



Baritastic - Bariatric Tracker 4+

Nutrition, Macros & Surgery

NBL Media LLC

#87 in Medical

★★★★★ 4.7, 649 Ratings

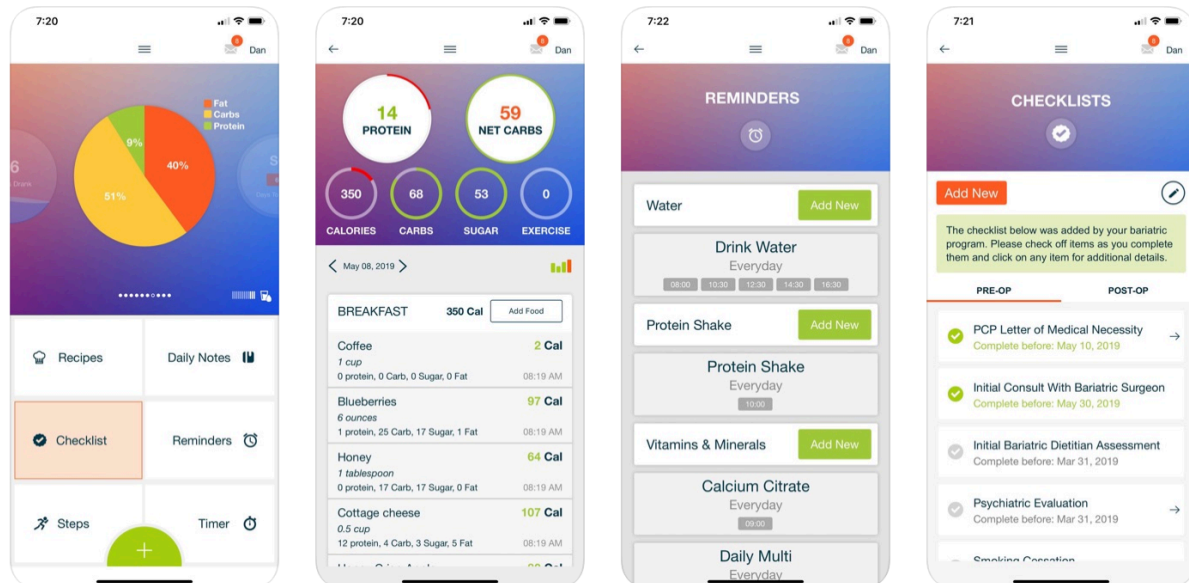
Free

- Features**
- nutrition tracking
 - father tracking
 - Bariatric surgery specific resources and recipes
 - BMI chart
 - photo timeline

- Pros**
- easy to use
 - extensive information about bariatric surgery
 - photo journal
 - text-to-speech for logging

- Cons**
- specific use case
 - inputting own recipe is a hassle
 - only US foods are recognized by the scanner
 - No weekly menu planner

Subscription model: No subscription needed



- have their own shop for items/food/protein powders



MyFitnessPal 4+

Calorie Counter & Diet Tracker
Under Armour, Inc.

#2 in Health & Fitness

★★★★★ 4.7, 877.9K Ratings

Free · Offers In-App Purchases

Pros

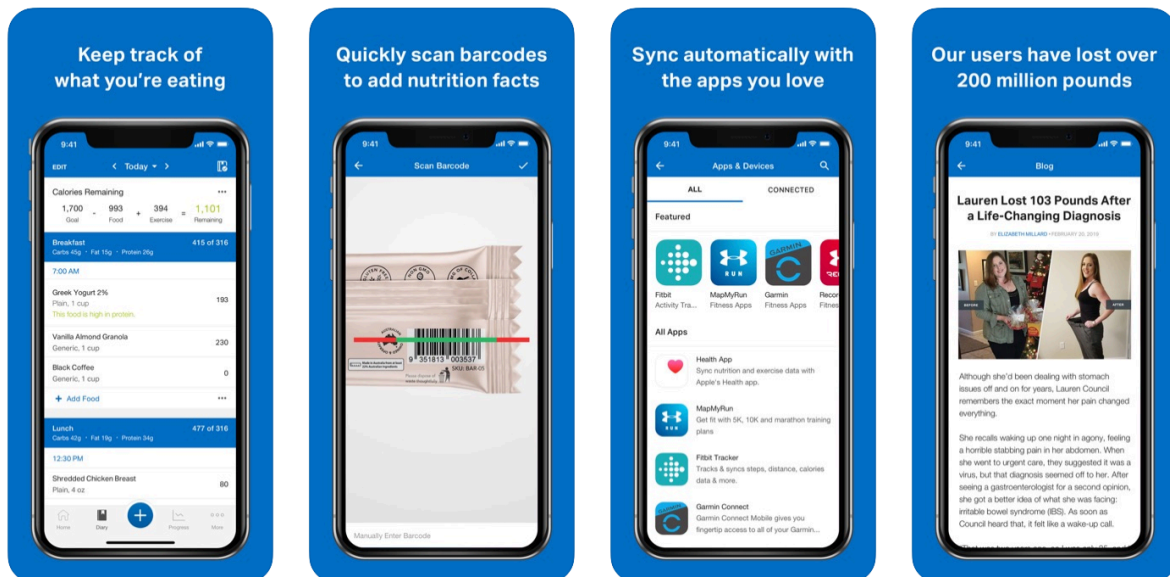
- Extensive food database of over 3 million items
- create plans to meet personal needs as well as doctor based recommendations
- tracks macronutrients in easy to read charts

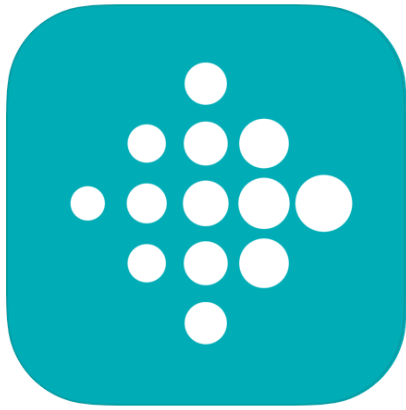
Cons

- Often under-recommends calorie intake
- Duplicate food items in database, with different values
- Too focused on calories

Subscriptions model - \$9.99/month, \$49/year

- Added analytics, exclusive features, ad free





Fitbit 4+

Fitbit, Inc.

#11 in Health & Fitness

★★★★★ 4.1, 85.9K Ratings

Free · Offers In-App Purchases

Pros

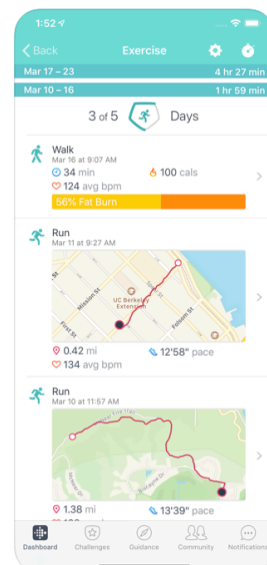
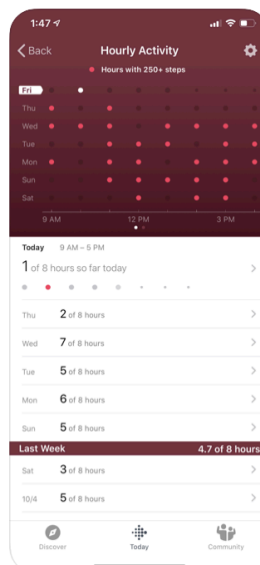
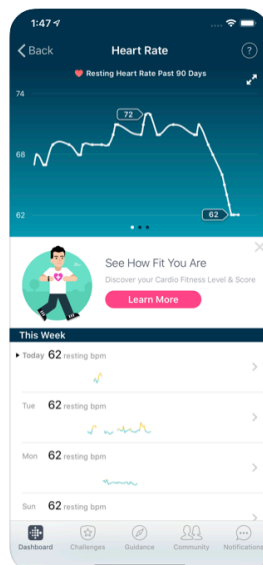
- a lot of information given
- sleep tracking
- easy to use
- in app exercises
- heart rate tracking

Cons

- exercises only available with subscription
- requires Fitbit hardware
- only gives basic information unless you subscribe

Subscription model - \$9.99/month, \$79/year

- in app exercises
- advanced analytics
- guided programs





Lose It! – Calorie Counter 4+

Food Tracker for Weight Loss

[FitNow](#)

#20 in Health & Fitness

★★★★★ 4.6, 25.4K Ratings

Free · Offers In-App Purchases

Lose It! is a user-friendly weight loss app focused on calorie counting and weight tracking. Through an analysis of your weight, age and health goals, Lose It! generates your daily calorie needs and a personalized weight loss plan.



WW Weight Watchers Reimagined

#1 Best Weight Loss Program

[WW International, Inc.](#)

#14 in Health & Fitness

★★★★★ 4.7, 83K Ratings

Free · Offers In-App Purchases

Weight Watchers is an application that offers various services to assist with weight loss and maintenance. The Application's aim is to help participants lower their calorie intake by assigning “points” to foods based on their calorie, saturated fat, and sugar content. The higher a food is in these components, the more “points” it has. Based on individual goals, each person is assigned a specific amount of “points” to aim for in their diet.



At Home Workouts by Daily Burn

Fitness & Exercise Videos

[DailyBurn](#)

#169 in Health & Fitness

★★★★★ 4.8, 6.8K Ratings

Free · Offers In-App Purchases

Any workout, anywhere, anytime.

With Daily Burn Application expert-led audio and video workouts, the trainer and the class come to you. Whether you have 10 minutes or 60, there's a program to fit into your busy schedule. Plus, with thousands of workouts to choose from—including yoga, cardio, HIIT, dance, dumbbell strength training, Pilates, meditation, postnatal workouts and more.