

Fitness App Audit Checklist

Rent Nothing

Review every fitness, meditation, and diet app your household pays for.

Gather the list

- Check Apple / Google subscriptions for health apps

- Peloton, Strava, Calm, Headspace, Noom, etc.

- Wearable premium tiers (Oura, Whoop, Garmin+)

- Family members' phones – kids' fitness games with subs

App inventory

App	\$/mo	Last opened	Overlap with	Free alt?	Keep?

Savings snapshot

If I cancel...	\$/mo	× 12