

Wellness Trackers

<p>Printable</p>	<p>Apps <i>(Find these free apps via the App Store or Google Play on your smartphone.)</i></p>
<p>Well-being:</p> <ul style="list-style-type: none"> • Mental Health Tracker • My Whole Health Tracker (Part 1 and Part 2) • Tobacco Tracker <p>Healthy Eating:</p> <ul style="list-style-type: none"> • Daily Food Journal (Emotion or Hunger and Fullness) • Daily Food & Fitness Tracker • Fitness Tracker (One Week) • Food and Fitness Journal • My Food and Beverage Diary • Weekly Food Journal (Emotion or Hunger and Fullness) <p>Physical Activity:</p> <ul style="list-style-type: none"> • Cardio Training Activity Log • Daily Food & Fitness Tracker • Exercise Log (5 Days) • Fitness Tracker (One Week) • Food and Fitness Journal • Physical Activity Log • Strength Training Activity Log 	<p>Well-being:</p> <ul style="list-style-type: none"> • Unwinding Anxiety by Sharecare (Apple, Android) • Self Care by AbleTo • QuitGuide • quitSTART <p>Healthy Eating:</p> <ul style="list-style-type: none"> • Fooducate • MyFitnessPal • Start Simple with MyPlate <p>Physical Activity:</p> <ul style="list-style-type: none"> • Fitness Buddy • MyFitnessPal • Nike Training Club • Simply Yoga - Home Instructor (Apple, Android)
<p>Web-based <i>(All trackers are free, but registration is required.)</i></p>	
<p>Well-being:</p> <ul style="list-style-type: none"> • Cigarette Tracker • Unwinding Anxiety by Sharecare <p>Healthy Eating:</p> <ul style="list-style-type: none"> • MyFitnessPal • Penzu Food Diary <p>Physical Activity:</p> <ul style="list-style-type: none"> • FitDay Food Log & Activity Tracker • MyFitnessPal 	