

# Hand-out for APPy Hour: Take Control of Your New Year's Resolutions – Apps to Track Habits, Get Reminders, and Stay Healthy

Tuesday, January 8, 2019, 2:00-3:00 pm, PACER Center

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## Daily habit trackers

- **Habits - Simple Habit Tracker**, (HighDream), iOS, Free
  - Colorful app that offers a fast, easy way to set and track new habits
  - <https://itunes.apple.com/us/app/selfcare-habits/id1132999120?mt=8>
- **Productive**, iOS, Free
  - Tracking and reminders for daily/weekly habits in a clear, easy-to-use format
  - <http://productiveapp.io/>
- **HabitBull**, iOS & Android, Free or Premium \$4.99
  - Robust app to set up habits, get reminders, and track your progress
  - Many features and customizable settings
  - Reminders use varied fun and motivational messages
  - <http://www.habitbull.com/>
- **HabitMinder**, iOS, Free or Premium \$6.99
  - Built-in pre-defined habits with customized features such as a timer or count
  - Easy to use with space to add notes for habits or journal about your day
  - Free version is limited to 3 habits; Premium allows unlimited number
  - <http://habitminder.com/>
- **Reach – Habit & Goal Tracker**, iOS, Free or Premium \$4.99
  - Set and track goals in 3 different modes: times, duration, and quantity
  - <https://itunes.apple.com/us/app/reach-habit-goal-tracker/id1261256074?mt=8>
- **Homey – Chores and Allowance**, iOS & Android, Free or Unlimited \$4.99/mo or \$49.99/yr
  - Create family account and add individual members to assign chores
  - Children complete responsibilities (small) or jobs (large) to unlock daily rewards and earn their weekly allowance
  - Pre-made chore packs with colorful list and corresponding icons
  - <https://www.homeyapp.net/>

## Motivational reminders

- **Fabulous**, iOS & Android, Free 7-day trial, Premium \$49.99/year
  - Gives motivational messages to build healthy habits and work towards goals
  - Uses a guided plan for: exercise, self-esteem, mental fitness, and self-discipline
  - Designed using brain science by experts at Duke's Behavioral Economics Lab
  - <https://thefabulous.co/>

- **Oh Snap! – Random Reminders**, iOS & Android, Free or Premium \$.99/mo
  - Create a goal, choose frequency, and get random reminders during a time range
  - Free version is limited to reminders for 1 goal; Premium has unlimited reminders
  - <https://www.ohreminders.app/>

## Wellness support

- **Simple Habit**, iOS & Android, Free or Premium \$11.99/month or \$95.99/year
  - Listen to audio lessons to increase motivation or help reduce stress
  - Variety of guided meditations of 5 to 20 minutes in length
  - <https://www.simplehabit.com/>
- **Aloe Bud**, iOS, Free or Premium \$4.99 plus expansion packs
  - Self-care companion with cards for daily check-ins (task) or reflections (message)
  - Preset activity areas including: move, breathe, health, break, fuel, and motivate
  - Uses playful icons and encouraging messages
  - <https://aloebud.com/>
- **Mango Health**, iOS & Android, Free
  - Medication reminders, record of pills taken, and tracking of healthy habits
  - Record your mood and track habits such as drinking water
  - Earn points for bonuses or chance at weekly gift card raffles
  - Compatible with Apple Watch
  - <https://www.mangohealth.com/>
- **Pacifica – Anxiety, Stress, & Depression Relief**, iOS & Android, Free or Premium \$8.99/mo or \$53.99/year
  - Select wellness goals and get tools to help you relax and enhance well-being
  - Listen to guided audio messages with background nature sounds
  - Use to track daily mood or activities and make journal entries
  - Can give random or timed reminders
  - <https://www.thinkpacifica.com/>

## Fitness tracking

- **My Fitness Pal**, iOS & Android, Free +
  - Set of tools to record food you eat, track calories and nutrients, log exercise, and track weight loss goals
  - <https://www.myfitnesspal.com/>
- **Lifesum**, iOS & Android, Free trial, then Premium \$3.33/mo
  - App to support losing weight, getting stronger, and eating better
  - Questionnaire to select a personalized diet plan to meet your goals
  - <https://lifesum.com/>