

APP NAME	Comments are from Evergreen staff and faculty except where noted as "from the website"
Cessation Nation	to quit smoking and it's pretty great. It tells how much money is saved by not smoking. Pretty cool! I think it's only available for Android, though.
Couch to 5K	C25K - it's an app that helps people with little or no running experience build up their ability to run with a set alternating pace between walking and running small distances and slowly building up endurance over 8 weeks. Coolest part is it works in tandem with your personal music/podcast playlist. I'm gearing up to start this one again soon!
Couch to 5K	It gives you two weeks of a free workout, then for \$1.99 you can buy the remaining weeks. What's nice about it is that you can play whatever songs you like and the app runs in the background and gives you an verbal cue that tells you when to walk and when to run.
Couch to 5K	If you want a free (pre-mixed) set of music for the couch to 5k program, there's a great site called djsteveboy.com/mixes.html
Couch to 5K	You can do the entire Couch to 5k program for free through that site, and it also has pre-mixed sets of music to move on from 5k to 10k and beyond.
Daily Ab Workout Free etc.	I use these apps – they're just called Daily (fill in the blank) Workout FREE. (For example: Daily Ab Workout FREE). It offers 5, 7.5 and 10 minute sessions. I find it to be a quick and easy way to get some exercise.
Endomondo	my favorite app for tracking walking work outs. Uses GPS to track actual path, keeps history, measures speed, calories burned, elevation changes
EWG Dirty Dozen	(search for "dirty dozen" in Apple apps). It provides a list (updated annually) of the 12 most contaminated fruits and veggies ("Dirty Dozen"), and the "Clean 15", which lists fruits and veggies that are least likely to have residue from multiple pesticides. I find it helpful when shopping and needing to make decisions around what to buy organic or not.
Fitbit.com	which is used in conjunction with a fitbit pedometer but does more than count steps.
Fitbit.com	comes with fitbit tracker a pedometer device that sends data via Bluetooth to the program
Focus time	which is an app that sets you up for 15 minute intervals to use in a variety of ways. I use it to get started when I do not want to do something whether it is exercise, or something else.
Fooducate	Fooducate is a great app for identifying healthy foods via bar codes: fooducate.com
GPS+Pedometer	I still love this app for tracking steps, calories burned and mapping my routes.
HappyCow	to find vegan/vegetarian restaurants, especially when I'm out of town: http://www.happycow.net/mobile.html

Healthy Out!	for eating out. Healthy Out makes it easy to search for healthy food that matches specific and detailed criteria. The biggest strength of Healthy Out is all of the niche nutrition categories it caters to. Finding tofu dishes that are vegan, low-carb, and Thai is not usually an easy task, but it is possible with Healthy Out.
Jillian Michaels Podcasts	not an app, great to listen to when you have some spare time – or on your way to work-keeps me motivated)
Livestrong.com /thedailyplate	Website. Has free calorie / fitness calculators / weight tracking etc. Very similar to weight watcher online but free.
Livestrong.com /thedailyplate	helped me tremendously! You can track what you eat, count calories, get meal plans, read advice. It was awesome. Not sure if there is an app, but I would imagine there is by now.
Lose it	I use an app called Lose it which can let you know how much you should be eating each day, taking into account your goals and how much exercise you are doing. It counts calories, exercise, goals, and achievements. You can do things with friends that use the app too.
Lose It	It tracks weight loss, calories, fat, carbs, etc. so you can make good choices. Best of all, you just scan the barcode on the package and it tells you all the info and subtracts it from your food total for the day!
Lose It!	on this app you can set weight loss goals, easily log food intake and track calories, as well as account for all kinds of exercises, from walking/running to gardening and horseback riding. You can even enter ingredient info on homemade recipes and it will translate the info into caloric and other nutritional data.
Map My Walk, Fitness, Run	I think they have Map My Run, Map My Fitness, etc.. They chart routes by GPS, miles traveled, calories burned, time spent, and have some other features I don't use for nutrition, etc. You can track your goals online and on the phone. I like it and it keeps me moving.
Map My Run	I love this app because it has a GPS feature that tracks my runs and analyzes all kinds of things, such as my average pace, the elevation of my route, I can map routes, etc. It does not only track runs but you can track your other workouts as well.
Map My run	This is a great way to track distance workouts and other healthy lifestyle components as well as compete or just share with other friends who have the app. My partner and I have gotten fairly competitive with this one and have had some great fitness results because of it.
Map my run	This is a good place to find nice running routes that other users have created. I usually just use this site to find an upcoming race route mapped by another user so I can upload to my GPS (or to a smart phone) and go run the route myself before race day. Very nice.
My Fitness Pal	daily to count calories and just started using "Couch to 5k".
My Fitness Pal	has both a web-based and a smart-phone-based application. It's for tracking food and exercise on a daily basis. No cost for this one.
MyFitnessPal	I love it because I can scan barcodes for foods that aren't already in their database and I can easily create custom food items for the meals I make at home. Love, love, love this app. I used it on iPhone and I currently use it on a Windows 8 phone.

MyFitnessPal	I used MyFitnessPal to keep track of my calorie intake, workouts, and fitness goals. It helped me lose about 40 lbs in less than a year.
MyFitnessPal	Although you can track your nutrition with MapMyRun as well, I like this one better because it saves and displays your foods in an easy way and it makes estimates about your future weight if you keep on eating/exercising you did on a day.
MyFitnessPal	great for tracking food and activity
MyFitnessPal	an amazing app. Helps you keep track of food and exercise and my partner and I have lost a good deal of weight in a slow and easy way with it.
MyFitnessPal	works GREAT for counting calories and for tracking your workouts!
MyNetDiary	there is a free and a pro version
MyNetDiary	Tracks food, weight, exercise, nutrition. Has nice charts, automatic links to other programs, has iphone, ipad and computer versions that all talk with one another.
My Pain Diary	It isn't so much wellness as taking control of your symptoms. It is called "my pain diary" it is kind of cool in that you can track symptoms, pain level and it will keep track of weather and other stuff. Then you can print out a report to take to your doctor.
MyPlate	Food diary and food calorie counter. Partner of Livestrong Foundation. (from the website)
Nike fit +	Can track activities, set personal goals, get coaching tips, save runs and activities. (from the website)
Omvana	allows you to meditate to a new mediation every day. (from the website)
PTSD Coach	An app to help you cope with the symptoms related to PTSD that commonly occur following trauma. (from the website)
RunKeeper	it tracks how far you go and the time you go and it logs it and gives you markers. I think you can do much more with it, but I don't. I love how it provides you an update on my run with mile markers and my pace.
Sleep Cycle	This uses the accelerometer in the phone to track your sleep cycles. I was skeptical, but became a quick convert when it accurately tracked my lightest sleep within a designated time of my alarm and woke me up at that time. It makes for a great night of sleep and when I'm on deadline or logging extra hours it is a great way to still feel refreshed after only a few hours of sleep. Also, for folks who are interested in the quality of sleep they've had in relation to stress levels, daily activity, etc, the nightly analysis is pretty cool! It doesn't work a well on memory foam mattresses, but otherwise a great app.
Sleep Cycle	this app is pretty cool – it uses the accelerometer to track your movement and sleep patterns throughout the night and when you set the alarm through this app, it tries to wake you within a 20-30 minute window, while you're in your lightest sleep state. There's other cool features that lets you track how much sleep you're getting among others.

Sparkpeople	The crux of the website seems to be tracking things, and utilizes some simple technology that lets you input what you eat, how often you workout, as well as your weight and measurements. it's the same sort of precision record keeping that you would find on the Wii Fit, and allows you to keep a better record of your progress. (from a website review)
Sports Tracker	The one Android App that I have found most helpful is Sports Tracker:
Sports Tracker	It's nice that the company is providing the application gratis. The application is feature rich.
Strava.com	another site where you basically compete against other people who have run the same route you are running if they had a GPS device and uploaded their run (or bike ride). I have a Strava account but have not used it yet. Basically it makes training runs competitive, adds that incentive to push yourself.
SworKit Pro	workout app for the iphone. This helps me do timed boot camp type work outs.
Wayoflifeapp.com	Have used several goal tracking applications (Habit Factor, Streaks, etc.). This one is my favorite. I use it every day. Quick. Simple. Intuitive. Does a great job of tracking progress on my goals. The app has given me extra motivation to get my goals done each day. (from the website)
WebMD	good resource – has symptom checker, first aid information, information on conditions, search feature for physicians/pharmacies/hospitals)
WeightWatchers	I use two Weight Watchers sponsored apps to track the food I consume.
WeightWatchers	The <i>Weight Watcher Scanner</i> can be used to assess the points per portion for any packaged item. It scans the barcode and instantly tells you the points. Or you can evoke the manual calculator to record the fat, carbs, fiber, and protein to get the points.
WeightWatchers	The <i>Weight Watcher Mobile</i> is a direct link to my on line account that records my food intake and activities. It also gives me point values to thousands of restaurants' menu items. It tracks my weight , rewards me with encouragement, and has many more features.
WeightWatchers	Both these apps are free, but the weight watcher mobile requires an on-line account to link up with.
Withings	requires purchase of scale and or blood pressure monitor Readings from scale and/or blood pressure monitor automatically feed into app that also connects with other programs
zombiesrungame	It basically helps you run harder or maintain effort longer by pretending that zombies are after you.
	Provided by your campus colleagues and the Wellness Committee