

Appendix 2. Final scores of the apps evaluated with the scoring instrument, by section.

Rank	App	Overall	Section I	Section I.A.	Section I.B.	Section I.C.	Section II	Section II.A.	Section II.B.	Section II.C.	Section III	Section III.A.	Section III.B.	
1	Johnson and Johnson Official 7-Minute Workout	33.5	16.3	10.0	2.8	3.5	17.2	9.3	3.2	4.7	.	.	.	
2	Nike+ Training Club	32.6	10.0	2.0	3.2	4.8	19.5	4.7	6.2	8.7	3.1	1.0	2.1	
3	Running for Weight Loss: Interval Training	32.6	26.7	10.0	7.9	8.8	3.5	1.0	2.5	
4	Fitness Buddy Free	31.0	8.1	2.0	3.6	2.5	22.9	8.7	8.6	5.7	.	.	.	
5	FitnessBuilder	28.3	21.2	8.7	8.0	4.5	7.1	4.3	2.8	
6	JEFIT	27.5	8.4	2.0	2.9	3.5	16.3	5.3	6.5	4.5	2.8	1.0	1.8	
7	Body Space	26.2	9.0	2.7	3.5	2.8	14.9	6.0	5.5	3.3	2.4	1.0	1.4	
8	Daily Workouts Free	25.5	13.0	5.3	4.1	3.5	12.5	6.0	3.7	2.8	.	.	.	
9	StrongLifts 5x5	24.0	24.0	8.7	8.3	7.0	.	.	.	
10	Jillian Michaels Slim Down	19.9	19.9	9.3	5.0	5.5	.	.	.	
11	Fitness Point-Workout Exercise	19.0	19.0	10.0	5.7	3.3	.	.	.	
12	C25K-5K Trainer Free	17.7	17.7	2.7	7.2	7.8	
13	7 Minute Workout	17.5	8.7	2.7	3.7	2.3	8.8	2.7	3.4	2.7	.	.	.	
14	SworKit	17.5	7.0	2.0	2.7	2.3	8.0	2.7	3.1	2.2	2.5	1.0	1.5	
15	7- Minute Workout- Fitness for Women	16.9	7.0	2.0	2.8	2.2	9.9	2.7	3.4	3.8	.	.	.	
16	Abs Workout: Get Your Six Pack	14.9	14.9	9.3	3.2	2.3	.	.	.	
17	Daily Butt Workout Free	14.9	14.9	8.0	3.9	3.0	.	.	.	
18	Instant Abs Trainer	12.2	12.2	4.0	4.4	3.8	.	.	.	
19	FitStar	11.3	8.9	2.7	2.8	3.5	2.4	1.3	1.1	
20	Daily Ab Workout Free	11.3	11.3	6.7	2.7	2.0	.	.	.	
21	Workout Trainer	10.0	10.0	2.7	4.2	3.2	.	.	.	
22	Runtastic Six Pack Abs Trainer	9.1	9.1	2.0	5.0	2.2	.	.	.	
23	The 7 Minute Workout- Get Fit	8.4	8.4	2.7	3.2	2.5	.	.	.	
24	Cardio-Heart Rate Monitor + 7 Minute Workout	8.4	8.4	2.0	3.0	3.3	.	.	.	
25	Belly Fat Workout Free	8.3	8.3	2.7	2.8	2.8	.	.	.	
26	Strava Running and Cycling	8.0	8.0	2.7	2.5	2.8	
27	Simply Yoga Free	6.4	6.4	3.3	3.1	
28	Daily Yoga-Lose Weight, Get Relief	6.2	6.2	3.3	2.8	
		Mean	17.8	11.7	3.8	3.9	3.9	13.9	5.5	4.6	3.8	4.0	1.9	2.1
		Standard Deviation	8.9	5.9	3.0	1.8	2.2	5.2	2.9	1.8	1.6	1.9	1.3	0.7

Note:

1. The highest possible overall score is 70; the highest possible sections I and II score is 30; the highest possible section III score is 10.
2. Section I is Aerobic Exercise; Section II is Strength and Resistance; Section III is Flexibility.
3. Sub-section A is Safety; Sub-section B is Program Principles; Sub-section C is Single Training Session Principles.