

Progress Tracking Apps

It is important to be consistent and accurate when tracking your nutritional intake. There are a number of different apps currently available. You should find one that is easy to use, suits your budget, and encourages you to track regularly.

Baritastic



- Tracks your weight and biometrics
- Allows you to journal
- Provides reminders for fluid intake, exercise, medications
- Includes checklists for different stages of your surgery

MyFitnessPal



- Tracks your weight
- Monitors calorie intake
- Monitors macronutrients such as protein, fat, and carbs
- Allows you to scan food barcodes

Apple Fitness+



- Tracks exercise routines
- Measures biometrics like steps and heart rate
- Tracks weight and weight loss

MyNet Diary Calorie Counter



- Tracks carbs, protein, macronutrients
- Helps you set goals
- Monitors weight trends

Cronometer



- Easy tracking of calories and micro- and macronutrients
- Encourages healthier eating habits
- Offers a forum and a Facebook page