



# 117

APPS TO HELP YOU  
CREATE GOOD HABITS



# 117 Apps to Help You Create Good Habits

Thanks for downloading my app guide! I love psychology, technology, and behavior change and these apps represent the best “Behavior Tech” in the world.

If you’ve read my book, *Boost: Create Good Habits Using Psychology and Technology*, you’ll recognize that each of the different sections in this guide corresponds to a [chapter in the book](#). I’ve tried to curate eight to ten apps (sometimes more) for each of the different behavior change principles that I teach in the book. You’ll also recognize many apps that I mentioned specifically in the book.

This guide is a “buffet” of options you can try as you work to create good habits. No need for you to try them all—by reading the descriptions and relying on the different section headers, you should find some that you like and begin using them for good.

I created this guide as a free resource for everyone (with no copyright limitations), so please share it with other people who you think may find it useful.

All the best,

Max Ogles

- You can find my book, *Boost: Create Good Habits Using Psychology and Technology*, at [www.maxogles.com/book](http://www.maxogles.com/book)
- To receive my free weekly newsletter about psychology, technology, and behavior change, visit [www.maxogles.com/newsletter](http://www.maxogles.com/newsletter).
- I’d love to hear from you! Just message me on Twitter [@maxogles](https://twitter.com/maxogles) or contact me using the contact form at [www.maxogles.com](http://www.maxogles.com).

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# Apps that Help You Get Started



## BeginIt

<http://www.beginit.com>

**BeginIt** is a productivity app with a simple, intuitive interface to make a cumbersome task interesting. An added bonus is the inclusion of goal setting, so you can remind yourself of the time you need to devote to a task or project to find success. The app also creates beautiful colorful graphs and charts from your daily activities.

Cost: FREE



## Checkmark Goals

<http://www.checkmarkapplication.com/>

**CheckMark** is an application that helps you set and achieve your daily goals! Write down what you want to achieve today. Not tomorrow. Not yesterday. TODAY. Goals expire if not completed by the end of the day. Two alerts are set by default to keep you on track! Get the satisfying feeling of achievement every time you complete one of your goals.

Cost: FREE



## Coach Alba

<https://coachalba.com/>

**Coach Alba** helps you overcome tough crucial moments that you face throughout the day as you work on your goals. Coach Alba works via text message so it works on any phone, even if it's not a smart phone. As you learn to overcome your crucial moments, Coach Alba helps you make lasting changes.

Cost: \$29.95 per year

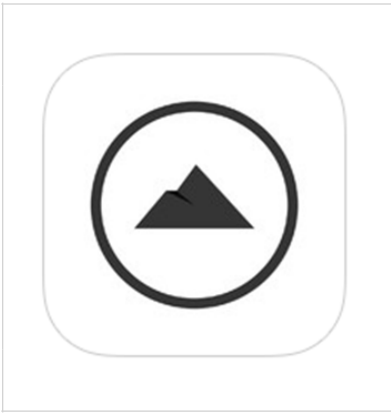


## Couch to 5k

<http://www.active.com/mobile/c25k>

The popular **Couch-to-5K** app helps new runners avoid injury from doing too much, too soon. Get off the couch with the OFFICIAL Couch-to-5K® training app from Active.com! This oft-imitated program has helped thousands of new runners move from the couch to the finish line.

Cost: \$1.99



## Everest

<http://www.everest.com/>

Your life is more than your last photo. On **Everest**, every Journey tells a story about a different interest or part of your life. So you can express yourself more meaningfully, and interact with others around shared interests. Journeys on Everest allow you to share stories in a way that has never been possible.

Cost: FREE



## Lift

<https://www.lift.do/>

Be your Best with **Lift**, an App that helps you put your goals into action. Choose what inspires you from our expert-led plans and community habits, or add a custom goal of your own. Record and celebrate progress with our easy check-in system. Stay on track with coaching, friendly encouragement, and reminders.

Cost: FREE (paid plans available)



## Lose It!

<http://www.loseit.com/>

Forget about past diet failures, the road to weight loss success start here. **Lose It!** helps you make the small, manageable changes that lead to big results. Lose It! is designed with one goal—to help you lose weight in a healthy, sustainable way. No magic pills, no crazy diets - just a simple, easy-to-use program that helps you stay in your calorie budget.

Cost: FREE (paid plans available)



## Mapmyrun

<http://www.mapmyrun.com/app/>

**MapMyRun** is a fitness tracking application that enables you to use the built-in GPS of your mobile device to track all of your fitness activities. Record your work out details, including duration, distance, pace, speed, elevation, calories burned, and route traveled on an interactive map. You can even upload your workout data to MapMyRun to view your workout history.

Cost: FREE (paid plans available)



## MyFitnessPal

<http://www.myfitnesspal.com/>

Lose weight with **MyFitnessPal**, the fastest and easiest-to-use calorie counter for iPhone and iPad. With the largest food database of any iOS calorie counter (over 4,000,000 foods), and amazingly fast food and exercise entry, we'll help you take those extra pounds off! There is no better diet app—period.

Cost: Free



## Nike+ Running

[http://www.nike.com/us/en\\_us/c/running/nikeplus/gps-app](http://www.nike.com/us/en_us/c/running/nikeplus/gps-app)

The **Nike+ Running** App tracks your runs and helps you reach your goals -- whether it's running your first race, or setting a new personal record. From first-time runners to marathon veterans, you'll get the measurement and motivation you need to run farther and faster than ever before. Welcome to the world's greatest running community.

Cost: FREE



## Unstuck

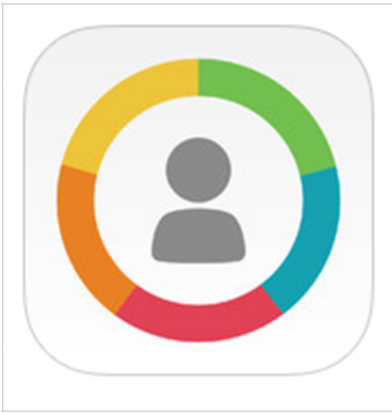
<http://www.unstuck.com/>

**Unstuck** is a brilliant app that coaches you through challenges to a better life. Best of all, Unstuck offers several different 'tools,' or ways to unstuck yourself from whatever your problem may be. It works for all the big decisions – jobs, relationships, and outfits for holiday parties.

Cost: FREE

# Apps that Help You Create Triggers



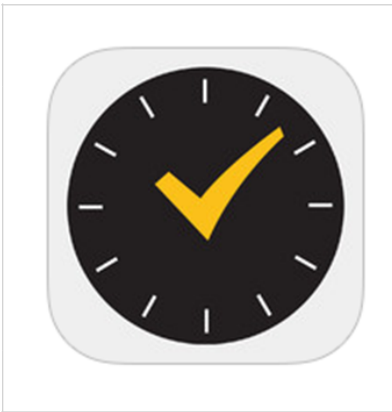


## Balanced

<http://balancedapp.com/>

**Balanced** gives you positive feedback, lets you know if you are on a streak, and keeps you aware of when you last did each activity. Your activities are prioritized so that what's most important is always at the top of your list but you can choose from the bottom instead.

Cost: FREE

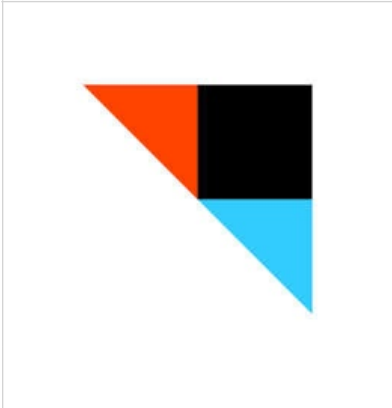


## HabitClock

<http://www.habitclock.com/>

**HabitClock** is an alarm clock that is designed to help you set a morning routine. HabitClock helps you adopt new habits and stick to them. Dividing your routine into smaller bits, HabitClock makes it easy to complete it without even noticing. Now, you can carry out your routine and reach what you aspire to have.

Cost: FREE (paid plans available)

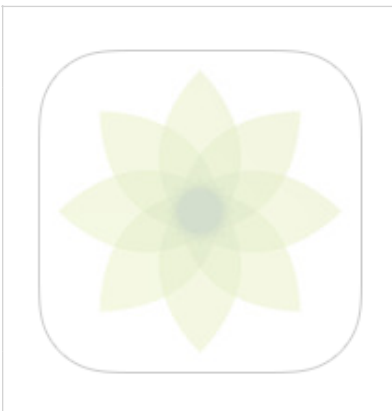


## IFTTT

<http://www.ifttt.com/>

IFTTT is a service that lets you create powerful connections with a simple statement: If This, Then That. IFTTT can help you connect things in the world around you to set triggers for your own success. It's free to use and connects with dozens of other services that you use each day.

Cost: FREE



## Moment

<http://inthemoment.io/>

**Moment** tracks how much you use your phone each day. If you're using your phone too much, you can set daily limits on yourself and be notified when you go over. You can also set up occasional nudges as gentle taps on your shoulder saying "Hey, you're halfway to your daily limit already and it's only 11 AM."

Cost: \$4.99



## Fitbit

<http://www.fitbit.com>

Live a healthier, more active life with **Fitbit**. Track runs stats, hikes and routes with MobileRun and stay on top of your calorie goals with faster, smarter food logging. Connect with Fitbit's line of activity trackers and the Aria Smart Scale to get a complete picture of your daily stats.

Cost: FREE (hardware sold separately)



## Sleep Cycle

<http://www.sleepcycle.com/>

Waking up made easy. **Sleep Cycle** is an intelligent alarm clock that analyzes your sleep and wakes you in the lightest sleep phase – the natural way to wake up feeling rested and relaxed. Sleep Cycle helps millions of people to wake up rested! Featured in: CNN, Wired, The Guardian, and The Wall Street Journal.

Cost: \$0.99



## UP by Jawbone

<https://jawbone.com/up>

**UP** is a revolutionary system that guides you every step of the way to a better, healthier you. A smarter activity tracker. Manage your weight, move more and sleep better. First, the UP system gets to know you—tracking your activity, diet and sleep. Next, it shows you how to make simple adjustments that, over time, add up to an all-new you.

Cost: FREE (hardware sold separately)



## Withings

<http://www.withings.com>

Living healthy starts with knowing where you stand. The Withings app stores history of your data, helps you understand it and improve it over time. You can log this data manually or use one of our many compatible tracking devices and apps to automatically track your health.

Cost: FREE (hardware sold separately)

**Apps that  
Help You  
Find  
Inspiration**



## Buddhify2

<http://buddhify.com/>

**Buddhify2** teaches you mindfulness-based meditation on the go. With dozens of custom meditations for 14 different parts of your day including traveling, being online, taking a work break and going to sleep, Buddhify2 gives you a simple but effective way to bring more mindfulness and calm to your busy day.

Cost: \$2.99



## Calm

<http://www.calm.com/>

**Calm** helps you meditate, sleep, relax and much more. You'll discover how meditation can improve your mood - and your life. "This app is absolutely great has really helped me through a lot of anxiety and leaves me feeling calm, cool, and relaxed defiantly one of the best apps out there!!"

Cost: FREE



## Gratitude Journal

<http://happytapper.com/gratitude-journal>

**Gratitude Journal** is an App that is designed to help you change your thoughts and change your life. Write down five things you are grateful for each day and your life will change forever. This App is the #1 gratitude journal app for over five years. Use it for at least 3 weeks and your life will never be the same again.

Cost: \$1.99

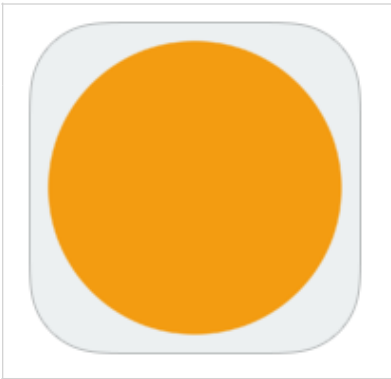


## Equanimity

<http://www.meditate.mx/iphone>

**Equanimity** has been carefully designed to help you establish and maintain a daily meditation practice. The elegant meditation timer times your sittings, provides a beautiful journal for sitting notes, and displays graphical tracking giving you clear feedback on your meditation practice. It's carefully designed to be the ideal companion for anyone who meditates.

Cost: \$4.99



## Grateful

<http://www.thezerolab.com/grateful>

What are you grateful for? **Grateful** is a simple app to record gratitude each day. By focusing on what we're grateful for, we relieve the stress of focusing on ourselves and build self esteem for the things that we DO have-

Cost: **FREE** to try, then \$1.99



## Headspace

<https://www.headspace.com/>

**Headspace** is meditation made simple, a way of treating your head right. Using proven meditation and mindfulness techniques we'll show you how to train your mind for a healthier, happier, more enjoyable life.

Cost: **FREE**



## Lumosity Brain Trainer

<http://www.lumosity.com/>

Train your memory and attention. Used by over 60 million people worldwide, **Lumosity** creates a Training Program that challenges your brain. Lumosity is designed by neuroscientists to train memory, attention, and more. With foundations in the study of neuroplasticity, Lumosity games are used in research, and have been incorporated into studies done by top scientists worldwide.

Cost: **FREE** (paid plans available)



## Mindshift

<http://www.anxietybc.com>

**MindShift** is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.

Cost: **FREE**



## The Mobile Flow

<http://www.themobileflow.com>

Maximize your focus—record how long you're offline, and share with your friends when you get back online. Use **The Mobile Flow** app to limit the distraction of your phone and find inspiration and productivity in the world around you. Find creativity by breaking away from the habit of technology and allowing yourself new experiences.

Cost: FREE



## Yoga Studio

<http://yogastudioapp.com/>

Yoga Studio is a great tool for anyone who likes yoga or wants to give it a shot, the app is well designed and easy to use, and offers a breadth of options so that the user will never get bored. Yoga Studio for iOS comes in handy; it's an expansive yoga app that features ready-made classes, individual poses, and even a build-your-own class feature.

Cost: \$3.99

# **Apps that Use Incentives or Loss Aversion**



## AchieveMint

<https://www.achievemint.com>

**AchieveMint** integrates with platforms like Twitter, Facebook, Foursquare, Meetup, RunKeeper, MapMyFitness and Fitbit. Go for a run, tweet something "healthy," check-in to a health food store and you'll be rewarded with points. Once you achieve enough points, you can convert them into cash.

Cost: FREE



## Aherk!

<http://www.website.com>

**Aherk** is a simple Web-based app that you can use to help you reach your goals. With Aherk, you define a goal and a deadline. You then upload a photo you consider compromising or embarrassing. At the end of the deadline, your friends vote on whether you achieved the goal or not. If you failed, the embarrassing photo is uploaded to your Facebook account.

Cost: FREE



**BEEMINDER**

## Beeminder

<https://www.beeminder.com/>

**Beeminder** cleverly combines self-tracking and monetary incentives to help you stick to your goals. You pledge (actual money) to keep all your data points on a Yellow Brick Road to your goal and if you go off track, you pay your pledge.

Cost: FREE



## Betchyu

<http://www.betchyu.com>

**Betchyu** is the most effective way to follow through on your wellness goals. We turn the self-improvement process into a social experience. You can choose to lose weight, quit smoking, exercise more, or run more. Using Betchyu, your social-network are actually invested the outcome of your goal.

Cost: FREE





## Budge

<http://thebudge.com/>

**Budge** is an iPhone app that encourages users to challenge their friends to everyday activities or play games they already use. The loser of the challenge then donates a preset micro donation – typically \$1-\$5 – to one of the app's partnering charities, which include children's hospitals and world poverty initiatives.

Cost: FREE

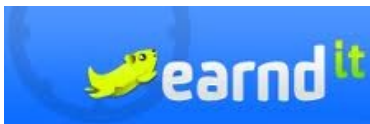


## DietBet

<http://www.dietbetter.com/>

**DietBet** is a social dieting game that lets you put your money where your mouth is. It's a motivation booster that really works...96% of DietBettors lose weight in 4 weeks and the average winner wins \$58! The rules are simple: whoever loses 4% of their weight in 4 weeks splits the pot.

Cost: FREE



## Earndit

<http://earndit.com/>

**EarndIt** is FREE Web-based app that tracks your workout progress through common fitness trackers and calculates points for each and every workout. Your points accumulate day-to-day and you can redeem them for products, goods, gift cards, charitable donations, and even contest entries.

Cost: FREE



## Fatbet

<http://fatbet.net>

**Fat Bet** is a free app that lets you create your own weight loss group challenge with friends. You're encouraged to make wagers that are fun, embarrassing, or include some kind of service or challenge that the loser has to perform — think running naked, singing karaoke, or washing the winners' cars. If you win, you get nothing but bragging rights and a slimmer bod.

Cost: FREE



## **Pact**

<http://www.gym-pact.com/>

**Pact** is the most effective way to actually keep your healthy resolutions this year. Earn cash for living healthy, paid by members who don't. Set your exercise and healthy eating goals each week, manage how much money is on the line, check in to the gym, or track workouts via GPS, get notified of your earnings each week!

**Cost: FREE**



## **stickK**

<http://www.stickk.com/>

**stickK** is an app designed to promote a healthier lifestyle for you by allowing you to create "Commitment Contracts." A Commitment Contract is a contract that binds you into achieving a personal goal. stickK uses loss aversion to help you keep the goals that you commit to.

**Cost: FREE**

**Apps that  
Help Make  
Habits  
Enjoyable**



## CARROT Fit

<http://www.meetcarrot.com/fit/>

**CARROT** is a sadistic AI construct with one simple goal: to transform your flabby carcass into a Grade A specimen of the human race. She will do whatever it takes—including threatening, inspiring, ridiculing, and bribing you—to make this happen.

Cost: \$2.99



## Cody

<https://www.codyapp.com/>

Cody gives you everything you need to get fit anytime, anywhere. Let's get fit together! Cody is a fitness community for sharing and discovering workouts. Track your progress and get support from an encouraging community. Find new workouts by following trainers and people like you.

Cost: FREE (paid plans available)



## Cruise Control

<http://www.cruisecontrolrun.com/>

Get ready to rock your run! Part coach and part dance partner, **Cruise Control** produces magical running experiences. It adjusts your music in real-time to control your running and keep you on track to hit your target pace, heart rate, or cadence.

Cost: \$4.99



## Endomondo

<https://www.endomondo.com/>

**Endomondo** is the only personal trainer you'll ever need that fits right in your pocket. Whether you're running, cycling, walking, kayaking, or something completely different, we keep you motivated, and most importantly—keep what you're doing fun. Track routes, record stats and share your workouts - all from one simple app.

Cost: FREE



## Fitocracy

<https://www.fitocracy.com/>

**Fitocracy** motivates you and helps you succeed at fitness and level up in real life. We make exercise fun! Track your workouts, earn points, unlock achievements, beat quests, and slay the laziness dragon. Join the best fitness community on the planet and become the person you were meant to be.

Cost: FREE (paid plans available)



## Fleetly

<http://www.fleetly.com/>

**Fleetly** is the best app to reach your fitness goals. Earn points for logging your workouts, connect with friends and join challenges at all levels, from beginner to pro. Join an existing workout challenge, or create your own and invite your friends to join.

Cost: FREE



## Goalworthy

<http://www.goalworthy.com/>

**GoalWorthy** is a social app designed to help you track your progress through the game of real life! Earn points and badges for your real-life achievements, encounter new goals and challenges, and encourage your friends to level up their life and have fun in the process!

Cost: FREE



## HabitRPG

<https://habitrpg.com/>

**HabitRPG** is a habit-building program which treats your life like a Role Playing Game. Level up as you succeed, lose HP as you fail, and earn money to buy weapons and armor, compete with your friends. HabitRPG provides external motivation for completing your day-to-day activities.

Cost: FREE



## Health Month

<http://www.healthmonth.com/>

**Health Month** is a game to help improve your diet, fitness, mental health, relationship health, and financial health – while enjoying it! Health Month has found a way to make living better an entertaining activity. By incorporating social elements and competition, Health Month provides users with the motivation they need to make positive, permanent changes in their lives.

Cost: FREE



## Rare Candy

<http://www.corduroypublishing.com/>

Getting motivated to master new skills has never been easier. In the vein of Final Fantasy, Secret of Mana, and Pokemon comes **Rare Candy**, the app that lets you level up as you master your own Skills. Hard work is the name of the game as you put in hours to earn new ranks and new levels of mastery.

Cost: \$1.99



## Spring/Spring Moves

<http://www.springmoves.com/>

**Spring Moves** is a rhythm based music service for exercise. Whether you need music for running or power walking, spin class or road biking, Spring Moves has the best workout songs for your movement. Run, Walk or Bike like you dance - to the beat of songs you love.

Cost: FREE (paid plans available)



## SuperBetter

<https://www.superbetter.com/>

**SuperBetter** is an app that helps you achieve your health goals — or recover from an illness or injury — by increasing your personal resilience. Resilience means staying curious, optimistic and motivated even in the face of the toughest challenges.

Cost: \$4.99



## Teemo

<http://goteemo.com/>

Meet **Teemo**, the iPhone game that turns spare minutes into fitness adventures. It can feel impossible to squeeze time for fitness into life's ever-expanding to-do list. And when we do exercise, it can feel more like "work" than fun. That's why we created Teemo.

Cost: FREE



## The Walk

<https://www.thewalkgame.com/>

**The Walk** is an app that helps you walk more, every single day. When you're playing The Walk, every step counts. A bomb explodes in Inverness station, and you're given a package that could save the world. To stay alive, you'll need to walk the length of the UK.

Cost: \$2.99



## Welly

<http://www.wellyapp.com/>

**Welly** mobile app enables you to track your activity in a fun and simple way. Welly is your personal avatar, fed by your daily activity. Running with your friends, working out at fitness, at your work place or home, use Welly app anywhere and anytime to check your activity score.

Cost: FREE



## Zombies, Run! 2

<https://www.zombiesrungame.com/>

**Zombies, Run! 2** is a health and fitness iPhone app that uses engaging storytelling to get and keep you running. The story goes something like this: As an apocalypse survivor, you are runner who is assigned to perform dangerous missions. You must complete activities that include gathering supplies and weapons and rescuing lost souls.

Cost: \$3.99

# Apps that Use Social Influence





## DailyBurn

<http://dailyburn.com/devices>

**DailyBurn** is the best fitness anywhere. DailyBurn offers unparalleled variety – from Bodyweight Training and Kettlebells to Dance and Yoga so you will always find the perfect workout for you! Over 100 individual workouts for all levels, allowing you to track your performance and workout anywhere!

Cost: FREE (paid plans available)



## Daily Yoga

<http://www.dailyyoga.com/>

Daily yoga guards your health every day with your own yoga studio on the go! Daily Yoga is the world's most popular yoga coaching app suitable for all levels, beginners, intermediate and advanced, providing 50+ HD yoga exercises and the largest database of HD VIDEOS, soothing music, and social community.

Cost: FREE (paid plans available)



## Gain Fitness

<http://gainfitness.com/>

**GAIN Fitness** is like a workout buddy, coaching you through an entire exercise regimen. GAIN's Cross Trainer app takes world-class trainers from different fitness modalities (bodybuilding, yoga, Pilates, interval training, circus arts, CrossFit(TM), etc.), and places them conveniently in your pocket.

Cost: FREE (paid plans available)



## Nike Training Club

[http://www.nike.com/us/en\\_us/c/womens-training/apps/nike-training-club](http://www.nike.com/us/en_us/c/womens-training/apps/nike-training-club)

It's time to Get NTC Fit. Welcome to the new and improved **Nike Training Club** – the training app for the world's biggest female fitness community. Choose individual workouts, or select a targeted, structured four-week program to help you get lean, toned or strong. More than 100 workouts by Nike Master Trainers and world-class athletes like Maria Sharapova.

Cost: FREE



## Rise

<https://www.rise.us/>

**Rise** pairs you with your very own nutrition coach. Your coach is a real expert who customizes your diet program, and gives you DAILY advice and motivation. Ordinarily, these experts charge over \$300/month for their time, but Rise's technology makes this service available for \$15/week or less.

Cost: \$15 per week or less



## RunKeeper

<http://runkeeper.com/>

Track your pace, measure workout distance, chart weight loss, crush training goals and more with LifeHacker's 2012 Best Running App! **RunKeeper** is the simplest way to improve fitness, whether you're just deciding to get off the couch for a 5k, biking every day or even deep into marathon training.

Cost: FREE



## SparkPeople

<http://www.sparkpeople.com>

**SparkPeople** is a community. SparkPeople is a health site. SparkPeople is a fully-developed free diet plan. It incorporates a lifestyle-change approach to healthy living. It bases its nutritional components upon the food pyramid and its diet plan on the premise that you must take in fewer calories than you expend, in order to lose weight.

Cost: FREE (paid plans available)



## Strava Cycling

<http://www.strava.com/>

**Strava Cycling** lets you track your running and riding with GPS, join Challenges, share photos, and follow friends. Once you complete a ride or run, your data is sent to Strava.com. Strava tracks users' speeds across regular journeys, allowing them to compete against themselves and their fellow cyclists.

Cost: FREE (paid plans available)

# Apps that Help Other People



## Charity Miles

<http://www.charitymiles.org/>

**Charity Miles** is a free app that empowers you to earn money for charities while walking, running or biking every day. Just choose a charity and hit the streets. As you walk, run or bike, the app will track your distance and you'll earn money for your charity.

Cost: FREE



## CharityBets

<https://charitybets.com/>

**CharityBets** is a Web-based App that enables you to place a bet with your friend or publicly with strangers on a sports event or anything else you wish and put some money behind it. Whoever loses donates that money to a charity of their choice. With CharityBets App you can place a bet, view available ones, accept bets, determine the winner, and view leaderboards.

Cost: FREE



## I Can Go Without

<http://icangowithout.com/>

Discover likeminded people; keep in touch with your favorite organizations, just as part of your daily routine! Start your campaign from the app, invite your friends, shout and snap updated, spread the word on your favorite social media!

Cost: FREE



## Instead

<https://instead.com/>

You don't have to be a billionaire to change the world. You can do it \$3 and \$5 at a time. With instead small changes have a huge impact. For example, when you brew your own coffee instead of buying one and donate the savings, you can provide a child in South Sudan clean water for a year.

Cost: FREE



## Nexercise

<http://www.nexercise.com/>

**Nexercise** is motivation in your pocket, and motivation is what most people lack when it comes to developing a healthier lifestyle. The app encourages you to do small things each day that will make you successful at losing weight and living a healthy life. Users can win free samples or discount every time they exercise, which can be used toward gift cards or donated to charity.

Cost: **FREE**



## One Today

<https://onetoday.google.com/>

Want to be inspired and help change the world at the same time? **One Today** is an app that lets you give a little, and change. Create a culture of giving every day. One Today lets you easily give \$1 each day to causes and nonprofits that inspire you. It's a community of generous people like you doing one good deed a day.

Cost: **FREE**



## Weightless Project

<http://www.weightlessproject.org>

Weightless Project is an initiative aims to bridge the gap between obesity and undernourishment. To do this, the project encourages people to work out and donate calories. Health and fitness brands partnering with the project help convert these calories into usable funds. All proceeds generated will be used to fight global hunger and malnutrition.

Cost: **FREE**

# Apps to Track and Measure Your Habits



## 42Goals

<http://www.42goals.com>

**42goals** is a simple tool for tracking your daily goals and keeping a log of your daily activities. It helps you to set up your goals, record your daily progress and visualize your achievements. Using 42goals you can achieve your personal and life goals; quit smoking, lose weight, reduce coffee consumption, etc.

Cost: FREE (paid plans available)



## Argus

<https://www.azumio.com/argus>

**Argus** turns your Phone into a sophisticated health and fitness device as it monitors and manages your activities, food, workouts, sleep, hydration, weight and vitals, helping you make sense of numerous bio-feedback data points to reach your health goals and improve overall well-being.

Cost: FREE (paid plans available)



## Chains.cc

<https://chains.cc/>

**Chains.cc** is based on the "don't break the chain" method that helps you stick to your good habits and break bad ones. Each day you stick to your habits your chains grow long and the longer they are the more you want to keep them from breaking. It's like a to-do list where completed items accumulate to show you how consistently you have kept doing them.

Cost: \$1.99

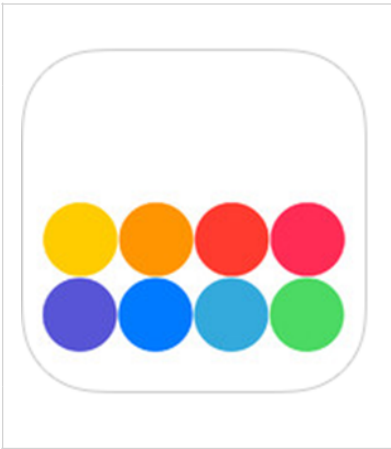


## Commit

<http://thinklegend.com/commit/>

**Commit** helps you form habits in order to become fit, learn to draw, or learn a language. For example, if you want to learn to draw, you should practice every day. Add it as a commitment, then Commit will track each day you practice your drawing. By being consistent you will improve much more quickly.

Cost: \$2.99



## Daily Goals

<http://cascodelabs.com/>

**Daily Goals** helps you: create and track unlimited habits, configure the name, colour, start & end dates, reminder time and schedule for each habit, get simple, colourful feedback on your progress by plotting habits of your choice on the history calendar, and get insight into your habits with powerful per-habit or overall analysis.

Cost: \$2.99

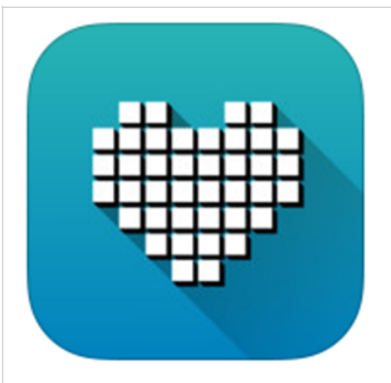


## Daily Insist

<http://app.cnbang.net/>

**Daily Insist** is an App that helps you to create good habits by tracking something you want to do for 7, 14, or 21 days and checking in every day until the end of the round. If you miss one day during a round, the round will be failed. So just keep doing every day to finish the promised round, no excuse. You'd be proud of yourself and keep habits move on.

Cost: \$0.99

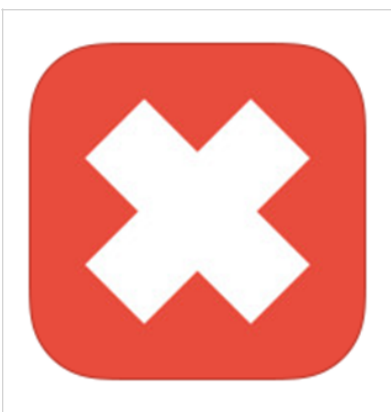


## Datalove

<http://christophalbert.com/>

**Datalove** makes it crazy easy to track any kind of stats on your phone. Collect and explore your daily data! You can track how far you run, how much you study, sleep or spend, whatever you want. Then, turn your device and explore your stats.

Cost: FREE (paid plans available)



## Don't Break the Chain

[http://rouge41.com/apps/2013/10/17/dbtc\\_ios7.html](http://rouge41.com/apps/2013/10/17/dbtc_ios7.html)

**Don't Break The Chain!** Allows you to track your daily commitment to your most important goal! By consistent daily action towards your goal, you will build extraordinary outcomes! After your first day, your chain of daily commitment gives you inertia to not break the chain!

Cost: FREE (paid plans available)





## Exist

<https://exist.io>

We turn your connected data into insights — highlighting interesting changes in your activity to help you better understand what's going on in your life. **Exist** is a web app that works great on mobile. Start by connecting your fitness tracker, and add other services like Foursquare for greater context on what you're up to.

Cost: Free to try, then \$6 per month



## Expereal

<http://expereal.com/>

**Expereal** is an iPhone app that allows you to rate and analyze your life through data visualization and analytics, and anonymously compare your ratings with friends and other users.

Cost: FREE



## Goal Streaks

<http://goalstreaks.com>

Achieve your goals by defining the regular activity that will get you closer to them and then tracking it. Whether it's "Write a Book" by "Spend 1 hour writing every day" or "Get Fit" by "Visit the gym 3 times a week", simply defining the actions and watching your progress will help you get there.

Cost: \$4.99



## Habit List

<http://habitlist.com/>

Create good habits. Break unhealthy ones. Build a better you. **Habit List** includes everything you need to reach your goals, wrapped in a beautiful and intuitive interface. It motivates you, helps you stay focused, and keeps you on track. It's for all the little things that make a big difference.

Cost: \$2.99



## Habit Streaks

<http://habitstreaks.com/>

Keep track of your habits or build new ones with Habit Streaks. With an ultra simple design, it is easy to see your streaks and completions for your habits to keep you motivated. For each day you complete a habit, you'll be able to add a Note in order to track your progress.

Cost: FREE (paid plans available)



## Moves

<http://www.moves-app.com/>

**Moves** is an App that automatically tracks your everyday life and exercise. Just carry your phone in your pocket or bag. The app does automatic tracking, recognizes places in your daily life, visualizes your day in an easy-to-read timeline, routes the paths you take, and counts your steps.

Cost: FREE



## OptimizeMe

<http://optimizeme-app.com/>

**OptimizeMe** helps you record your life to improve it. Simply track all your daily activities in a single app and learn how everything you do and everyone you meet influences your life, health and fitness. OptimizeMe allows you to track your everyday activities, places you visit and people you meet.

Cost: \$3.99



## Reporter

<http://www.reporter-app.com/>

**Reporter** is a new application for understanding the things you care about. With a few randomly timed surveys each day, Reporter can illuminate aspects of your life that might be otherwise immeasurable. The app uses a simple process for building understanding, which includes lightweight surveys and immediate insights.

Cost: \$3.99



## Strides

<http://www.stridesapp.com/>

**Strides** helps you track anything you can imagine with 4 flexible types of goal trackers: **Target:** Reach a goal value by a specific date. **Habit:** Build or break a habit by tracking until it's second nature. **Milestones:** Stay on track with goals with multiple steps. **Average:** Track your average value over time.

Cost: \$2.99



## Way Of Life

<http://wayoflifeapp.com/>

**Way of Life** is a beefed-up habit and goal tracking app that places a lot of emphasis on data tracking. After adding your desired habits, you keep track of your daily progress by marking whether you did or didn't perform any one specific habit. Your progress on each habit can be presented in pie or bar graphs, giving the user an overview of their performance trend over time.

Cost: FREE (paid plans available)



## Wonderful Day

<http://wonderfuldayapp.com/>

What's more wonderful than setting goals for yourself and working away at them everyday? And, it gets better when you can visually see your everyday progress for yourself! The WonderfulDay app does just that - tracks the progress of your daily activities/goals over a period of time. Watch your 'goal chain' grow as you keep working on them and getting better.

Cost: \$0.99

# **Additional Habit and Goal-Setting Apps**



## 21Habit

<http://www.21habit.com/>

**21Habit** helps you cultivate life-transforming habits in 21 days. This application helps you stick to a certain activity for 21-days – every day continuously. Create a 21-day activity to make or break a habit checking every day for 21 days. We will notify you every day for 21 days. Track your progress.

Cost: FREE



## Accompl.sh

<http://accompl.sh/>

**Accompl.sh** is an online tool that allows users to commit, track and recognize their long-term goals and resolutions. Accompl.sh gives its users 365 days to accomplish their tasks, which can be anything from learning how to cook an egg to losing one hundred pounds. Overall, Accompl.sh is a positive application that can help users be accountable to their goals and may help them achieve them more than doing it on their own.

Cost: FREE



## Daily Tracker

<http://www.loichai.com/>

**Daily Tracker** is an ultimate tool for tracking your daily goals and keeping a log of your daily activities. It allows you to track literally everything about you.

Cost: \$2.99



## Disciplinator

<http://www.as-apps.com/>

The **Disciplinator** helps you put your good intentions into practice in the long term and to stick to them. It helps you to manage your goals, remember your resolutions and keeps detailed statistics about your intended projects. Every day, a success barometer will motivate you to stay true to your path.

Cost: FREE



## Disciplino

<http://www.kazoowa.com/disciplino/>

**Disciplino** is a flexible goal-tracking app that measures how well you are moving towards your goals. Keep your performance near 100% and achieve your goals one by one. You'll love Disciplino if you want to be more productive without pressure.

Cost: \$2.99

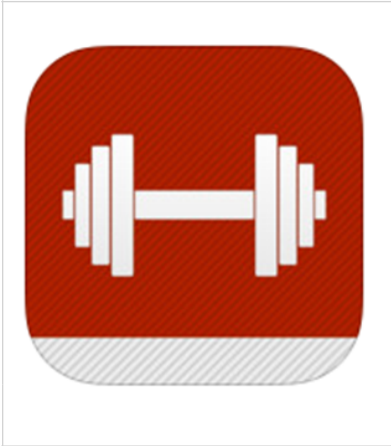


## Fig

<http://www.fig.com/>

Meet **Fig**. It's the personal and enjoyable way to pursue your wellness aspirations. Nourish your body and soul with simple activities. Share your journey with friends and loved ones. Flourish together. \*\*Side effects include more happiness, deeper friendships, and additional physical vitality.

Cost: \$1.99



## FitnessFast

<http://www.fitnessfastapp.com/>

**FitnessFast** is a full-featured fitness tracker that's fast, beautiful and, redesigned from ground up for iOS 7. FitnessFast makes it easy to track all your fitness activities in one place. Recording and tracking have never been this easy. With the most features, best tools and, fast and seamless interface, FitnessFast makes logging your workouts, body stats and sleep a breeze.

Cost: \$0.99



## FitStar

<http://fitstar.com/>

**FitStar** designs your personalized workouts based on how you're progressing. Workout anytime, anywhere with FitStar Personal Trainer. Never miss an opportunity to get a customized workout while traveling, when you can't make it to the gym, or don't want to pay for a costly personal trainer.

Cost: FREE (paid plans available)



## Goals on Track

<http://www.goalsontrack.com/>

**GoalsOnTrack** is a smart goal setting and personal development application that helps you set and track goals, manages tasks, track time, build habits and keep a goal journal. It offers a comprehensive set of tools to guide you through a successful goal achieving process, from setting goals and creating action plans, to forming habits and reaching your goals.

Cost: FREE



## Habit Master

<http://www.habitmasterapp.com/>

**HabitMaster** is a simple but powerful application that helps you build good habits in your life. Be it a daily, weekly, or monthly habit, HabitMaster helps you track your progress and maintain your motivation. For each habit, you can easily see your current and longest streak. Your goal is to make your current streak as long as possible.

Cost: \$3.99



## Happy Goals

<http://happyteamlabs.wix.com/happy-goals>

**Happy Goals** - the goal of this app is simple - to help you achieve your goals! With its simple yet elegant interface that utilizes gestures, you can track your progress in achieving your goals. No due dates! No complex stuff! Just the info that you need.

Cost: \$0.99



## Human

<http://human.co/>

Walk. Run. Dance. Bike. Everything counts. Join over 250,000 Humans and enjoy 30 minutes of exercise, every day. It's the easiest way to get healthy. **Human** automatically picks up your walks, runs, bike rides and other exercise. Just put your phone in your pocket and go about your day!

Cost: FREE

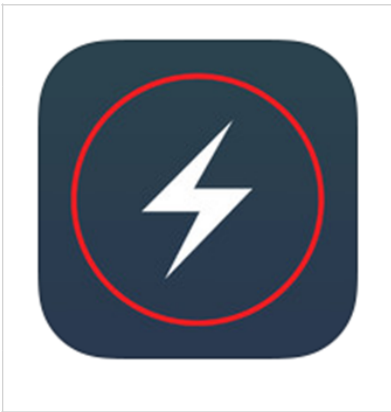


## Irunurun

<http://www.irunurun.com>

**Irunurun** is a performance and accountability app designed to help people and organizations achieve greater results in their work and lives through focus, consistency, and accountability. Introducing the world's first GREATNESS app! Experience the power of focus, consistency, and accountability.

Cost: FREE



## Jutsu

<http://www.jutsu.it/>

**Jutsu** is a mobile app which keeps you on track with your personal goals. Jutsu is the easiest way to set, track & smash your goals. We believe that life is an adventure & achieving your goals should be fun & exciting. Use our simple & intuitive app to capture everything you want to accomplish.

Cost: FREE (paid plan available)

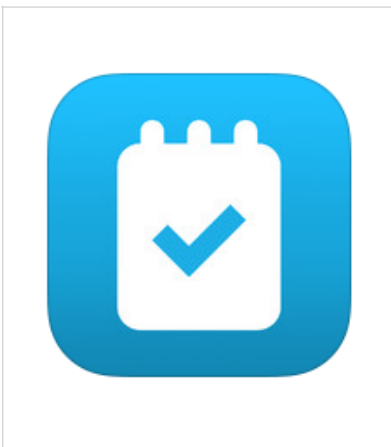


## LifeTick

<https://www.lifetick.com/>

**Lifetick** is a web application designed to help users set and manage their personal and professional goals. The site allows users to register for themselves (individual) or to register as a coach in order to help others achieve their goals in life.

Cost: Yearly plan starting at \$49.00



## Logsit

<http://www.logsit.com/>

**Logsit** is the quick and easy way to keep track of the things that matter like When did you last get your hair cut?, What was the last book you read?, and How many times have you had a migraine this year? Just type in what you want to track and check-in when you do it. You'll be able to take advantage of all Logsit's great features.

Cost: FREE





## Noom Weight Loss Coach

<http://www.noom.com/>

Never diet again! Noom Coach is a personalized weight loss app specifically designed to help you develop better lifelong eating habits and lose weight for good. Get all the tools and guidance you need to lose weight.

Cost: FREE (paid plan available)



## PUMATRAC

<http://www.puma.com/pumatrac/en>

PUMATRAC is designed to motivate athletes to get outside and discover ways to get the most out of a workout while having fun along the way. It re-defines what runners expect from their running apps and provides insights on how outside conditions as well as personal behaviors affect performance.

Cost: FREE



## Smart Goals

<http://www.smartgoalsneverfail.com/>

With **Smart Goals** App you can now keep your goals, dreams, and habits all in one place on your iPhone. Goals give your life purpose. Habits make your character. Dreams make your life extraordinary.

Cost: FREE



## Thryve

<http://thryveco.com/>

**Thryve** is a new food tracking app that puts the emphasis on tracking what you eat, how much of it you're eating, and how those meals make you feel afterward, instead of just counting calories and being beholden to whatever ratio of this-to-that the latest fad diet says you should have.

Cost: FREE

# **Bonus: Apps to Help You Eat Healthy**



## Eat Local

<http://www.simplesteps.org/eat-local>

**Eat Local** is a tool that can assist you in finding out what's in season where you are; locate nearby farmers markets anywhere in the United States. Eat Local lists more than 5,200 farmers markets and features 64 produce items, including seafood, heirloom turkeys and more. The app also provides nutritional details and tips on storage, preparation and cooking.

Cost: FREE



## Foodily

<http://www.foodily.com/>

Looking for the best recipe app? **Foodily** is the world's largest social recipe network where you can discover and share any recipe on the web, including your own. Use Foodily to keep track of all the recipes you love in one complete recipe box.

Cost: FREE



## Fooducate

<http://www.fooducate.com/>

Lose weight with REAL food, track your progress, and discuss with the community. The ONLY APP that looks beyond the calorie and helps you eat healthy and tasty. Scan a product barcode to see what's really in your food. Fooducate will also show you healthier alternatives!

Cost: FREE



## Habitat

<http://habit.at/>

Use **Habitat** and send a folder of your favorite places to your friends! If you have a lot of good restaurants, cafés or other spots worth visiting you want to recommend to your friends, finding and sending information about each one individually can be quite a lot of work. Habitat can really help you out here.

Cost: FREE

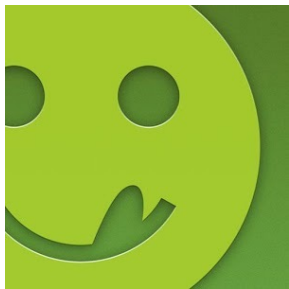


## Harvest

<http://www.harvest-app.com/>

**Harvest** is your guide to selecting the freshest, ripest, healthiest and best-tasting produce. Whether it's knocking on watermelons, smelling pineapples, squeezing avocados, or examining the color of peaches, you'll always know the best approach.

Cost: \$1.99



## HealthyOut

<https://mobile.healthyout.com/>

Looking for healthy food when you eat out? **HealthyOut** finds you dishes at local restaurants that match your diet and nutrition preferences. Under 500 calories, low carb, Italian? We have just the meal for you. We make it easy to eat healthy and stay on your diet when you're eating out!

Cost: FREE



## ShopWell

<http://www.shopwell.com/mobileapp>

**ShopWell** helps you eat healthier food and achieve your nutrition goals. Use ShopWell to help manage your weight and conditions like diabetes, high blood pressure, and Celiac disease. ShopWell can also help you maintain a vegan or vegetarian diet.

Cost: FREE



## YoDish

<http://yodish.com/>

**YoDish** is a fast and fun way to share food allergy, gluten free, vegetarian, and vegan dining experiences and read reviews by others to help you make plans. Dining out on a restricted diet (food allergies, gluten free, paleo, vegetarian, vegan)? Share your successes and failures to YoDish, Twitter, Facebook, and FourSquare so others can benefit. Explore dishes loved (and hated) by others like you.

Cost: FREE

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