



Wellness Tracker List

Printable

Nutrition:

- [Daily Food Journal](#)
 - Includes a breakdown of protein, carbohydrates, fat, fiber and calories
- [Food Diary](#)
 - Simple breakdown of breakfast, lunch and dinner
- [Food & Fitness Journal](#)
 - Simple breakdown of breakfast, lunch and dinner plus calories and a fitness tracker
- [Food & Fitness Tracker](#)
 - Simple breakdown of breakfast, lunch and dinner plus water and a fitness tracker

Physical Activity:

- [5 Day Exercise Log](#)
 - A 5 day detailed exercise log
- [Fitness & Nutrition Tracker](#)
 - Simple breakdown of breakfast, lunch and dinner plus water and a fitness tracker
- [Food & Fitness Journal](#)
 - Simple breakdown of breakfast, lunch and dinner plus calories and a fitness tracker
- [Food & Fitness Tracker](#)
 - Simple breakdown of breakfast, lunch and dinner plus water and a fitness tracker

Mental Health:

- [Mental Health Tracker](#)
 - Monthly mood chart
- [Daily Mood Chart](#)
 - Daily mood chart with instructions

Tobacco Cessation:

- [Quit Smoking Help Cards](#)
 - Informational cards along with trackers to help with quitting smoking

Web-based

all are **free**

Nutrition:

- [Food Diary](#)
 - Online food log
- [Food Log & Activity Tracker](#)
 - Online food log and activity tracker
- [My Fitness Pal](#)
 - Online food log and activity tracker

Physical Activity:

- [My Fitness Pal](#)
 - Online food log and activity tracker
- [Simple Workout Log](#)
 - Online activity tracker
- [Food Log & Activity Tracker](#)
 - Online food log and activity tracker
- [Fitness Journal](#)
 - Online food log and activity tracker

Mental Health:

- [Mood Tracker](#)
 - Online mood tracker with anonymous support

Tobacco Cessation:

- [Cigarette Tracker](#)
 - Online daily cigarette tracker

Apps

Find these **free apps via the App Store on your phone**

Nutrition:

- [My Fitness Pal](#)
- [Food Tripping](#)
- [Fooducate](#)

Physical Activity:

- [My Fitness Pal](#)
- [The Johnson & Johnson Official-7 Minute Workout](#)
- [Nike+ Training Club](#)
- [Fitness Buddy](#)
- [Simply Yoga for Apple](#) or [Simply Yoga for Android](#)

Mental Health:

- [Stop, Breathe, & Think](#)
- [Happify](#)
- [What's Up](#)
- [Self-Help for Anxiety Management \(SAM\)](#)

Tobacco Cessation:

- [Quit That!](#)
- [Quit Smoking: Cessation Nation](#)
- [QuitGuide](#)
- [quitSTART](#)