

**THE  
BEST  
ONLINE  
TOOLS** **FOR**  
*Weight Loss*

TRACKING,  
MEASURING,  
AND SUCCEEDING!



# How many **times** have you **tried** to **LOSE WEIGHT?**

Does it seem like every program you try ends in failure?

If so you are not alone.

Millions of people start a new weight loss program every year only to end up right back where they started.

They try, and try, and try, and nothing seems to ever work.

This is because weight loss is not an easy task. There is no secret pill or magic program that will help you drop 50 pounds.

It takes hard work and dedication.

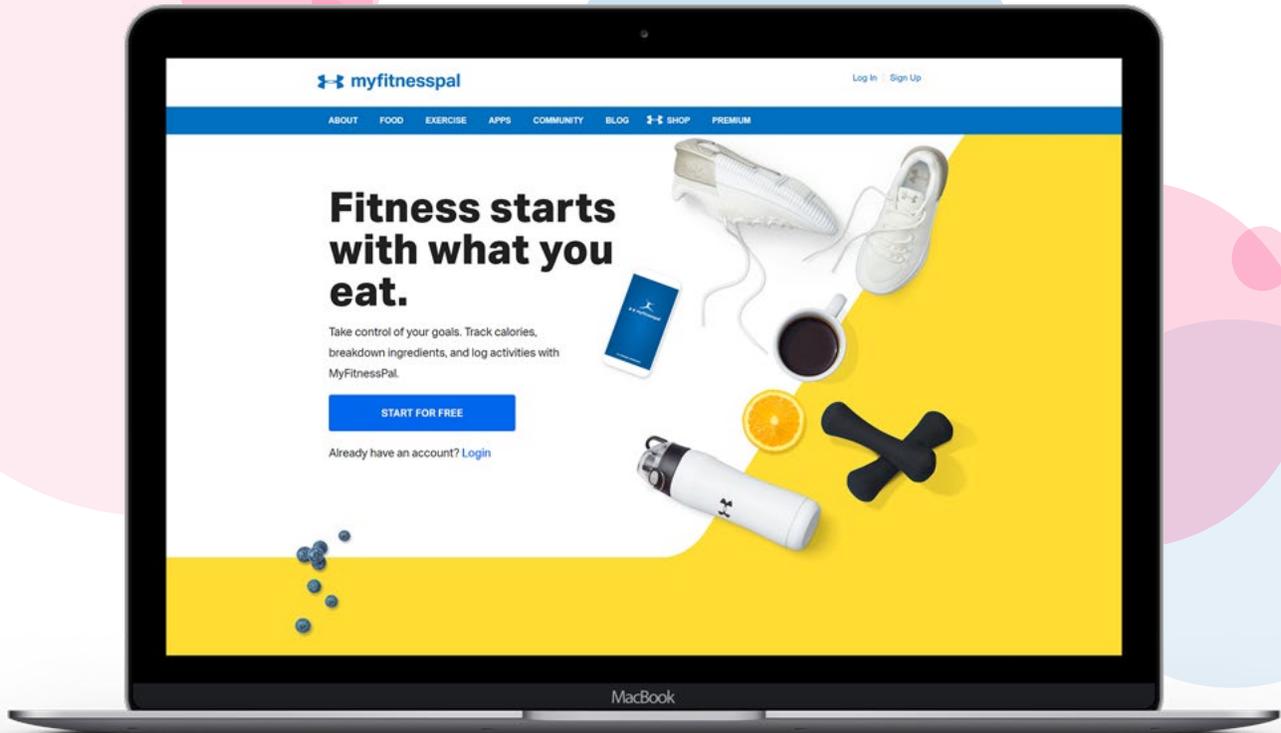
But that's not all it takes. You also need to be utilizing the right tools.

When you combine hard work and dedication with the right tools, that my friends is a recipe for success.

Here are 9 of the best online tools for weight loss.



# MyFitnessPal



Study after study has shown that tracking what you eat and tracking your daily exercise is key to losing weight and keeping it off.

With MyFitnessPal you can do both.

It doesn't matter if you are trying to lose weight or bulk up, with MyFitnessPal you will have access to everything you need to reach your goal.

## How It Works

You can use MyFitnessPal on your phone or via their website. Once you sign up you will need to answer a few questions such as what your current weight is, what your goal weight is, and how active you are.

MyFitnessPal will then go to work calculating how many calories you need to eat on a daily basis to reach your goal.

Once you have your profile set up you can go to the food diary and start tracking your food intake. You can track breakfast, lunch, dinner, snacks, and daily exercise.

Everytime you input a food the app will subtract the calories from your total daily calories. The app will also show you the total carbs, fat, protein, sodium, and sugar each food has.

The MyFitnessPal food database consists of over 11 million foods. So no matter what you are eating, you are sure to find it in the database.

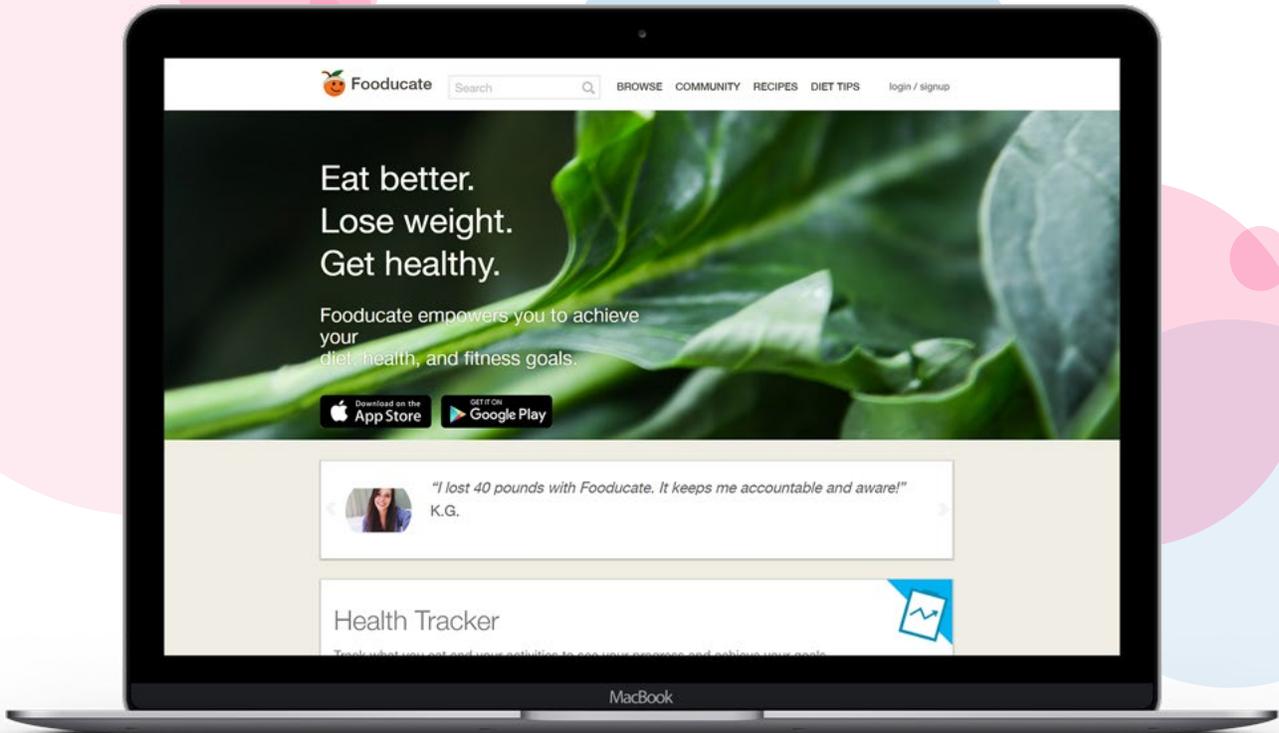
To make tracking your food quick and easy you can scan barcodes and save your favorite meals and recipes.

There is also a large fitness community where you can get support, advice, and fitness tips 24 hours a day.

## Price:

**Free or Premium (\$9.99/month or \$49.99/year)**

# Fooducate



Fooducate is the only weight loss tool that looks beyond the calorie and actually teaches you how to eat healthy.

Fooducate will analyze the product nutrition panels and ingredient lists of every food you scan into the app.

It will look for all the little things the manufacturers don't want you to know are hiding in the foods you eat.

Things such as MSG, high fructose corn syrup, added sugars, controversial food colorings, additives and preservatives, and so much more.

If you have the premium version you will be notified of any genetically modified organisms found in the food.

## How It Works

To get started you will need to personalize your Fooducate profile.

You will be asked a series of questions including your age, gender, weight, height, activity level, dietary goals, whether or not you have allergies, any health conditions you may be dealing with, and your desired weight loss rate just to name a few.

Please note that some personalization features are only available with a premium account.

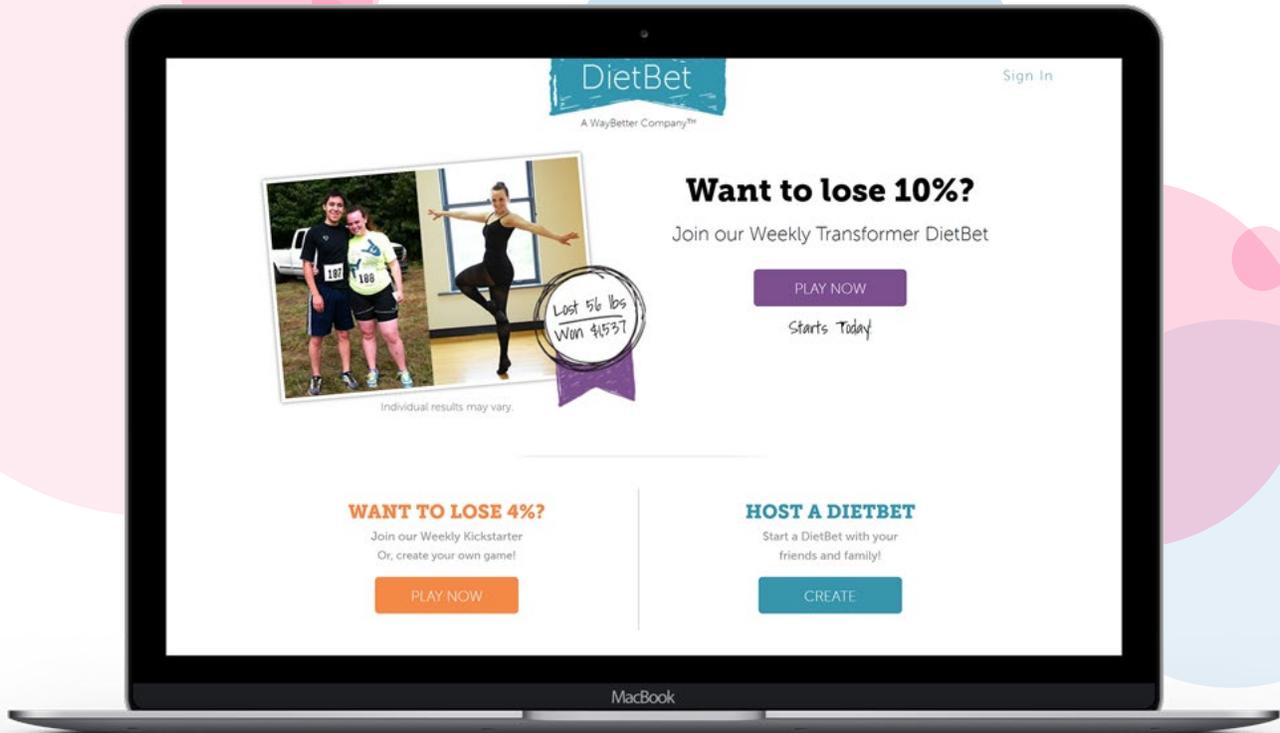
Once your profile has been set up you can start scanning products using the barcode. Every time you scan a product you will see its personalized nutrition grade of either A,B,C, or D.

You will also learn the pros and cons of each product and be able to easily choose healthier options.

## Price:

**Free or Premium**

# DietBet



With DietBet you can have real fun while making real change.

Over the last few years over 400,000 people have used DietBet to shed unwanted pounds. This is because DietBet isn't just fun, but it's life changing.

DietBet provides you with the three most important factors when it comes to losing weight. Accountability, social support, and inspiration.

When you join a DietBet you won't just lose a few pounds, but you will also learn how to create a healthy lifestyle that will last the rest of your life.

The great thing about DietBet is it literally forces you to make a commitment to lose weight. And once you make that commitment your feet will be held to the fire.

You will join up with other DietBettors and work your way to a happier healthier you.

The best part about DietBet is that it actually works.

At the time of writing over 5 million pounds have been lost and over \$21 million has been paid out to winners.

## ***How It Works***

With DietBet you are literally betting on yourself to lose weight. If you reach your goal you will split the money pot with other winners.

To get started you must first choose your goal. You will have three options to choose from. The Kickstarter which requires you to lose at least 4% in 4 weeks, The Transformer which requires you to lose 6% in 6 months, and The Maintainer which requires you to keep the weight off for 12 months.

Once you choose your goal you can join a game that will be starting soon, or with the Kickstarter you can start your own game and challenge your friends.

After you pay the bet and join the game you will need to weigh in. The standard weigh in will require you to submit 2 photos.

One of you standing on a scale in lightweight clothing (no shoes, hats, belts, watches, coats, or outerwear), and another of the scale's readout with your weigh-in word written on a piece of paper.

The weigh in word changes on a daily basis and will be used as a timestamp to show proof that your photo was taken on a certain day.

Once your starting weight has been approved it will be time to start your game. During the game you can use DietBet to post progress pictures, comments, and get tips to help you along the way.

You are free to update your weight as often as you like. However, those weigh ins are unofficial and will not count towards whether you win or not.

After the game ends you will have 48 hours to weigh out. Even if you were not deemed a winner you should still enter your final weight.

Within 24 hours after the final weigh out period ends the results will be made official. At that point the money pot will be divided among all winners.

If you are a winner you will be notified by email of your payout. Your payout will then be added to your DietBet account as points.

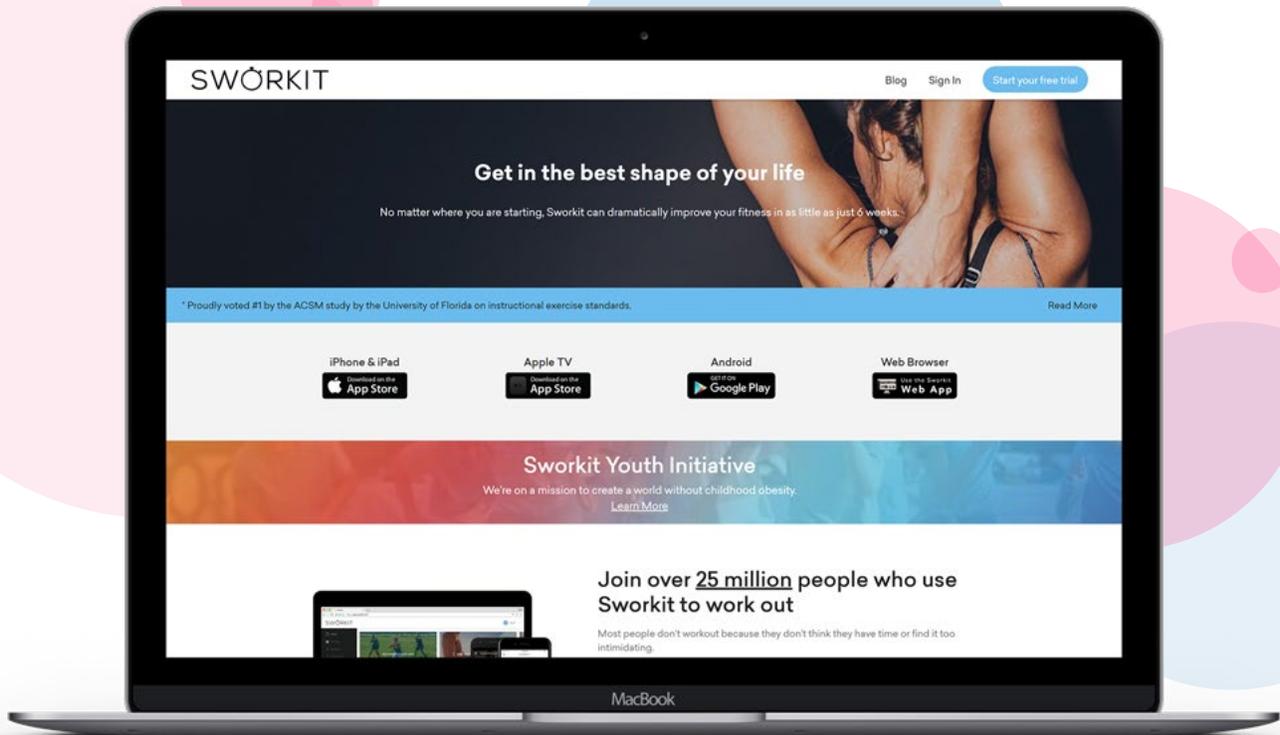
You will then have the option to either cash out via paypal or use your winnings on your next DietBet.

To help protect winners DietBet has a No Lose Guarantee. This guarantee ensures you never lose money should you win a DietBet.

## ***Price:***

**The amount you pay will depend on the game you are playing.**

# Sworkit



When it comes to managing your workout regimen Sworkit is one of the smartest apps on the market. With it you can get the workout you want in the time you have.

No matter what your current level of fitness, with Sworkit you can dramatically improve your fitness in just 6 weeks.

One of the biggest reasons people don't workout is because they don't have time. With Sworkit a lack of time is never an issue.

The app has workouts that can be done in as little as 5 minutes right from the comfort of your home.

With Sworkit you don't have to think about your workouts. It doesn't matter if you want to build muscle, lose weight, or get stronger, within the app you will find a program that will help you reach that goal.

And the best part is every program is created by a personal trainer.

## ***How It Works***

After you've registered you will be able to choose between working on strength, cardio, yoga, or stretching.

All exercises are bodyweight based which means there is no need for any special equipment. If you choose a strength routine you will be able to select what part of your body you want to work.

After you have selected a workout you will be prompted to select how long you want your workout to be.

The really cool thing about Sworkit is it allows you to match up the length of your workout with your favorite podcast or album.

There is also an option for a quick 5 minute workout for those days when you are short on time. The quick 5 minute workout will select a series of exercises and have you do each one for 30 seconds each.

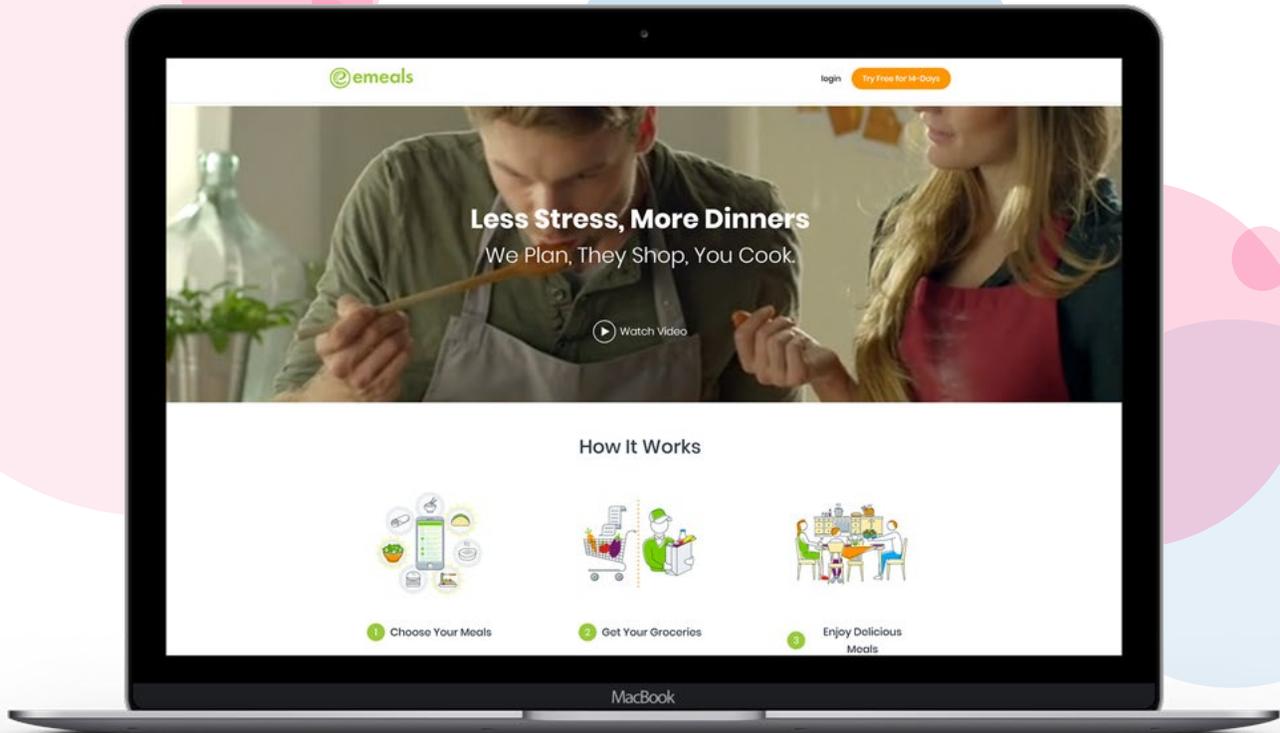
Each exercise includes an animation that shows you exactly how to do it.

If you would prefer to create your own workout you can do that as well. Just select the exercises you want to include and start your workout. It's as easy as pushing a few buttons.

## ***Price:***

**\$89.99 for an annual plan or \$14.99 a month.  
Each plan has a 7 day free trial.**

# eMeals



It's no secret that the body you want starts in the kitchen. And for most people coming up with healthy meals to eat is the hardest part.

With eMeals you can save time and eat healthy, delicious meals without the hassle. Not only do they plan the meals, but they also make shopping for your groceries quick and easy. All you have to do is cook.

With eMeals you will receive a new meal plan every week. The meal plan will include 7 simple great tasting recipes.

All you have to do is select the meals you want and the app will do the rest.

## How It Works

After registering the first step is to choose your meal plan. With eMeals you will have access to an endless variety of healthy recipes that have been crafted and curated by a professional food team and registered dieticians.

The great thing about eMeals is they have meal plans in almost every category you can imagine.

Some of the meal plans you can choose from include low carb, keto, budget friendly, paleo, slow cooker, heart healthy, gluten free, diabetic, vegan, quick and healthy, low calorie, and kid friendly.

After you choose your meal plan the next step is to choose the recipes you want to make for the week. Add the meals you want and the app will instantly create a detailed shopping list that's broken down by store section.

The shopping list will include everything you need for that weeks meals. You can also personalize the list by adding additional items you need to pick up at the store.

With a simple click you will be able to send your shopping list to stores such as Walmart, Instacart, AmazonFresh, Kroger ClickList, and Shipt. Select the items you need and schedule delivery.

Once your items have been delivered you will be ready to cook. Just put the app in cook mode and you will be able to easily follow the step by step cooking instructions.

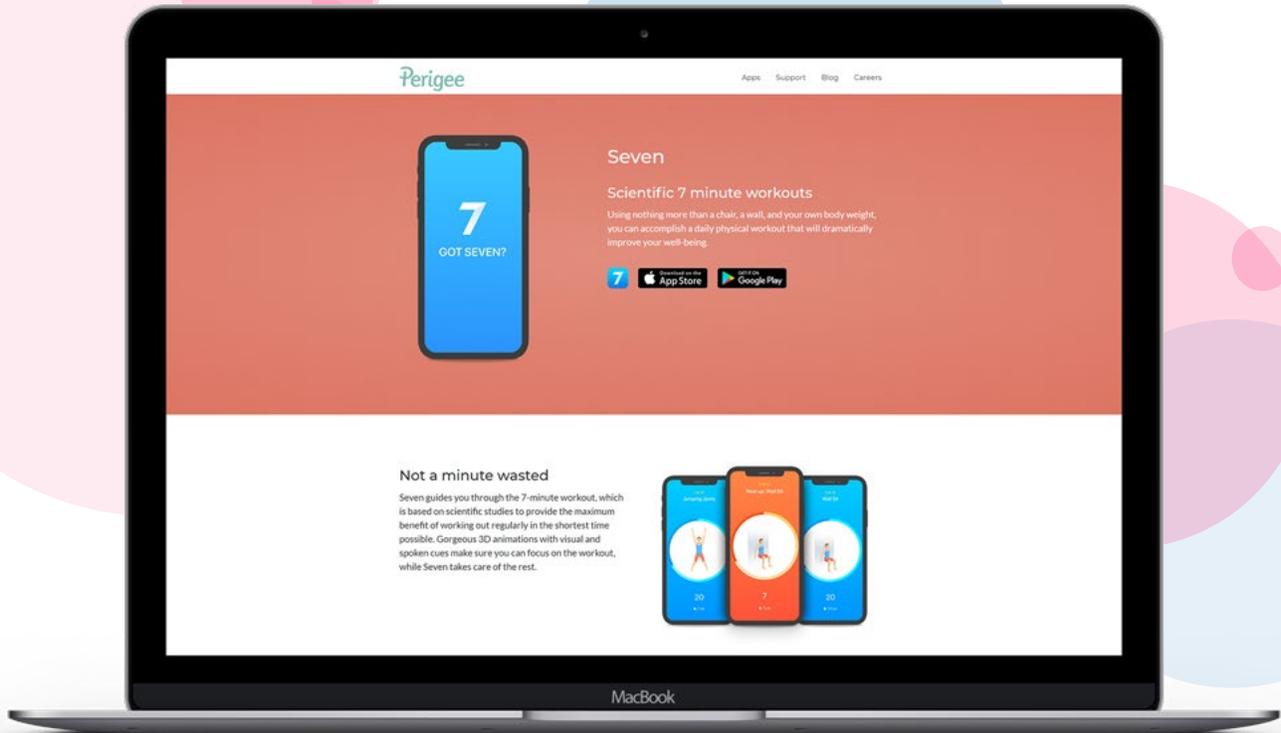
If you have a recipe you really love you can save it in your recipe box to use again in the future.

If you want to try a different food style, or your health and fitness goal changes, you can switch your meal plan right within the app.

## Price:

**A 12 month subscription is \$5 a month and a 3 month subscription is \$10 a month. eMeals comes with a 14 day free trial so you can try it out.**

# Seven



Seven is the perfect weight loss tool for those who have very little time to workout. With Seven you will get access to 7 minute workouts that have been scientifically proven to help you get results.

All you need is a chair, a wall, your own body weight, and 7 minutes. That's all it takes to get a great workout that will dramatically improve your well being.

## How It Works

With Seven you will never waste a minute of your time. You will be guided through a 7 minute workout that is based on scientific studies.

To ensure you are able to focus on your workout there are 3D animations with visual and spoken cues to help you throughout the 7 minutes.

To keep you engaged Seven has a little gamification to it. Like many video games, with Seven you will start off with three lives. If you miss a workout you will lose a life. If you miss 3 workouts in a month its game over and your progress will reset back to zero.

All of your workouts will be stored on your calendar. They will be color coded so that you can easily track your progress and see how far you've come.

To help keep you motivated Seven offers a little positive reinforcement. As you complete workouts you will make your way from novice to athlete.

Everyday there will be a workout challenge so that you can start making a habit out of working out. You are also able to compete with your friends which can give you an extra boost of encouragement and support.

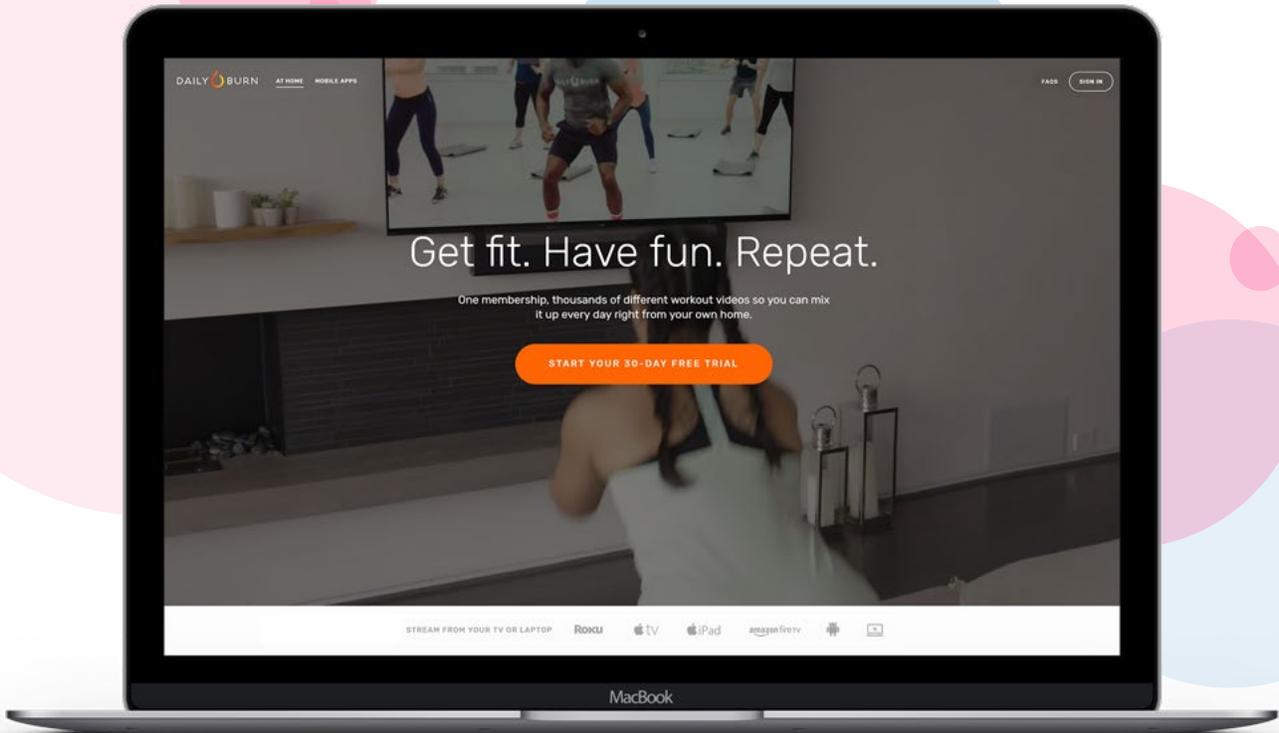
There are over 200 exercises included in the app and you will get detailed tips on how to perform each one.

Seven requires no internet access which means you can workout anytime, and anywhere.

## Price:

**Free but does include in app purchase.**

# DailyBurn



When it comes to online fitness tools DailyBurn is one of the best. With it you will be able to get fit and have fun at the same time.

As a member you will have access to thousands of different workouts so you can switch up your routine on a regular basis.

You will also get access to nutrition guides and recipes to help you reach your fitness goals.

## How It Works

After you sign up you will need to answer a few questions about yourself. Some of the questions you will need to answer include your age, gender, current weight, weight loss goals, current level of fitness, and ideal workout type.

Based on your answers the website will recommend a program that is customized to your wants and needs.

You will then be shown a video preview of what your program will entail. Your program will include a schedule of workout videos to follow, a nutrition plan, and even rest days.

Some of the types of workouts you can choose include cardio strength, muscle building, beginner pilates, yoga basics, high intensity training, cardio kickboxing, and intro to exercise.

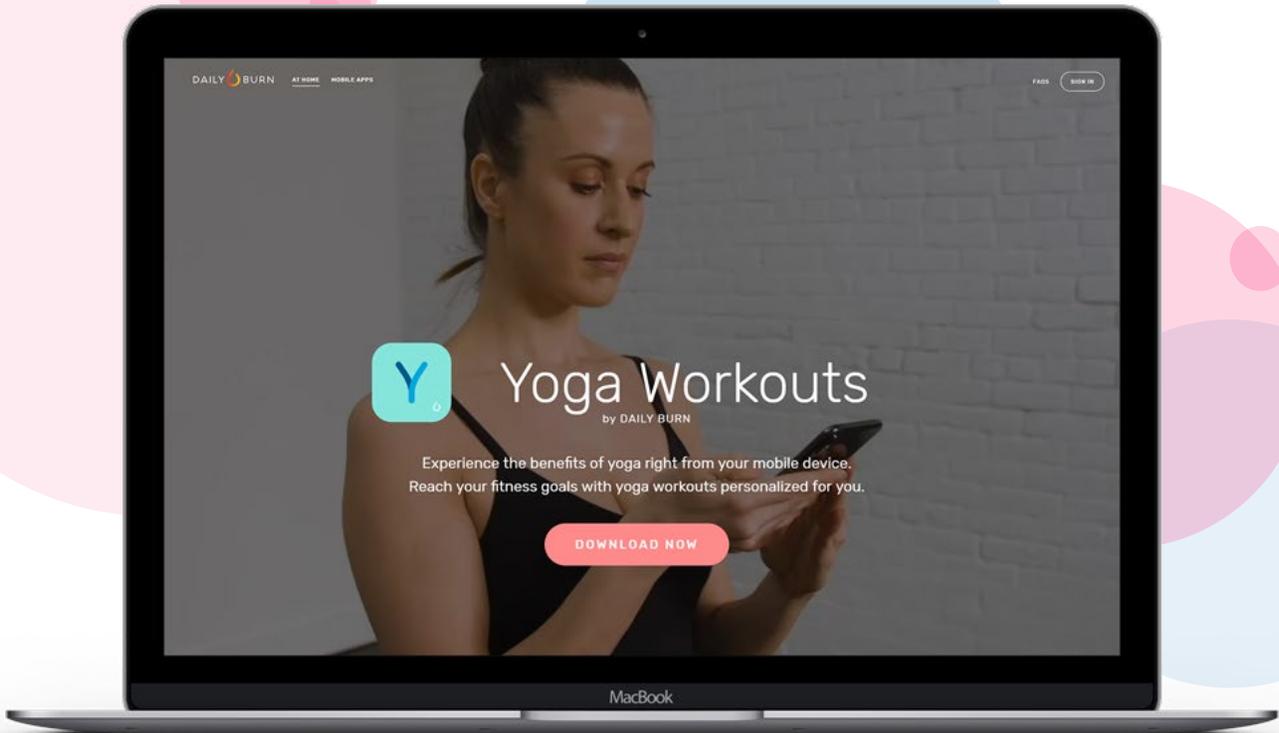
To ensure you continue to lose weight you will have all the tools you need to track your progress. You will be able to set and track weekly goals, see how many calories you burned, track your weight, and much more.

DailyBurn has two subscription levels, Standard and Premium. With the premium subscription you will get a personal coach who will work with you one on one.

## Price:

**Standard is \$14.95/month and Premium is \$26.95.**

# Yoga Workouts



Yoga Workouts is an app created by DailyBurn for those who are already in love with yoga, or those who want to give it a try. With it you will be able to experience the many benefits of yoga right on your mobile device.

Yoga Workouts will help you reach your fitness goals by providing you with personalized yoga workouts.

## How It Works

Once you download the app you will be asked a series of questions such as what are your fitness goals and what is your current level of fitness?

Based on your answers to those questions a personalized weekly yoga plan will be created just for you. It doesn't matter if you are a seasoned yogi or you are just starting out, your weekly plan is guaranteed to engage both your body and mind.

You will have a personal yoga instructor that will guide you through every move. This type of one on one instruction is priceless and can help you improve at a much faster rate.

Each routine will last between 15-45 minutes. And thanks to the routines being displayed in full screen video you will get an all encompassing yoga experience every time you workout.

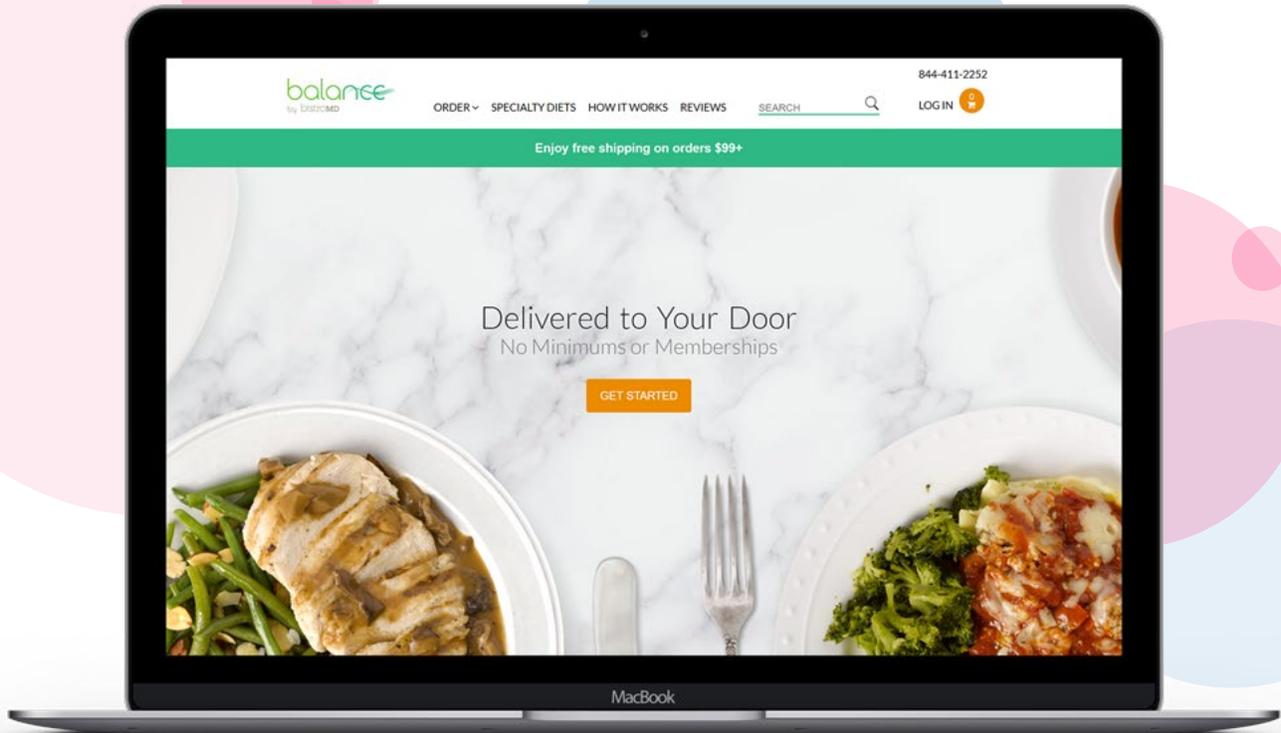
In addition to your weekly plan you will also be able to find more workouts by using the "explore" feature.

You can search workout categories such as weight loss, strength, balance, and tone. This means no matter what your mood you are able to find the perfect workout.

## Price:

**When you download the app you will get a free workout.**

## Balance By BistroMD



Balance By BistroMD is a meal delivery service that's powered by science. When it comes to preparing and delivering healthy and delicious meals, they are in a league of their own.

Every meal is prepared by a trained chef using only the highest quality fresh ingredients. Every meal is also created using scientific studies on how your body will break down the food and turn it into fuel.

## How It Works

Balance By BistroMD makes eating healthy easy by doing all the hard work for you. Their team of chefs plan the meals, do the grocery shopping, cook the meals, and then have them delivered right to your doorstep.

After signing up for the service you will be able to pick what type of meals you want to receive. Some of the diets you can choose from include diabetic, gluten free, low carb, low sodium, dairy free, and vegetarian.

Once you select your diet you will be provided with a menu so you can pick your meals for the coming week. The weekly specials change every week so that you will always have fresh, new meals to choose from.

With Balance By BistroMD you are in complete control. There are no minimums and no memberships required.

It's all about helping you find your balance by ensuring you can order what you need when you need it. You can order as much or as little as you need, on your schedule.

## Price:

**Meals range in price from \$5.99 all the way up to \$19.99.**