

FREE APPS



FOOD JOURNAL APPS:

Myfitnesspal, Sparkpeople, Myplate Calorie Tracker, Just Food Diary, 7 Day Photo Challenge by YouFood, My Diet Tracker, See How You Eat, Lose It, Life Preserver Diet Food Tracking App

EXERCISE APPS:



Pacer, Steps Pedometer and Step Counter Activity Tracker, Map My Walk, Pedometer ++, Walker-Pedometer Lite, Pedometer & Step Counter Activity Tracker by Steps App

Educational APPS:



Ants on a Lot-Food Games, Recipes and Nutrition, Cooking Light Magazine, Fast Food Check, Restaurant Menu Nutrition, Healthy Eating wit Diana, Bento Rock, Eat and Move o-Matic