# Health & Wellness Mobile Applications

## NUTRITION
- **MyFitnessPal**: Tracks your calorie intake. Includes a database of foods and restaurants, barcode scanner, and recipe importer.
- **Lose It!**: Helps track your meals, exercise, and progress. Includes a barcode scanner, database and the ability to log food by taking a picture.
- **Lifesum**: Features meal plans and tips, a calorie counter with barcode scanner, a macro tracker, and healthy recipes.
- **ShopWell**: Provides a personalized nutrition score when you create a Food Profile with your dietary goals, health concerns, allergies, and dislikes.
- **Healthy Out**: Helps you find meals from local restaurants that meet dietary goals or restrictions such as, “Vegetarian,” or “Gluten Sensitive.”
- **Nourishly**: Helps track emotions, hunger and fullness levels for mindful eating; includes meal plan ideas for health conditions.
- **Rise Up + Recover**: Ability to log meals, emotions, and behaviors for those struggling with emotional eating, dieting, exercise, and body image.
- **Plant Nanny**: Helps you stay hydrated by using a cartoon plant as extra incentive to drink water regularly.

## PHYSICAL ACTIVITY
- **Map My Fitness**: Displays a map of the ground you covered during a fitness activity as well as time, distance, pace, and speed.
- **Johnson & Johnson Official 7 Minute Workout**: This app helps you squeeze some exercise into your day with workouts ranging from 7 to 32 minutes.
- **Strava**: Records your speed, distance traveled, time and course taken and combines it with leaderboards, achievements, and challenges.

## STRESS MANAGEMENT
- **Happify**: Contains science-based activities and games that can help reduce stress, overcome negative thoughts, and build greater emotional wellbeing.
- **Headspace**: Provides guided meditations and mindfulness techniques to bring calm, wellness, and balance to your daily life.
- **Calm**: Contains guided meditation sessions, sleep stories, and breathing programs to help lower stress and anxiety and promote restful sleep.

## MOTIVATION
- **Charity Miles**: Donates money to organizations and charities based on the number of miles you walk, run, or bike.
- **StickK**: Users create a commitment contract which includes putting money on the line (to friend or charity) to motivate you to reach your goal.