

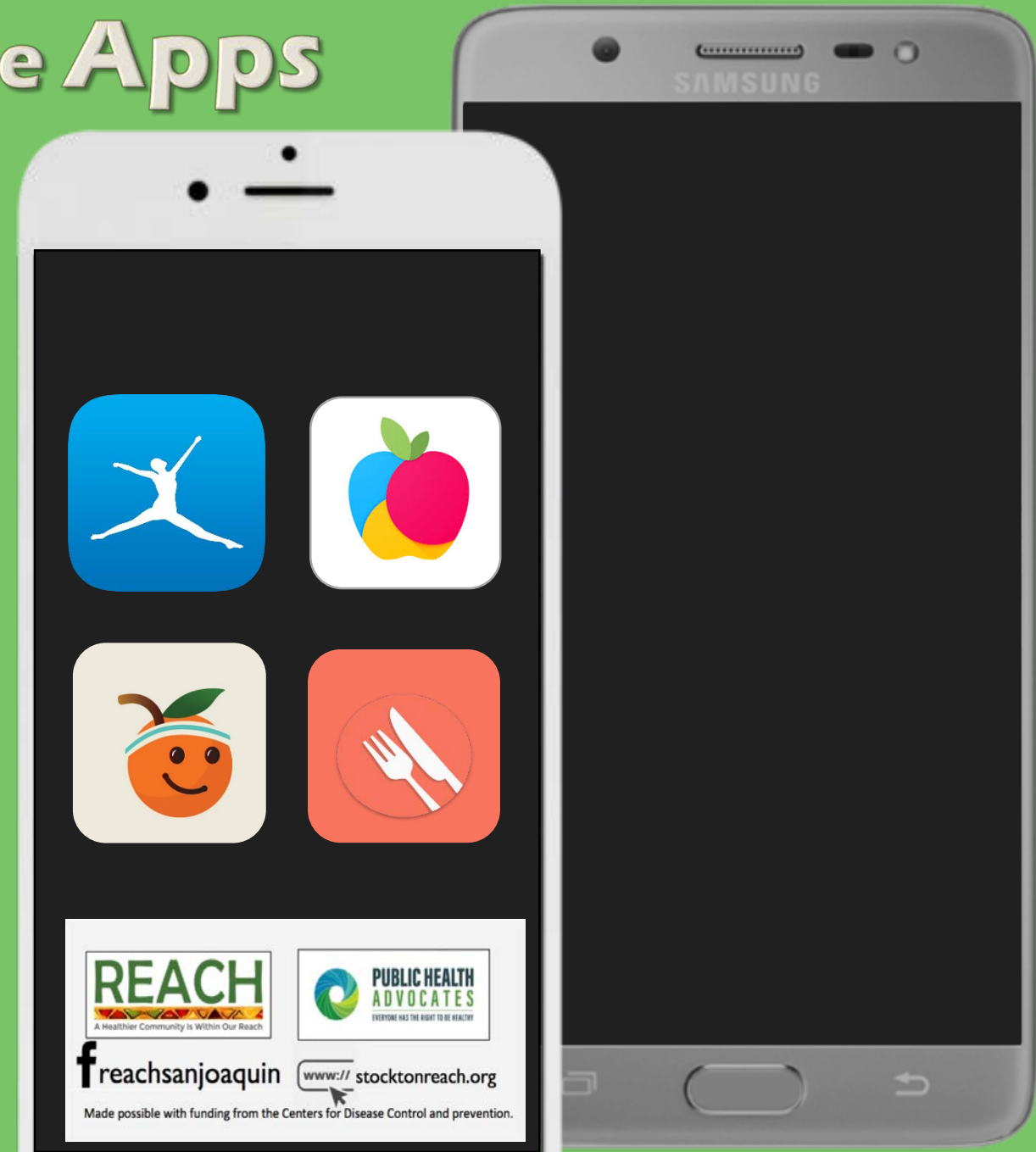
# Stay Healthy with these Apps

**YAZIO** track calories, track your steps, and create meal plans.

**FOODUCATE** this apps keeps an eye on your sleep, mood, and hunger levels. It gives you insight on where you can improve, all while considering your health conditions.

**MyFitnessPal** one of the most effective fitness apps that track your diet and exercise.

**MyPlate Calorie Tracker** – in hopes of being the most user friendly app, this app allows you to see what foods you eat contain the most calories, customized goals, and meal reminders. You can also track your water intake.



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**“The LORD will guide you continually, watering your life when you are dry and keeping you healthy, too. You will be like a well-watered garden, like an ever-flowing spring”.(Isaiah 58:11, NLT)**