



Food Trackers

- 1) My Fitness Pal
- 2) My Food Diary
- 3) Lose It!
- 4) FatSecret
- 5) SparkPeople
- 6) Cron-o-meter

Physical Activity Trackers

- 1) My Fitness Pal
 - 2) WebMD
 - 3) JEFIT
 - 4) Calorie Counter Council
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