

# Apps for Weight Loss

*...there's an app for that!!!*

## Free Nutrition Apps

### **2Fat- FREE for iPhone**

Calculate your body fat percentage and BMI

### **40-30-30- FREE for iPhone**

Calculate the percentage of carbs, protein, and fats in your meal

### **Calorie Counter by FatSecret- FREE for iPhone & Android**

Zaps the label of a food item (of popular food brands and chain restaurants) and records the number of calories. Also comes with a food diary/exercise log

### **Calorie Counter MyNet Diary- FREE for iPhone & Android**

Tracks and graphs your calorie and nutrient intake by scanning the bar code of packaged food or searching food items. Also tracks and graphs exercise

### **Diet Recipes: Cooking for Easy Weight Loss- FREE for iPhone**

Quick access to recipes for tasty, low-calorie meals

### **Eat This, Not That! The Game- FREE for iPhone & Android**

Compares similar products to help you find the healthier choice

### **Lose It! - FREE for iPhone & Android**

Make goals, record your meals and workouts, and analyze recipes. It also has a built-in calorie counter.

### **Noom Weight Loss- FREE for Android**

Helps you to set a weight-loss goal, monitor your progress, track your food intake, and log your activity

### **Restaurant Nutrition- FREE for iPhone & Android**

Provides the calorie, carbohydrate, protein, and fat content of the menus of 115+ national restaurants to help you make healthier choices

### **StepTrackLite- FREE for iPhone**

Track the number of steps you take daily

### **Calorie King Calorie Counter- FREE**

Find nutritional information for over 50,000 brand name and generic foods, including fast foods.

### **MyPlate App- FREE for iPhone & Android**

Users can enter their age, gender and activity level to see nutritional recommendations.

### **Weight Watchers Mobile- FREE for iPhone and Android but need to be signed up for Weight Watchers**

Converts your meals to Weight Watchers points and tracks your intake



**NATIONWIDE CHILDREN'S**  
*When your child needs a hospital, everything matters.<sup>SM</sup>*

**MyMedSchedule – FREE for iPhone**

Track medication schedule and set reminders to take medication and request refills.

**My Fitness Pal (18 and older)- FREE**

Log all your meals on a daily basis, including access to a food database of over 1,734,000 items.

**SparkPeople Diet & Food Tracker- FREE**

An online food journal that contains more than 250,000 searchable foods.

**Fooducate- FREE**

A personal food advisor that analyzes information found in each products nutrition panel and ingredient list.

**Campbell's Kitchen- FREE**

Offers free recipes, cooking solutions, tips for eating smart and saving suggestions to help you make the most of your meals.

**Waterlogged- FREE**

Track your water intake with minimal effort and analyze past data for an accurate look at your water consumption.

**Fast Food Calorie Counter- FREE**

Provides nutritional information for popular fast food items. The app contains over 9,000 menu items from 73 fast food restaurants.

**The Snack App- FREE**

Sorts hundreds of snacks by calorie counts- 50, 100, or 200- and by your type of craving: salty, sweet, crunchy, cheesy, creamy, and more.

**Jamie's Recipes- FREE**

Featuring recipes from celebrity chef Jamie Oliver. It includes simple recipes with a complete ingredients list.

**Fit Bit- FREE**

Allows you to log food, water, activities, and your weight. You will be able to view your goals and see your progress with friends.



**NATIONWIDE CHILDREN'S**  
*When your child needs a hospital, everything matters.<sup>SM</sup>*

## **Free Activity Apps**

**Pedometer Free-** FREE for iPhone or iPod Touch

Keeps track of your steps automatically.

**Workout Trainer by Skimble-** FREE for iPad, iPhone, iPod Touch and Android  
Trainer easier than ever before with audible workouts designed to make you perform better.

**Fitocracy- FREE**

An online community of fitness folks of all levels. You can follow and interact with others and turn your workouts into a fun competition among friends.

**Gorilla Workout- FREE**

A fast-paced, no equipment grouping of over 40+ exercises. Every workout can be done in any location.

**Map My Fitness-FREE**

An app that provides access to a geo-mapping application that permits you to track and store daily running, cycling, walking or hiking.

**Endomondo Sports Tracker- FREE for iPhone and Android**

Using the built-in GPS, it tracks your fitness-running, cycling, walking and any other distance based sport.

**iSPINNING- FREE for iPhone**

Designs workouts to track your heart rate, time in target zones, calories burned, cadence, speed, distance, and power during spinning

**Nexercise - FREE** A Fun Fitness Exercise Game

Encourages consistent physical activity and provides fun challenges to help you get active.

**Couch to 5K- FREE**

Designed to get just about anyone from the couch to running 5 kilometers or 30 minutes in just 9 weeks.

**iMapMyRun- FREE for iPhone**

Applies GPS technology to measure the distance, time, pace, and speed of your outdoor workouts

**Pret-a-Yoga Lite- FREE for iPhone**

Guides you through yoga poses and breathing patterns with images and audio instruction

**FootSteps Pedometer- FREE for iPhone**

Tracks the number of steps you take daily

**Heartbeat- FREE for iPhone**

Use this app to take your heart rate



**NATIONWIDE CHILDREN'S**  
*When your child needs a hospital, everything matters.<sup>SM</sup>*

## **Free Stress Management and Other Apps**

### **White Noise Lite- FREE**

Provides sounds of the environment to help you relax or sleep such as ocean waves, crickets chirping at night, and the soothing sound of rain fall.

### **White Noise Ambience- FREE for iPhone, iPod Touch, iPad and other smartphones**

Helps you relax during the day and sleep great at night.

### **Relaxing Sounds of Nature Life- FREE**

Designed to help you fall asleep, including ocean waves, thunderstorms, crackling fire, mountain steam, healing waters, rain and more.

### **Storm Sim- FREE for iPad**

Lets you create and personalize unique sounds to help you relax and sleep.

### **Sleep Maker Rain/Storms- FREE**

These are 3 apps that have specific collections of sounds, all targeted at tranquility.

### **HealthStar (ebook) – FREE for iPhone**

Instruction and examples of relaxation exercises for younger children.

### **RelaxLight – FREE for Android (upgrades for fee)**

### **Stress Checks – FREE for Android (upgrades for fee)**

Good for adolescents and adults. Provides yoga tips

### **MyCalmBeat – FREE for iPhone, Android, and Blackberry**

Practiced paced, belly breathing to help with stress management or anxiety.

### **Breath2Relax – FREE for iPhone**

Provides education about stress management and instruction about belly breathing with exercises to help practice paced, belly breathing.

### **RelaxMelodies – FREE for iPhone**

Provides white noise and other relaxing sounds and music to aide in sleep or meditation/relaxation.

### **Guidedimageryforchildren – FREE for Android**

Guided imagery and visualization scripts for older children and adolescents



**NATIONWIDE CHILDREN'S**  
*When your child needs a hospital, everything matters.<sup>SM</sup>*

**Nutrition, Activity and Behavior Apps with Fees**

**icouchCBT - \$1.99 for iPhone**

Provides tips and diary for challenging negative thoughts. **Should be used in combination with outpatient therapy.**

**BariMate - \$7.99 for iPhone**

One of first apps developed for patients undergoing bariatric surgery. Allows you to track weight loss including a graph, log food and exercise as well as vitamins and supplements being taken, and can post to other social networking or media sites to allow others to see your progress or post inspirational quotes to help with motivation

**Calorie Tracker- \$2.99 for iPhone & Android**

A huge food database allows you to track the number of calories eaten, as well as calculate the number of calories you burn during exercise

**FoodScanner- \$0.99 for iPhone**

Scans UPC barcodes on the foods and assigns a “grade” to the food. Also tracks calories consumed throughout the day

**Obesity Terminator- \$3.99 for iPhone & \$2.99 for Android**

Features a calorie counter and nutrition advice as well as resources for emotional health during weight loss, such as a personal hypnosis session and an inspirational video

**Thin-Cam- \$0.99 for iPhone**

Records your food intake and helps you to accurately estimate portion sizes by snapping a photo of your plate

**Weightbot- \$1.99 for iPhone**

Track and graph your weight over time

**Meditation Oasis - \$0.99 to \$5.99 for iPhone and Android**

Variety of apps for relaxation and sleep including deep breathing exercises, visualization and guided imagery scripts, and help for sleep. Also available online at [www.meditationoasis.com](http://www.meditationoasis.com)

**Nike+ GPS- 1.99 for iPhone, iPod and iPad**

Map your runs and track your progress



**NATIONWIDE CHILDREN'S**  
*When your child needs a hospital, everything matters.<sup>SM</sup>*