

# List Of Best Dieting Apps

Lose weight in 2020 with these top dieting apps!



- Lose It! - A free app designed for tracking weight loss goals, exercise, and connect with peers for support.
- MyFitnessPal - Another free app that takes the difficulty out of calorie counting and fitness tracking.
- Fooducate - Select the healthiest options and track our food and exercise.
- Pact - A free app that monitors your food and your fitness...but you can win money when you meet your goals!
- Calorific - This app helps you manage food choices by providing food visuals and helping you learn about nutrient intake.
- My Food Diary - A great food tracking app that has hundreds of thousands of choices including restaurants and fast foods.
- Diet Watchers Diary - Cost is only \$2.99 for unlimited points calculator (Weight Watchers), food diary, and weight tracker.
- My Diet Coach - Free app that brings fun to weight loss. You can activate the 'panic' button to avoid cravings!
- Daily Burn - With a 30-day free trial, new workouts are added every day and you can access yoga, core workouts, strength training, cardio, and so much more.
- FatSecret - For free, track your food intake and physical activity as well as manage your weight loss goals.