

# Wellbeing Apps - To help you feel Fitter, Stronger & Healthier, Physical, Mentally & Emotionally

click on the icons to find out more & download

## Work



**Habitfy.** Focus on what matters. Life is busy and steals you away from your personal habits. Habitfy brings you back on track, and more!



**TickTick** is a powerful to-do & task management app with seamless cloud synchronization across all your devices. Whether you need to schedule an agenda, make memos, share shopping lists, collaborate in a team, or even develop a new habit.



It's reminders with a sting!

Or, goal-tracking with teeth. Mind anything you can graph — weight, pushups, to-do tasks completed — by replying with data when Beeminder prompts you. Or connect with a service (like Fitbit or RescueTime) to report automatically. We plot your progress on a Yellow Brick Road to your goal. Keep all your datapoints on the road and Beeminder will always be free. Go off the road and you (literally) pay the price.



**Strides** Track all your Goals & Habits in one place. Get organized and track anything you want to build the perfect routine. Stay motivated with charts and reminders to achieve your goals.



**Tangerine** is a simple habit and mood tracker that helps you organize your routine, achieve your personal goals and reflect on your life.



Motivate yourself to achieve your goals. Habitica is a self-improvement web application with game mechanics overlaid to help the player keep track of and remain motivated to achieve their goals. The game is laid out in the form of an RPG, in which the player collects items such as gold and armor to become more powerful.

## Rest



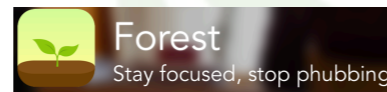
**headspace** Mindfulness for your everyday life. Stress less. Move more. Sleep soundly. Hundreds of articles for any mind, any mood, any goal.



Get ready to sleep. Discover Relax Melodies: the soothing app that makes sleep easy.



Find Your Calm. Sleep more. Stress less. Live better.



Forest is an app helping you put down your phone and focus on what's more important in your life. Whenever you want to focus on your work, plant a tree. In the next 30 mins, it will grow when you are working. The tree will be killed if you leave this app.



Relax through creativity. A colouring app with the largest collection of colouring books by indie illustrators. Unwind and relax by being creative while supporting artists directly.



More than 100 yoga and meditation classes to help people from all levels. A whole series of beginner-friendly tutorials to help you find a different and better self in only 2 weeks.



A variety of resources to help you sleep better.

[Nodcasts](#) [Sleep Calculator](#) [Stress Test](#)

## Play



**Words With Friends 2.** Want to play a game that boosts your word skills AND is fun to play? Whether you're looking for personal challenges or exciting social play; Words With Friends 2 is all that and more.



Group video chat to help you and your friends be together when you're not together.



Rave is all about bringing people together around the media they love. Whether it's binging Netflix together or listening to music with friends, experiences are better when shared. Text or chat by voice while enjoying content from YouTube, Netflix, Vimeo, Reddit, Google Drive, and more! Come together for an international movie night, or combine your phones to create an instant speaker system! Rave is a media app like no other, seamlessly connecting users on iOS and Android, because together is the new alone.



**8fit.** Healthy Habits Made Simple. Both a trainer and nutritionist app. Choose what you like to achieve and you can get personalised workouts and customised meal plans.



Track calories, breakdown ingredients, and log activities with MyFitnessPal. Easily link your MyFitnessPal account with apps that support your healthier lifestyle. It's not just about calories. It's about feeling better, looking better, and living better.



Be inspired by thousands of recipes, HD instructional videos, and articles about cooking and baking. Plus, publish your own recipes to share with our global community of home cooks. It's easy to use and offers a variety of irresistible recipes that appeal to beginners and experts alike.