

## Weight Loss/Activity Tracker Apps

Your health is so important. Not just your own personal well being, but for the people who love you and want to see you live your best life. Here are a few apps that can help you on your journey.



**Real Appeal**, Inc. provides personalized healthcare programs for companies and their employees. The company offers personalized trainers, mobile application, and fitness kits. \*\*\*This program is Free through our health insurance United Health Care. Real Appeal is an online weight loss program powered by Rally Coach.



**Noom**

Psychology based weight loss program. The belief is that you need to understand what is standing in the way of you losing weight in order to be successful at it. Free 7 day Trial. Then 129.00 for 3 months. Provides personalized health coaching. Community support, color coding system for food.



**Weight Watchers**

Helps people to eat sensibly as in a well rounded diet consisting of all food groups. Uses point system to track food. Based on your height and weight you are given a point system to follow. Provides details and graphs to show your progress over time. Can be expensive 3.22 per week for all digital, 6.92 for digital plus zoom meetings, 12.69 per week with 1:1 coaching.



Lose It!

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Calorie counter and food diary app that helps you stick to your diet. Track food and exercise. Can be used with other diets such as keto, paleo, or vegan. Free app, also has additional feature for 39.99 per year with features such as meal planning, medical and nutrition input, as well as fitness tracker syncing.



**My Fitness Pal**

Easy to use food and activity tracking app. Based on your info such as height, weight, activity, goal weight it will assign you a daily calorie goal. You can also earn extra calories for exercise using your fitness tracker or you can add the fitness activity. Free app, there is also a premium version that costs 49.00 for the year which provides guided fitness and nutrition plans, meals and recipes.



### Fat Secret

Touts itself as the easiest calorie counting app out there. Free app for calorie counting. Also has a premium version for 9.99 per month that will provide you with nutritional meal plans created by a dietitian for different diets such as keto, Mediterranean etc.



### Cronometer

App designed to not only track your caloric intake and exercise, but also makes sure you are eating foods with enough nutrients to sustain you while dieting. Designed to improve your overall health picture, not just your weight. As you input your food the app also analyzes macronutrients (protein, carbs and fats) as well as micronutrients (vitamins and minerals). App costs 2.99, there is also a gold version which is 5.99 per month which provides custom charts, nutrient intake graph, custom biometrics, recipe sharing, and a fitness tracker upload.



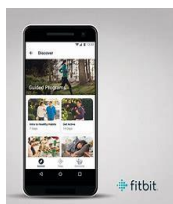
### MyNetDiary

Offers food and exercise tracking and a variety of meal planning options. Free app. Also has a premium version (8.99 per month) which is compatible with fit bit devices, health tracking for diabetics and personalized diet advice from a nutritionist.



### Rise

Pairs you with a nutritionist who will take the guess work out of dieting and figure out what works best for you. Promotes healthy habits and weight loss that lasts. You simply take photos of your meals, and your coach will pinpoint your problem areas. Every day your coach will review your meals and provide tips. Get real-time support when you need it. Price: Monthly, at \$48.00 per month Quarterly, at \$120.00 every 3 months



### Fit Bit Premium

Offers programs for creating healthy habits. Wellness report for your health trends, 45+ mindfulness sessions, 150+ video workouts, custom challenges for you and your friends. Cost 9.99 per month.