



## Wellness Tracker List

### **Printable**

#### Nutrition:

- [Food Diary](#)
- [Food & Activity Journal](#)
- [Food & Fitness Journal](#)
- [Food & Fitness Tracker](#)

#### Physical Activity:

- [5 Day Exercise Log](#)
- [Fitness & Nutrition Tracker](#)
- [Food & Fitness Journal](#)
- [Food & Fitness Tracker](#)

#### Mental Health:

- Here4TN: My Whole Health Tracker
  - o [Part 1](#)
  - o [Part 2](#)
- [Mental Health Tracker](#)
- [Daily Mood Chart](#)

#### Tobacco Cessation:

- [Quit Smoking Help Cards](#)

### **Apps** (Find these free apps via the App Store on your phone.)

Well-being: [ActiveHealth Apple](#) or [Android](#)

#### Nutrition:

- [MyFitnessPal](#)
- [Fooducate](#)

#### Physical Activity:

- [MyFitnessPal](#)
- [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 Smoking: Cessation Nation](#)
- [QuitGuide](#)
- [quitSTART](#)

### **Web-based** (All are free, but registration is required.)

#### Nutrition:

- [ActiveHealth](#)
- [Penzu Food Diary](#)
- [MyFitnessPal](#)

#### Physical Activity:

- [ActiveHealth](#)
- [MyFitnessPal](#)
- [Simple Workout Log](#)
- [FitDay Food Log & Activity Tracker](#)
- [MyFitnessJournal](#)

#### Mental Health:

- [MoodPanda Mood Tracker](#)

#### Tobacco Cessation:

- [Cigarette Tracker](#)