

This is our Bakers Dozen of best apps.



MyFitnessPal: This app helps users to track their diet and exercise, offering a comprehensive overview of daily caloric intake, nutritional information and fitness goals.



WaterMinder: The all-around water tracker app that helps you stay hydrated all day, every day!



Headspace: Focusing on meditation and mindfulness, Headspace provides guided meditation sessions, sleep aids and stress-relief exercises.



7 Minute Workout: Based on the popular high-intensity interval training (HIIT) concept, this app guides users through quick and effective workouts.



Calm: Similar to Headspace, Calm it's a meditation and sleep app that offers guided sessions, relaxation music and sleep stories.



Peloton: The company has expanded beyond exercise bikes to offer an app with a variety of workout classes. both on and off the bike.



Fitbit: While Fitbit is known for its wearable devices, its app is also widely used for tracking physical activity, sleep and nutrition.



Sleep Cycle: Analyzing sleep patterns, it wakes users up during their lightest sleep phase, aiming to improve overall sleep quality.



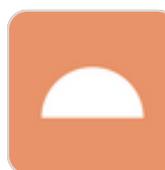
Nike Training Club: There are a variety of workout routines and training plans here, for different fitness levels and goals.



Lifesum: Focusing on nutrition, it helps users to track their meals, set dietary goals and receive personalized advice.



Strava: Popular among runners and cyclists, Strava tracks and analyzes users' outdoor activities, allowing for social sharing and competition.



Daylight: A digital programme that helps you understand where anxiety comes from, what makes it worse, and how to reduce it for good.



Sleepio is a six-week clinically proven programme used to treat insomnia, available free on the NHS.