

HEALTHFUL TIPS

Digital Food & Exercise Trackers

Just the simple act of recording the foods you eat encourages you to eat less. In today's digital world, there are lots of options to make this task easier and more meaningful. Goal setting, tracking, and reporting are easier than ever. Here are a few of the many available options to get you started. Some of these programs have free mobile apps while others charge. If you have questions or personal experience with any of these, share it on the Barix Clinics' Facebook page.

MYFITNESSPAL (MYFITNESSPAL.COM)

MyFitnessPal has a free membership for online and mobile apps to help you stay motivated and keep your logs up-to-date. Their site states that they are the easiest food diary on the web. In addition to their food tracker, you can set up a personalized diet profile with your unique weight loss goals.

FITDAY (FITDAY.COM)

Fitday is a weight loss journal program that allows you to create a goal, track food, log activity and see your progress. You are able to count calories, get detailed nutrition information, add custom foods, and get reports. Fitday has a mobile app available.

MYNETDIARY (MYNETDIARY.COM)

This program has a large food database, automatic recent history, community forums, recipes and custom foods. They have apps for smart phone and iPad devices. MyNetDiary has free or plan options for their website. Mobile apps have a small monthly cost.

SPARKPEOPLE (SPARKPEOPLE.COM)

SparkPeople is actually a network of sites. They provide a community setting to help you improve your health. SparkPeople tools include calorie counters, whole customizable meal plans, fitness programs, healthful recipes, a built-in system that rewards you for your behaviors and reports and tools you can use to monitor your progress. SparkPeople also has iPhone, Android, and Blackberry apps.

DAILYBURN (DAILYBURN.COM)

DailyBurn's website and iPhone app offer meal tracking, exercise tracking, calorie counting, nutrition tracking, and workout plans that can be customized to fit your needs. The iPhone app lets you update your account while on the go, scan food and snap photos of



your meals to have them virtually dissected and added to your diet log. The service also has a social component and a community of other users who all help motivate one another, either by offering advice and tips or competing with one another on fitness challenges. There is a small monthly fee for the DailyBurn program.

LOSE IT! (WWW.LOSEIT.COM)

Lose It! helps you to create a comprehensive program, setting goals and a daily calorie limit. Entering food and exercise is easy with their searchable database. You can share your progress with friends for extra support and motivation. The online version of Lose It! is free.

MY CALORIE COUNTER (MY-CALORIE-COUNTER.COM)

An online diet and exercise journal, My Calorie Counter allows you to track your food intake and find the calories you burn while exercising. The site has an active community for support and great reports to help you stay motivated and track your progress. My Calorie Counter is a free program.