

Wellness Trackers

Printable

Nutrition:

- [Food Diary](#)
- [Food & Fitness Journal](#)
- WFHTN Daily Food Journal ([Emotion](#) or [Hunger and Fullness](#))
- [Food & Fitness Tracker](#)
- WFHTN Weekly Food Journal ([Emotion](#) or [Hunger and Fullness](#))

Physical Activity:

- [5 Day Exercise Log](#)
- [Fitness & Nutrition Tracker](#)
- [Food & Fitness Journal](#)
- [Food & Fitness Tracker](#)
- [WFHTN Cardio Training Log](#)
- [WFHTN Physical Activity Log](#)
- [WFHTN Strength Training Log](#)

Mental Health:

- Here4TN: My Whole Health Tracker
 - [Part 1](#)
 - [Part 2](#)
- [WFHTN Mental Health Tracker](#)

Tobacco Cessation:

- [Tobacco Tracker](#)

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

Well-being:

- ActiveHealth [Apple](#) or [Android](#)

Nutrition:

- [Fooducate](#)
- [MyFitnessPal](#)
- [Start Simple with MyPlate](#)

Physical Activity:

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

Mental Health:

- [Sanvello](#)
- [Self-Help for Anxiety Management \(SAM\)](#)

Tobacco Cessation:

- [QuitGuide](#)
- [quitSTART](#)

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

Nutrition:

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

Physical Activity:

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

Mental Health:

- [MoodPanda Mood Tracker](#)

Tobacco Cessation:

- [Cigarette Tracker](#)