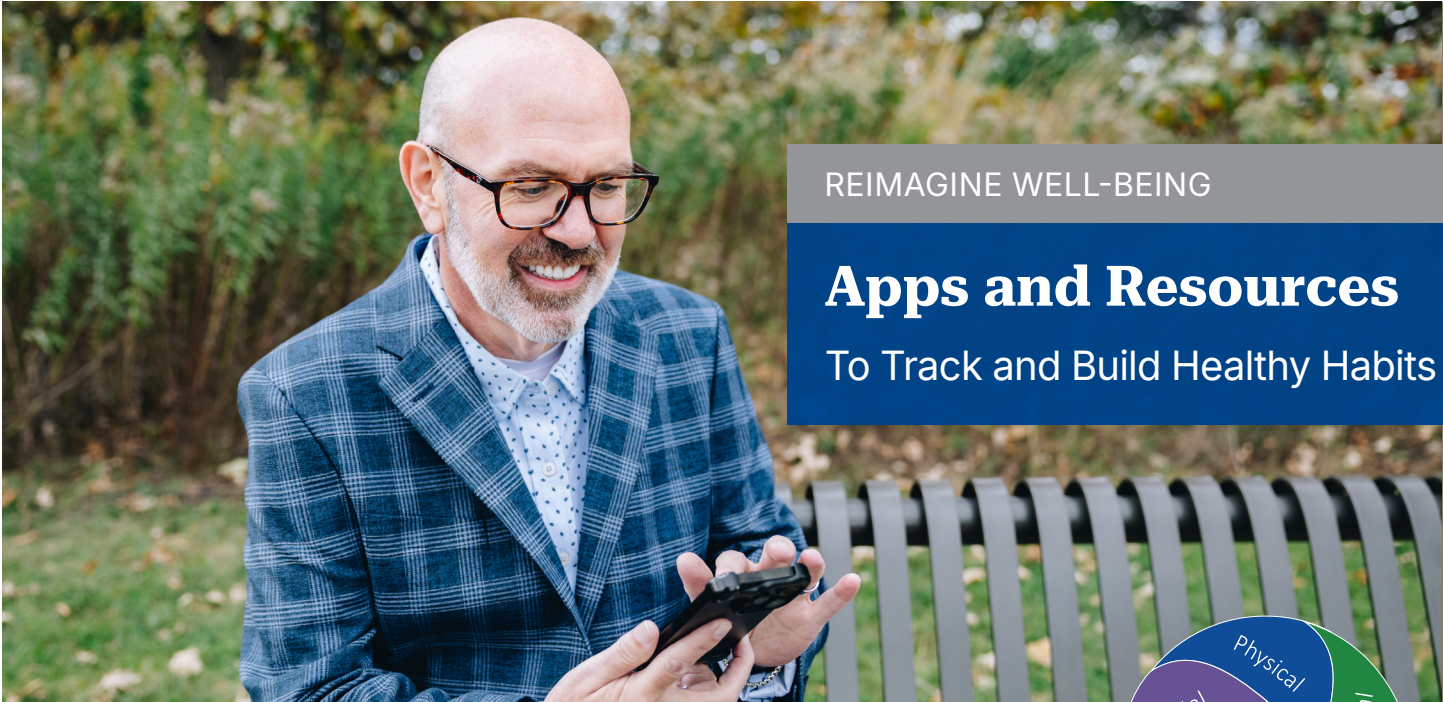
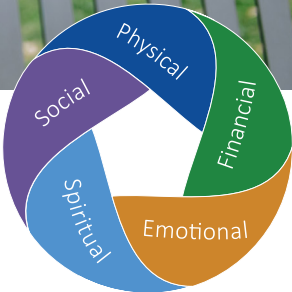




Maintaining healthy habits is a lifelong journey, and a variety of apps and digital tools are available to help you stay active, build routines, track progress, and support your overall well-being. The resources below offer different features and approaches, allowing you to choose the options that best align with your personal goals and preferences. Consult with your healthcare provider before beginning any new wellness, nutrition or exercise programs to determine what is appropriate for your individual health needs.



App	Use	Features
Optimity	Health tracking	Wellness challenges, rewards, health scoring, learning modules, habit building, community engagement
Fitbit/Google Health	Data-driven wellness	Activity tracking, sleep, AI coaching, goal setting, wearable integration
Caliber	Personalized coaching	Fitness coaching, habit accountability, workout planning, progress tracking
Habitify	Habit formation	Cross-platform habit tracking, routines, reminders, streaks
Simple	Weight loss and behavior change	Artificial Intelligence (AI) wellness coach, nutrition guidance, exercise plans, sustainable habit building
HabiLife	Activity challenges	Step challenges, habit streaks, community leaderboards, wellness coaching