









Smartphone Apps

Physical Fitness	
	Fitness Trainer (Weight-training and fitness application) 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 Interval Workout Timer https://itunes.apple.com/us/app/protimer-interval-workout/id576655511?mt=8
	Round Timer - For Fitness and Workouts https://itunes.apple.com/us/app/round-timer-for-fitness-workouts/id376965029?mt=8
	Best Interval Timer Free – Your Personal Sports Coach https://itunes.apple.com/us/app/best-interval-timer-free-your/id547542742?mt=8
	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)

<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)

<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)

<http://www.azumio.com/apps/stress-doctor/index.html>



Stress Check (Estimate your level of stress in real time)

<http://www.azumio.com/apps/stress-check/index.html>



Breathe2Relax

<http://t2health.org/apps/breathe2relax#.UfA3021YR94>



Tactical Breather

<http://www.t2.health.mil/apps/tactical-breather>



Soldier 360°

Nutritional Fitness



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 Coach

<http://www.t2.health.mil/apps/ptsd-coach>



T2 Mood Tracker

<https://t2health.org/apps/t2-mood-tracker#.UfBHIm1YR94>



Life Armor

<http://t2health.org/apps/lifearmor#.UfBGvG1YR94>

