Digital Tools to Support Your Wellness Goals
Resource Guide

• **Education & Awareness**
  - **Health Information**
    - Family Doctor [http://www.familydoctor.org](http://www.familydoctor.org)
  - **Technical Information**
    - Shopwell [www.shopwell.com](http://www.shopwell.com) (iPhone/iPad)
    - Fooducate [http://www.fooducate.com/](http://www.fooducate.com/) (iPhone/iPad)
    - Whole Foods Recipes [www.wholefoodsmarket.com/recipes](http://www.wholefoodsmarket.com/recipes) (iPhone/iPad, Android)
    - DailyBurn [http://dailyburn.com](http://dailyburn.com) (iPhone/iPad; Android)

• **Self-Tracking & Monitoring**
  - **Food & Exercise Self-Monitoring**
    - My Fitness Pal [www.myfitnesspal.com](http://www.myfitnesspal.com) (iPhone/iPad, Android, Blackberry, Windows Phone)
    - Fitday [www.fitday.com](http://www.fitday.com) (iPhone/iPad)
  - **Health Conditions**
    - Glucose Buddy [http://www.glucosebuddy.com](http://www.glucosebuddy.com) (iPhone/iPad)

• **Support & Motivation**
  - **Find Support**
    - SparkPeople [www.sparkpeople.com](http://www.sparkpeople.com)
    - EverydayHealth Community [www.everydayhealth.com](http://www.everydayhealth.com)
    - Mayo Clinic Connect Online Health Community [https://connect.mayoclinic.org](https://connect.mayoclinic.org)
  - **Accountability**
    - Intent [www.Intent.com](http://www.Intent.com)
    - StickK [www.stickk.com](http://www.stickk.com)