



USEFUL APPS AND RESOURCES

gmc

GAY MAN'S COACHING

At GMC we look to recommend any tools that can help you on your journey.

The apps and resources in this document give you that help by reminding you of your goals and prompting you to follow through on them. They also provide the tools and information you need, whether it's a calorie calculator or tracking your training progress.

A couple of great apps might make all the difference.



GIVE THESE A TRY...



MYFITNESSPAL

A brilliant app for tracking calorie intake, we'll be using this later in the programme.



FACEBOOK WORKPLACE

If you're not on Facebook you can still access the community through this app.



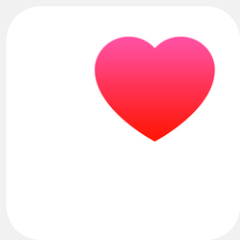
TRUECOACH

This is your one stop shop for your training and tracking your progress.



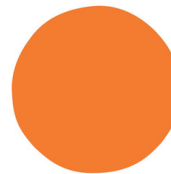
SLEEP CYCLE

A great tool to monitor your sleep - what gets measure, gets managed and sleep is a KEY component in your fitness journey



HEALTH APP

You need an app to track your steps (not MyFitnessPal) Available only on iPhone.



HEADSPACE

Meditation app



GOOGLEFIT

Android equivalent of The Health App.



WAKING UP WITH SAM HARRIS

Meditation app



STRAVA

Good for tracking walks and activity levels.



CALM

Meditation/sleep aid app



FACEBOOK

Social media app where the PTIQ community lives.

