

The background of the image is a solid teal color with a subtle, wavy pattern that resembles water ripples or soft, undulating hills. The waves are oriented diagonally from the top-left towards the bottom-right.

# BEST APPLICATIONS FOR SENIORS IN 2024

# TYPES OF APPLICATIONS

- Health and wellness

- Insight Timer
- Medisafe
- GoodRx
- Magnifying Glass + Flashlight
- Apple Health

- Safety Apps

- Lively Health and Safety Service
  - iPhone only
- “Find My” Apps(Devices and Car)
- 1 Password

- Communication Apps

- Messenger/Messages
- FaceTime/Google Meet
- Facebook

- Entertainment Apps

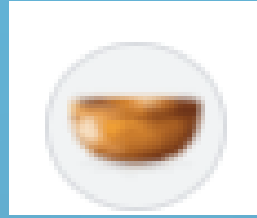
- Seek by iNaturalist
- Audible
- Words with Friends 2
- Google Earth
- Spotify

# TYPES OF APPLICATIONS

- Information
  - MarineTraffic/Flightaware Flight Tracker
  - Weather Bug
  - Perplexity / Copilot
- Education Apps
  - Duolingo
  - GCF learning
- Dating Apps for Seniors
  - eHarmony
  - Hinge
- Finances
  - YNAB
- Productivity
  - Gmail/Duckduckgo
  - Built in Scanner /PDF Scanner
- Photos
  - Snapfish
  - YouCam Perfect
  - Pixelance
- Transportation Apps
  - GasBuddy
  - Uber
  - Google Maps
- Fitness and Exercise
  - SilverSneakers GO
  - MyFitnessPal

- Health and wellness
  - Insight Timer
  - Medisafe
  - GoodRx
  - Magnifying + Flashlight
  - Apple Health

# INSIGHT TIMER



**Availability:** iPhone and Android

**Cost:** Free to download, \$59.99 per year for a paid membership

- A Meditation Application
- On the Insight Timer home screen, we could access a variety of free meditation routines



# INSIGHT TIMER



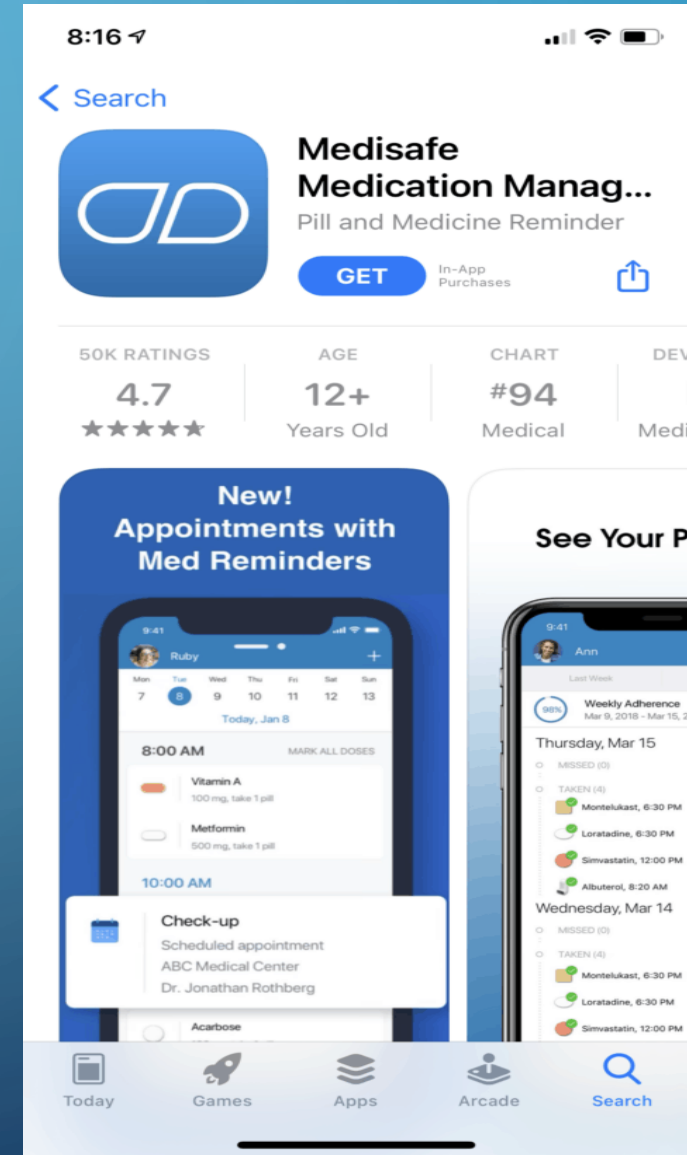
- If you want to reduce stress, live in the moment, and lower your heart rate and blood pressure, meditation can be a useful practice. But where do you start? Start with Insight Timer, a meditation app that gave us timers, guided meditations, guided breathwork, and sleeping “soundscapes” so we could be less stressed and more relaxed.

# MEDISAFE – MANAGE YOUR MEDICATIONS



Available for iPhone and Android  
Cost: Free

- Forgetting to take prescriptions and get refills on time are significant problems for older adults who may take multiple medications at different times of the day.
- One in five adverse drug events occur due to incorrect dosage or usage of prescriptions.





# MEDISAFE – *MANAGE YOUR MEDICATIONS*



- Medisafe helps you manage your medications and get reminders.
- Simply input your prescriptions and timings, and Medisafe will create a visual schedule complete with images of each pill and a list of potentially harmful interactions.
- It will then give you reminders throughout the day when it's time to take a medication, let you know if a prescription is running low, and even alert a friend or family member of a missed dose



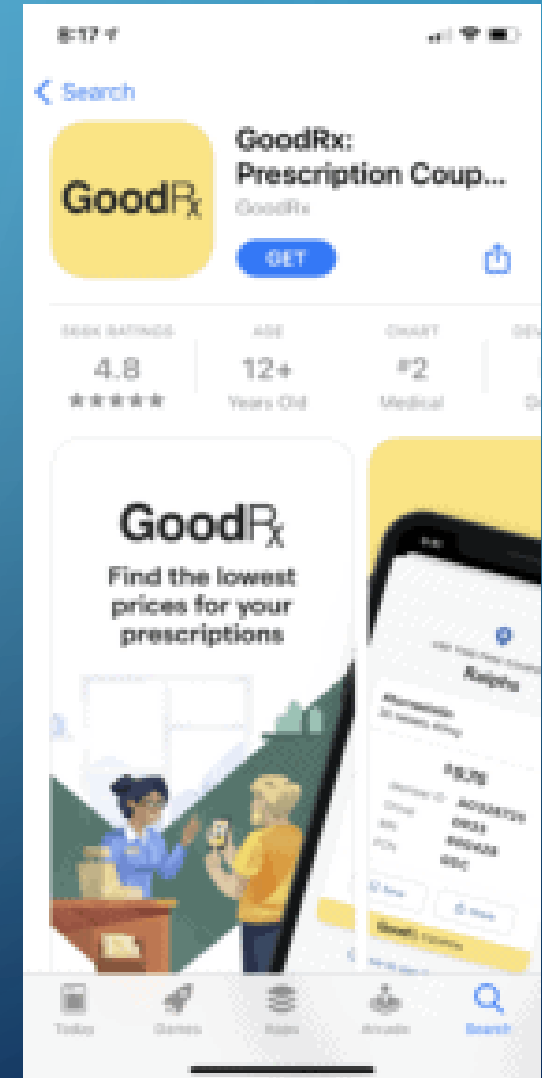
# GOODRX – SAVE MONEY ON PRESCRIPTIONS

Available for iPhone and Android

Cost: Free



- One of the reasons seniors do not take medications as prescribed is that they cost too much.
- GoodRx helps users compare prescription drug prices at different pharmacies and find usable coupons in the app.
- The app can also alert you when a particular medication drops in price and let you know when you may be due for a refill. If you use Medisafe to manage your prescriptions, you already have savings help powered by GoodRx and don't need to download a separate application.



# MAGNIFIER

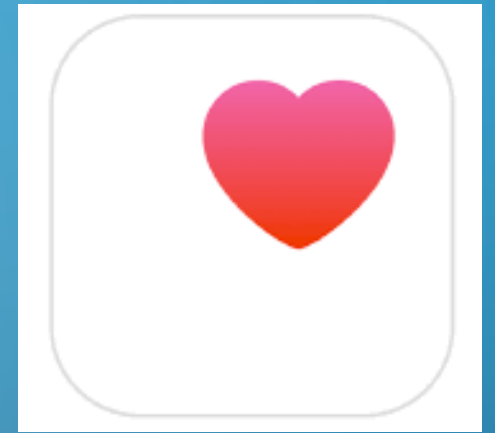
Available for iPhone and Android

Cost: Free

- *Android Magnifier* is the simplest tool that anyone can use without training. The best app that helps you magnify small text.
- With Apple Magnifier, you can turn your iPhone or iPad into a magnifying glass to zoom in on and detect objects near you.



# THE HEALTH APP (GOOGLE FIT)



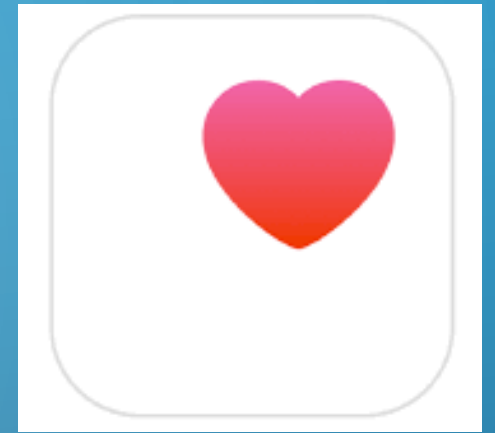
- It is a hub for all your health activities and a collection of the information from other applications
- Track your steps, speed, distance, and sleep
- Also helps to have an Apple Watch
  - Steps
  - Standing
  - Exercise
  - Heart rate
  - Blood Oxygen level
  - ECG
- Google Fit has similar capabilities
- Interface with many apps
  - Under Armor
  - Weight Watchers
  - Nike
  - My fitness pal
  - Map My Walk
  - Etc.



# APPLE HEALTH APP

- It is a hub for all your health activities and a collection of the information from other applications
- Track your steps, speed, distance, and sleep
- Also helps to have an Apple Watch
  - Steps
  - Standing
  - Exercise
  - Heart rate
  - Blood Oxygen level
  - ECG

- Google Fit has similar capabilities



- Interface with many apps
  - Under Armor
  - Weight Watchers
  - Nike
  - My fitness pal
  - Map My Walk
  - Etc.



- **Safety Apps**
  - **Lively Health and Safety Service**
    - (iPhone and android only)
  - **“Find My” Apps**
  - **1 Password**

# LIVELY HEALTH AND SAFETY SERVICE

**Basic:** For \$24.99 per month

You have an urgent response button that lets you connect with an agent to get the help you need. This could have been the police, a locksmith, or the nearest hospital. Along with this button, which you can add to our Apple Watches as well as our voice assistant, Alexa, you also got Lively Link. This meant whenever you press the urgent response button, a group of your friends and family were alerted via smartphone notifications.

**Premium:** For \$10 per month more than the Basic plan

Premium includes all the same features, with a few added ones. You have an on-call nurse to answer our medical questions 24/7 and a care advocate—a person dedicated to helping you meet your health and wellness goals. If you want to lose weight or improve your health with a more personal touch than MyFitnessPal, Lively could be a great option.

# LIVELY HEALTH AND SAFETY SERVICE

- Apples and androids sos will also contact your emergency contacts in addition to 911.



# “FIND MY” APPS

- **Availability: iPhone and Android**
- **Cost: Free**
- Called “Find My” on iOS and “Google Find Device” on Android.
- These apps helped us locate our lost devices, be they iPhones, Androids, and the like.
- For example, once we accidentally left the house without our iPad before a long flight, only realizing it after we dug through our luggage.
- The Find My app works with:
  - AirPods, AirTag, Apple Watch, iPod touch, iPads, iPhones and Mac



The Find My app is free and works similarly to Google’s Find My Device app, which works with all Android devices like phones and tablets, as well as accessories. Whether you have memory issues or you simply tend to lose things, these apps will help you keep track of your stuff with ease.

# 1Password

**1Password - Availability: iPhone and Android**

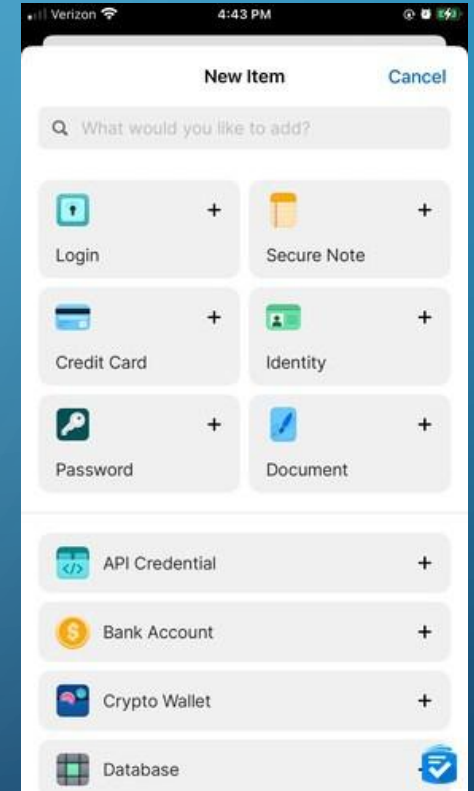
**Cost: \$2.99 to \$7.99 per month**



## Overview

With all of these apps, you're going to have a lot of passwords. It may seem easy to use the same password for multiple accounts, but that's not the best idea in terms of cybersecurity. Rather, it's best to have a unique, long, and complicated password for every website and app that you use. But who can remember all of them, seniors or otherwise?

You use 1Password to store all of your passwords, automatically filling them in on every website and app you go to. In a nutshell, you uploaded all your usernames and passwords to your 1Password app. Then, when you go onto an app, like Facebook, it filled in your login information for you (without showing the actual password). Additionally, when you need a new account, 1Password created secure passwords for you.



# COMMUNICATION APPS

- Messages
- FaceTime/Google Meet
- Facebook Messenger

# APPLE MESSAGES



## Apple Messages

**Availability:** iPhone

**Cost:** Free

- Apple Messages is a messaging service that allows users to send and receive texts, photos, videos, and more on Apple devices. And can send to and receive messages from Android devices. Messages can be sent over Wi-Fi or cellular data.

### Features:

- **End-to-end encryption:** Messages are encrypted so that only the sender and receiver can read them
- **Sync across devices:** Messages sync across all devices that are set up to receive messages sent to the same email address or phone number
- **Delivery and read receipts:** Messages support delivery and read receipts
- **Inline replies:** Users can reply directly to a specific message
- **Spam reporting:** Users can report spam or junk messages to Apple

# FACETIME/GOOGLE MEET

## FaceTime/Google Meet

**Availability:** iPhone or Android

**Cost:** Free

### Overview

- Whether it's Google Meet on Android or FaceTime on iPhones, these communication apps lets you video chat with friends and family.
- Both FaceTime and Google Meet work off of Wi-Fi or data, so the calls are crystal-clear both in terms of video and audio.
- Aside from FaceTime video, you can also use FaceTime audio for calls, which are much clearer than regular calls through cellular networks.
- If you wanted to feel like the person is in the room, these are our go-to apps.
- Video chatting with friends and family through FaceTime and Google Meet kept you socially connected in a way that text messages, emails, and emojis simply can't.
- Both apps are free—the cherry on top of an overflowing sundae.





# FACEBOOK MESSENGER – CONNECT WITH FRIENDS AND FAMILY



Available for iPhone and Android

Cost: Free

- If you are among the 23.7 percent of adults over 64 with a Facebook account, you've already done most of the work needed to use Facebook Messenger.
- Messenger is a standalone app that connects people through their Facebook profiles.
- You can video chat with one person or a group chat, plus send text messages and photos.
- There are even fun features to try out while on a video call.
- You can make your grandchildren giggle by putting a digital frog on your head or even turning into a dragon!



# ENTERTAINMENT APPS

- Seek by iNaturalist
- Audible
- Words with Friends 2
- Google Earth
- Spotify



# SEEK BY INATURALIST

**Availability:** iPhone and Android

**Cost:** Free

## Overview

- You will be surprised by the accuracy of Seek's plant and animal identification.
- Spending time in nature is good for the soul, whether that's taking a neighborhood walk, going on a hike up a mountain, or even spending time relaxing on a beach.
- If you love nature and are curious about the things around you, you can use the Seek by iNaturalist app to identify fungi, animals, and plants.
- The best part is that this app is free, so you won't pay anything for it to identify nature and give fun challenges and achievements.
- Plus, all of the photo "observations" you make on the app go into iNaturalist's gallery of observations, which, as of February 2024, included over 173 million observations of more than 463,000 species, from the Eastern Gray Squirrel to the Eurasian Coot.
- If you love plants, animals, and nature in general, this is the app to use.



# AUDIBLE

- **Availability:** iPhone and Android
- **Cost:** Free for 30 days, then \$7.95 to \$14.95 a month



- Whether you like listening to podcasts or audiobooks, Audible is where you'll find what you're looking for.
- After our 30-day free trial, it costs \$14.95 per month for Audible so you get one best seller/new release title for each month.
- For \$7.95 per month though, we could have access to podcasts, audiobooks, sleep tracks, and meditation guides.
- Although podcasts are free on apps like Apple Podcast, if you're a fan of audiobooks, Audible is the best way to listen to them.
- Whether you are in a comedic mood or want to settle in with a drama, Audible is a great way to absorb books without actually reading.
- For seniors with visual impairments who have trouble finding accessible books, audiobooks are a helpful alternative.
- If you're not sure about Audible, take advantage of the 30-day free trial, available with either plan.

# WORDS WITH FRIENDS

**Availability:** iPhone and Android

**Cost:** Free to download with various optional in-app purchases

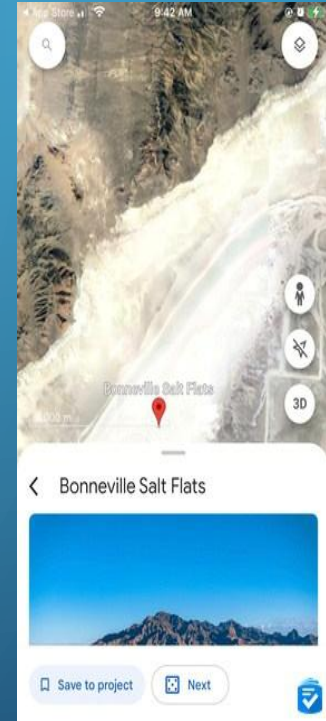


- If you like Scrabble, you'll love Words With Friends, a virtual form of the game.
- The Classic game involves two people, someone from a team and a friend. You each get seven letter tiles and, starting at the center square, create words worth varying values.
- Whoever gets the highest score wins. That was the original game, which has been enjoyed since 2009, but there's also Words With Friends 2. This version lets us play alone, with two players, or with more than two players.
- This is a good game for someone who loves to show off their big vocabulary.

# GOOGLE EARTH



- **Availability:** iPhone and Android
- **Cost:** Free
- Want to explore but don't have the time, money, or ability?
- Meet Google Earth, which lets us explore Google's satellite images all around the world.
- Not only can you see a bird's eye view of the topography, but we could also see a street view as well as a rotating, 3D view.
- Plus, Google gives you information about what you viewing in Wikipedia, so you can learn all about what you are viewing.
- Google Earth is completely free, much like many of Google's products, and it's a great way to explore new places.
- Whether you're deciding where to go on a trip, chewing over where to live, or simply want to explore a place you've never been to, Google Earth makes it easy.





# SPOTIFY – *LISTEN TO MUSIC AND PODCASTS*



**Available for iPhone and Android**

**Cost: Free; select plans require a paid subscription**

- Music can help people relax, set the ambiance at a dinner party, return to a bygone era, get pumped for exercise, and so much more. With Spotify, you can listen to specific songs or let the app curate music based on your interests.
- Users can also create playlists and share them with other users or select from playlists made by Spotify.
- Spotify is also the number one app for listening to podcasts. Podcasts continue to grow in popularity, and there is something out there for almost every interest. Use the app to discover new podcasts or manage your favorites. Some premium plans also allow audiobook access, although the selection is lacking compared to Audible.

# Information

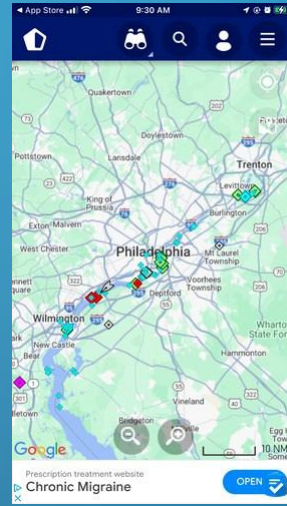
MarineTraffic/Flightaware Flight Tracker

Weather Bug

Perplexity / Copilot

# MARINE TRAFFIC

- **Availability:** iPhone and Android
- **Cost:** Free to download, \$1.99 per month for more advanced features
- Are you a boating or shipping enthusiast? If so, you'll love the MarineTraffic – Ship Tracking app, for 3 days available for iOS and Android. Using this app, we could see the real positions of vessels, from yachts to ships, all over the world..
- With just a simple smartphone picture, we got interesting information about the ship including its distance, name, speed, and flag.
- The MarineTraffic app is free, but there are some extra features available for either a monthly cost or annual cost, as little as \$1.99 per month or \$9.99 per year.





# FLIGHTAWARE FLIGHT TRACKER



**Available for iPhone and Android**

**Cost: Free; select plans require a paid subscription**

- Whether you're an aviation enthusiast, a frequent traveler, a pilot, or part of a flight crew, FlightAware is a must-have app.
- Track planes in real-time above your head, or all over the world. Easily track the status of your flight, check for any delays on the inbound aircraft, see weather radar, and set up alerts to be notified of any changes:
  - ▶ Track any plane around the world in real-time
  - ▶ Get free flight status alerts: Departure, Arrival, Cancellations, Gate changes, Delays, Diversions
  - ▶ See weather radar
  - ▶ Save your favorite aircraft and airports
  - ▶ Check for flight delays (with "Where is my plane?")

# WEATHER BUG

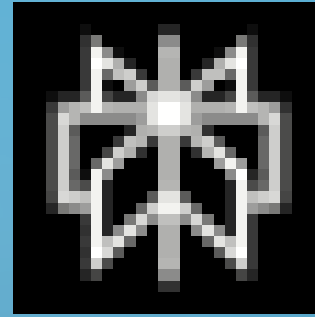


Platform: [Android](#); [iOS](#); [Windows](#) OS

Free with in app adds

- Get reliable weather forecasts with WeatherBug!
- With over 20 map layers, including Radar and Severe Storm Risk, WeatherBug provides comprehensive weather insights to help keep you safe. From real-time lightning to real-time precipitation, WeatherBug ensures you are always informed.
- Stay updated with customizable weather alerts, hourly and 10-day Forecasts, and Hurricane Outlooks.

# PERPLEXITY AI



Platform: [Android](#); [iOS](#); [Windows](#) OS

Free AI search engine

- Perplexity is designed to revolutionize the way you discover information.
- Ask any question, and it searches the internet to give you an accessible, conversational, and verifiable answer.
- Think of Perplexity as a research partner, always on the clock, saving you valuable time by providing the precise knowledge you need.

# COPILOT



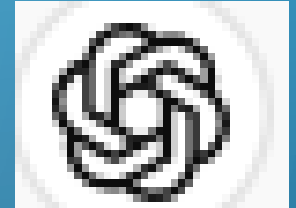
Platform: Android; iOS; Windows OS

Free AI search engine

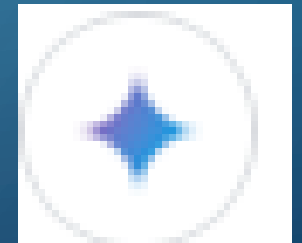
- Microsoft Copilot is an AI-powered tool that helps users with work tasks.
- It's built into Microsoft apps and services, including Word, Excel, PowerPoint, Teams, and Outlook.

# OTHER AI SEARCH ENGINES

- **ChatGPT** is a generative artificial intelligence chatbot developed by OpenAI and launched in 2022.



- **Gemini**, formerly known as **Bard**, is a generative artificial intelligence chatbot developed by Google.



- There are many more.

- Education Apps
  - Duolingo
  - GCF learning
- Dating Apps for Seniors
  - eHarmony
  - Hinge
- Finances
  - YNAB

# DUOLINGO - THE WORLD'S BEST WAY TO LEARN A LANGUAGE



Platform: [Android](#); [iOS](#); [Windows](#) OS

Free with in app adds

- Learn a new language with the world's most-downloaded education app! Duolingo is the fun, free app for learning 40+ languages through quick, bite-sized lessons. Practice speaking, reading, listening, and writing to build your vocabulary and grammar skills.

Designed by learning experts and loved by hundreds of millions of learners worldwide, Duolingo helps you prepare for real conversations in Spanish, French, Chinese, Italian, German, English, and more.



# GCF LEARNING



**GCFGlobal**<sup>™</sup>  
Creating Opportunities for a Better Life

- From Microsoft Office, to email, reading, math, and more — [GCFGlobal.org](https://www.gcfglobal.org) (website) offers free learning resources on more than 200 topics, including more than 2,300 lessons and more than 2,000 videos, completely free.

# EHARMONY



Available for both Android and iOA

\$3.99-\$6.99 pre month

- Eharmony aims to help users find meaningful connections by matching them with compatible singles based on a compatibility quiz and personality profile.
- Key Features:
  - Compatibility Matching System: The app uses a proprietary system, based on the 32 DIMENSIONS® model, to match users based on their personality, lifestyle, and relationship goals.
- Personality Profile:
  - Users complete a compatibility quiz to create a personality profile, which helps the app understand their character, lifestyle, and relationship behavior.

# HINGE DATING APP: MATCH & DATE



Available for both Android and iOA

Free to \$29.00 depending on features

- With profiles that show your personality through text, photos, video, and voice, you have unique conversations that lead to great dates.
- Currently, people on Hinge go on a date every three seconds.
- Additionally, in 2022, it was the fastest-growing dating app in the US, UK, and Canada.

# YNAB



- **Available for iPhone and Android**

**Cost: 14.99/month**

- The YNAB app, or You Need a Budget app, is a personal budgeting tool that helps you track your income and expenses.
- It's based on the zero-based budgeting method, which involves assigning every dollar you earn to a specific expense, savings goal, or debt.
- How YNAB works:
  - Categorizes your transactions
  - Helps you decide how much to allocate to different categories
  - Helps you track and adjust your spending throughout the month
  - Links to your bank and credit cards
- Features:
  - Helps you get out of debt, spend less, or save more
  - Helps you stop second-guessing your spending
  - Helps you stop arguing with your partner about money

- Productivity

- Gmail/Duckduckgo
- Built in Scanner/PDF Scanner

- Photos

- Snapfish
- *YouCam Perfect*
- *Pixelance*

# GMAIL/DUCKDUCKGO



Google Mail, commonly known as **Gmail**, is a free email service provided by Google. It allows users to send and receive emails, organize messages, and access their inbox across various devices, including computers, smartphones, tablets, and smartwatches.

## Key Features of Gmail:

- Handles Multiple email accounts
- Storage: Gmail offers 15 GB of free storage.
- Search and Organization: It provides a robust search function and features like "conversation view" to organize related messages into threads
- Spam Filtering: Gmail blocks 99.9% of spam, phishing attempts, and malware, ensuring a secure inbox

- Duckduckgo
- DuckDuckGo believes the best way to protect your personal information from hackers, scammers, and privacy-invasive companies is to stop it from being collected at all.
- That's why millions of people choose DuckDuckGo over Chrome and other browsers to search and browse online.
- The built-in search engine is like Google but never tracks your searches.
- And the browsing protections, such as ad tracker blocking and cookie blocking, help stop other companies from collecting your data.
- The browser is free — It makes money from privacy-respecting search ads, not by exploiting your data.



# BUILT IN SCANNER /PDF SCANNER

THERE ARE SEVERAL QR CODE SCANNER APPS AVAILABLE FOR IOS AND ANDROID, INCLUDING QR COD READER & BARCODE, QR CODE READER,QRBOT, AND QR PRO. YOU CAN ALSO SCAN QR CODES USING YOUR PHONE'S BUILT-IN CAMERA APP OR GOOGLE LENS.

Scanning QR codes with your phone's camera

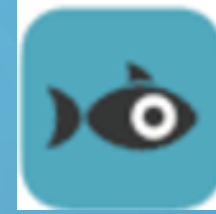
- 1.Open your phone's camera app
- 2.Point the camera at the QR code
- 3.Tap the banner that appears
- 4.Follow the instructions on the screen

Scanning QR codes with Google Lens

- 1.Open the Google Camera app
- 2.Choose an option to scan
- 3.Point the camera at the QR code
- 4.A URL will appear
- 5.Tap the link to access the data

You can also scan QR codes from photos in your gallery using Google Lens on Android or live text detection on iOS

# PHOTOS -SNAPFISH



- **Available for iPhone and Android**  
**Cost: Free**
- We're all taking more photos than ever, but hardly any photos ever leave the digital world. Creating photo books no longer requires a tech-savvy or artistic flair, as you can simply choose your favorite shots, and the app will do the rest. Snapfish makes it easy to order photo books and prints straight from your phone and have them delivered.

# PHOTOS - YOUNCAM PERFECT



- **Available for iPhone and Android**

## **Cost:**

- I've discovered that YouCam Enhance not only makes blurry photos clear but **also enhances faded colors and eliminates noise** from them.
- Actually, it combines the '**Unblur**', '**Denoise**', and '**Color-fix**' functions all within its 'AI Enhance' feature.
- Whether you have **seriously faded or dark photos**, this tool can intelligently enhance them with just one tap, saving you time on photo editing.

*PIXELANCE*

- Transportation Apps

- GasBuddy

- Uber

- Google Maps

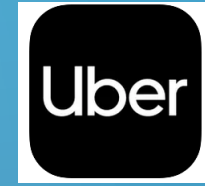
# GASBUDDY



- **Availability: iPhone and Android**
- **Cost:** Free to download, \$9.99 per month for advanced features
- The price of gas is always fluctuating.
- Sometimes it's low; sometimes it's high. But, no matter the price, you want to pay the least, right? That's why we use GasBuddy, an app that lets us find the cheapest gas near us and pay using the app itself. We downloaded the app, selected which type of gas we were looking for (regular), and entered our ZIP code. In a few seconds, we had many local options and could sort by price, distance, and gas type. The app told us exactly how much each gas station was charging for regular gas. Once we picked a local Sunoco, we clicked on "Directions" and got them in our navigation app.
- For more savings, we could have used GasBuddy's gas card, which offered as much as five times the savings as the app alone. We could have connected it to our debit card and it wouldn't have required a credit check or fee, but we decided to pass. Still, since the app and the card are free, there didn't seem to be a huge risk in signing up. And with nearly 55 million card transactions and 2.3 million cardholders, this offer seems good and real.



# UBER



- **Availability:** iPhone and Android
- **Cost:** Free to download, with each ride costing a variable amount
- In the olden days, if you wanted a cab, you had to either hail it on the street or call a cab company. But Uber is the original ride-hailing app that changed the game. It let us use an app to call a car to our houses whenever we wanted.
- For example, the other night when we wanted to get to a friend's house. We entered the friend's address into Uber, and it offered us a few prices. One was more expensive and would've included a nicer car, one was in the middle, and another was less expensive because we would've had to wait longer. We chose the middle option, paid, and the car arrived in minutes. Since the driver already knew where we were going, we were able to sit back, relax, and tip them through the app once the drive was over.

# GOOGLE MAPS – REMEMBER WHERE YOU PARKED



- **Available for iPhone and Android**  
**Cost: Free**
- Everyone has experienced a time when you get ready to leave somewhere and realize you have no idea where you parked. If you find this happening frequently, your phone can help you out in the Google Maps or Apple Maps app.
- In Google Maps, click on the blue dot showing your location, then click “Set as parking location” from the menu that pops up, and it’ll save it. Then, when you are ready to navigate back to your car, click the blue “Directions” icon and choose “Saved parking.” This app is also great for getting directions when you’re going somewhere new or get lost while driving.

- Fitness and Exercise
  - SilverSneakers GO
  - MyFitnessPal

# SILVERSNEAKERS GO



- Availability: iPhone and Android
- Cost: Free to download for eligible Medicare Advantage and Medigap beneficiaries
- Exercise isn't impossible just because you're a senior.
- Rather, it can make you more mobile, give you more energy, and improve your health. Similar to meditating, if you're not used to an active lifestyle, it can be difficult to know where to start.
- We started with SilverSneakers GO, an iOS and Android app some health insurance plans may cover.
- To get started with SilverSneakers GO, we entered our names, dates of birth, and ZIP codes, to find out if we were eligible for the free version.
- We weren't, but we decided to use the app anyway, filling out our activity preferences like whether we preferred instructor-led or self-paced classes, at-home or in-person classes, and customized workouts or guided workouts.
- From there, the app gave us recommendations, including fitness locations in our area for in-person workout classes, as well as general activity ideas like strength training. Essentially, this app is like a mini personal trainer, telling us exactly what to do to get fit.

# MYFITNESSPAL



- Availability: iPhone and Android
- Cost: Free to download, \$19.99 per month for premium version
- MyFitnessPal allowed us to set a daily calorie intake and track both our calories from food as well as calories burned from exercise.
- If you want to lose weight but don't know how to, MyFitnessPal is like having a dietitian in your pocket.
- We downloaded the app and entered information like our height, weight, sex, current workout frequency, and goal, which was to lose three pounds. Immediately, MyFitnessPal told us exactly how many calories we should eat per day, which was only 1,320 (that's going to be difficult, especially now that it's Girl Scout cookie season.)
- This was all completely free, but for \$19.99 a month or \$79.99 a year, we could've also seen more detailed food information about exactly how much carbs, protein, and fat we should be consuming.
- Under the food tab, we counted our calories in a food diary, as well as tracked our workouts through the exercise tab, adding our cardio and strength training to factor into our calories burned.
- Using this information, MyFitnessPal gave us multiple reports on our weight, calories, fat, protein, cholesterol, and other nutritional measurements.
- The app made it easy to fill out our food diary on the go and see our progress over time. We could even see a pie chart of how much our breakfast, lunch, and dinner contributed to our daily calories, nutrients, and macros.
- If you want to track your health information in pursuit of a goal like weight loss, there's no better app than MyFitnessPal.

QUESTIONS



THE END