

Welfare apps (summaries of evaluations)

Apple health

Positive

It counts your steps and tracks your sleep so you can follow your daily activities

Negative

It doesn't track your steps if you're on a treadmill because your GPS doesn't move. You can become addicted to your stepcount. It doesn't track your steps if your phone isn't with you

Clue

Positive

You see your period cycle and your overall mood when you are on your periods. You can see your ovulation day. It tracks your pain levels and cramps

Negative

If you don't put all the information into the app, it doesn't show the right information of your period cycle

Huawei health

Positive

You can track your stress levels, sleep and steps. With the steps you can also see calories you have burned. You can track different exercise forms

Negative

Same negative things as Apple

Samsung health

- +Multiple opportunities (eat, sleep, training)
- +Follows activity
- +Challenges
- +You can follow your hearth rate and stress levels
- Some programs cost
- Things are hard to find

Seven

7minute workouts every day

- +Sport equipment not needed
- +Personalized training plans
- +Over 200 workouts
- +Workout challenges
- expensive (1 week free)
- Only seven minute workout

Apple health

- +Versatile/many opportunities
- +specific Information
- +Follows steps and sound leves
- +Information boxes
- +Presents other health apps
- Hard to use -> so much information

1. Moodpath:

- + gives some good advices

- + you can choose & list down different emotions and – also change them. That can help you to understand your emotions and accept them

! The questions aren't always the most suitable for your mood, and you can't choose them.

2. Clue

- + always with you

- + helps to follow your period circle ----> you can avoid bad surprises

- + a lot of usable information about periods

! Only for girls

3. **Myfitnesspal**

- + reminds you to eat regularly and healthy

- + you can list down your daily exercises, which can motivate you to be more active

- + can help yo to reach your goals (for example muscle gain or weight loss)

- ! Can cause negative body image and trigger eating disorders

- ! The app itself is complicated to use

4. **Fatsecret**

Same features than “**Myfitnesspal**” , but the app is easier to use.

comparing clue and flo

both has opportunities to report about your periods for example what your mood is at the moment and have you any pain or something else. Also you can report about how much you bleed.

both have premium use which you have to pay

clue looks nicer than the flo because it has more colors and it looks more updated.

clue has more details and categories. both are tracking about ovulation and stuff like that

Polar Flow

Needs a Polar clock to use. Clock gets the information and saves it into its self until I download them into app.

Sleep: Starts from my heartrate goes down enough, but the sleep is "stopped" when my heartreat goes high enough. It takes it too easily to me to be awake, even tho I'm only having a dream.

Training: Heartrate works, but GPS is a bit bad wheb it lost's me. It starts to thorw me all around the map. That's why the GPS isn't that workable. When GPS works, it shows me my speed too. Average and the highest speed.

Daily activity: You can choose from five levels your own activity level. When you have reached your daily activity, you go up 100%. For me, I have to make two exercises at day to reach my goal.