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.

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