.html

Sleep Management		
	Sleep Time (Alarm clock that monitors and analyzes your sleep cycles)	
9 3	http://www.azumio.com/apps/sleep-time/index.html	
	https://itunes.apple.com/us/app/sleep-time+-alarm-clock- sleep/id498360026?mt=8	

Stress Management / Biofeedback	
	Stress Doctor (Biofeedback training based on heart rate detection) <u>http://www.azumio.com/apps/stress-doctor/index.html</u>
50% //.//.//.//.//. 	Stress Check (Estimate your level of stress in real time) http://www.azumio.com/apps/stress-check/index.html
<b>BREATHE</b> RELAX	<b>Breath2Relax</b> http://t2health.org/apps/breathe2relax#.UfA3021YR94
Tactical Breather	Tactical Breather http://www.t2.health.mil/apps/tactical-breather



Nutritional Fitness	
X	Calorie Counter & Diet Tracker by MyFitnessPal (Calorie counter) https://itunes.apple.com/us/app/calorie-counter-diet-tracker/id341232718?mt=8
	Lose It! – Weight Loss Program and Calorie Counter https://itunes.apple.com/us/app/lose-it!-weight-loss-program/id297368629?mt=8
	MyPlate Calorie Tracker LITE - Your Diet and Fitness Calorie Counter https://itunes.apple.com/us/app/myplate-calorie-tracker-lite/id502317923?mt=8
	Calorie Counter and Diet Tracker by Calorie Count https://itunes.apple.com/us/app/calorie-counter-diet-tracker/id367018196?mt=8

Psychological Health	
PTSD DACH *	PTSD Coach http://www.t2.health.mil/apps/ptsd-coach
tzmood trockjer	<b>T2 Mood Tracker</b> https://t2health.org/apps/t2-mood-tracker#.UfBHIm1YR94
LiteArmor	Life Armor http://t2health.org/apps/lifearmor#.UfBGvG1YR94

