

# Wellness Apps

| Physical Wellness   | Creativity Wellness  |
|---|--|
| <b>a. Physical Activity</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Fitness trainer</li> <li><input type="checkbox"/> Strava or Workout planner</li> <li><input type="checkbox"/> Kait Hurley</li> <li><input type="checkbox"/> Fitbit or Apple Health steps counter</li> </ul> <b>b. Nutritional</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Calorie counter</li> <li><input type="checkbox"/> Fruits and veggie challenge</li> <li><input type="checkbox"/> SparkPeople</li> <li><input type="checkbox"/> Healthie</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Wordscape</li> <li><input type="checkbox"/> Any music apps – Pandora, Apple music</li> <li><input type="checkbox"/> Camera, PhotoShop apps</li> </ul>  |
| Emotional Wellness  | Environmental and Cultural Wellness  |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Headspace (free 10 day trial) at: <a href="https://www.headspace.com/">https://www.headspace.com/</a></li> <li><input type="checkbox"/> Calm</li> <li><input type="checkbox"/> Daylio – Mood Tracker App: <a href="https://daylio.webflow.io/">https://daylio.webflow.io/</a></li> </ul>  | <ul style="list-style-type: none"> <li><input type="checkbox"/> Footprint calculator</li> <li><input type="checkbox"/> RecycleNation</li> <li><input type="checkbox"/> GoodGuide</li> </ul>  |
| Spiritual Wellness  | Social Wellness  |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Breathe2Relax or Breath</li> <li><input type="checkbox"/> 1000 gifts</li> <li><input type="checkbox"/> Insight Timer at: <a href="https://insighttimer.com/">https://insighttimer.com/</a></li> <li><input type="checkbox"/> Buddhify at: <a href="https://buddhify.com">https://buddhify.com</a></li> </ul>  | <ul style="list-style-type: none"> <li><input type="checkbox"/> Social media – Twitter</li> <li><input type="checkbox"/> 3 Good Things app</li> <li><input type="checkbox"/> Breakthru</li> </ul>  |
| Cognitive Wellness  | Financial and Career Wellness  |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Thinking time pro or Fit Brains Trainer</li> <li><input type="checkbox"/> Audible (books)</li> <li><input type="checkbox"/> “To Do” list website – Toodledo.com</li> <li><input type="checkbox"/> Mindbloom life game (to improve the quality of your life and “grow the life you want”) – tree.mindbloom.com</li> <li><input type="checkbox"/> Lumosity</li> </ul>   | <ul style="list-style-type: none"> <li><input type="checkbox"/> Mint.com Personalized Finance</li> <li><input type="checkbox"/> HealthSnap</li> <li><input type="checkbox"/> Mindvalley (mentorship, business talks)</li> <li><input type="checkbox"/> LinkedIn</li> </ul> |