

# Motivation Reminders

We all have something that motivates us. Do you like free rewards? Or does your competitive side get you pumped up? Check out the apps below to find what motivates you!

## Apps that make exercise FUN:



***Zombies, Run** is a running game that puts you at the center of your very own zombie adventure story.*



***Pokémon GO** is a fun way to increase your steps while discovering and capturing Pokémon.*

## Apps that provide INCENTIVES:



***Charity Miles** donates 10 cents a mile for cycling and 25 cents a mile for running and walking to a charity of your choice.*



***Happify** uses science-based strategies to create games and activities that motivate you to make positive changes.*



***Pact** allows you to make a gym pact, veggie pact, and/or food logging pact. Set what you'll pay other Pact members if you don't reach your goal. Earn real cash paid by those who don't keep their pact.*



**Nexercise** unlocks rewards such as gym deals and spa retreats after just 15 minutes of movement.

## Apps that provide ACCOUNTABILITY:



**Fitocracy** connects you with a virtual coach and encourages you to share your progress on social media.



**Couch to 5K** provides coaches and training plans to get you off the couch and running to the finish line.



**Coach Me** allows you to personalize your style of coaching for a wide variety of goals.

## Apps that provide COMPETITION:



**Strava Running and Cycling** compares your performance to your friend's performance on social media. It also gathers suggestions on the best local areas to run and bike.



**Map My Run** features challenges you can join to compete with others and win prizes.

## Apps that provide VISUAL GROWTH:



**HabitSeed** grows into a beautiful tree as you reach your goals and form new habits.



**Plant Nanny** reminds you to drink water regularly so that you can keep your plant alive and help it grow.

Not into apps? Simply use your calendar to set daily, weekly, and/or monthly reminders.



Looking to wake up on time? Check out these motivating alarms!



**Wake Up, Work Out Alarm clock** shuts off only after you've done 30 bicep girls.



**Ruggie Alarm Clock** requires that you stand up for it to stop. It also tells you motivating quotes that you can customize.

Don't forget about the support of friends and family. Simply telling others about your goals provides motivation and accountability. Ask someone to inquire about how things are going occasionally. Knowing they're going to ask can be enough to keep you going! Or perhaps they'll even want to join you!

