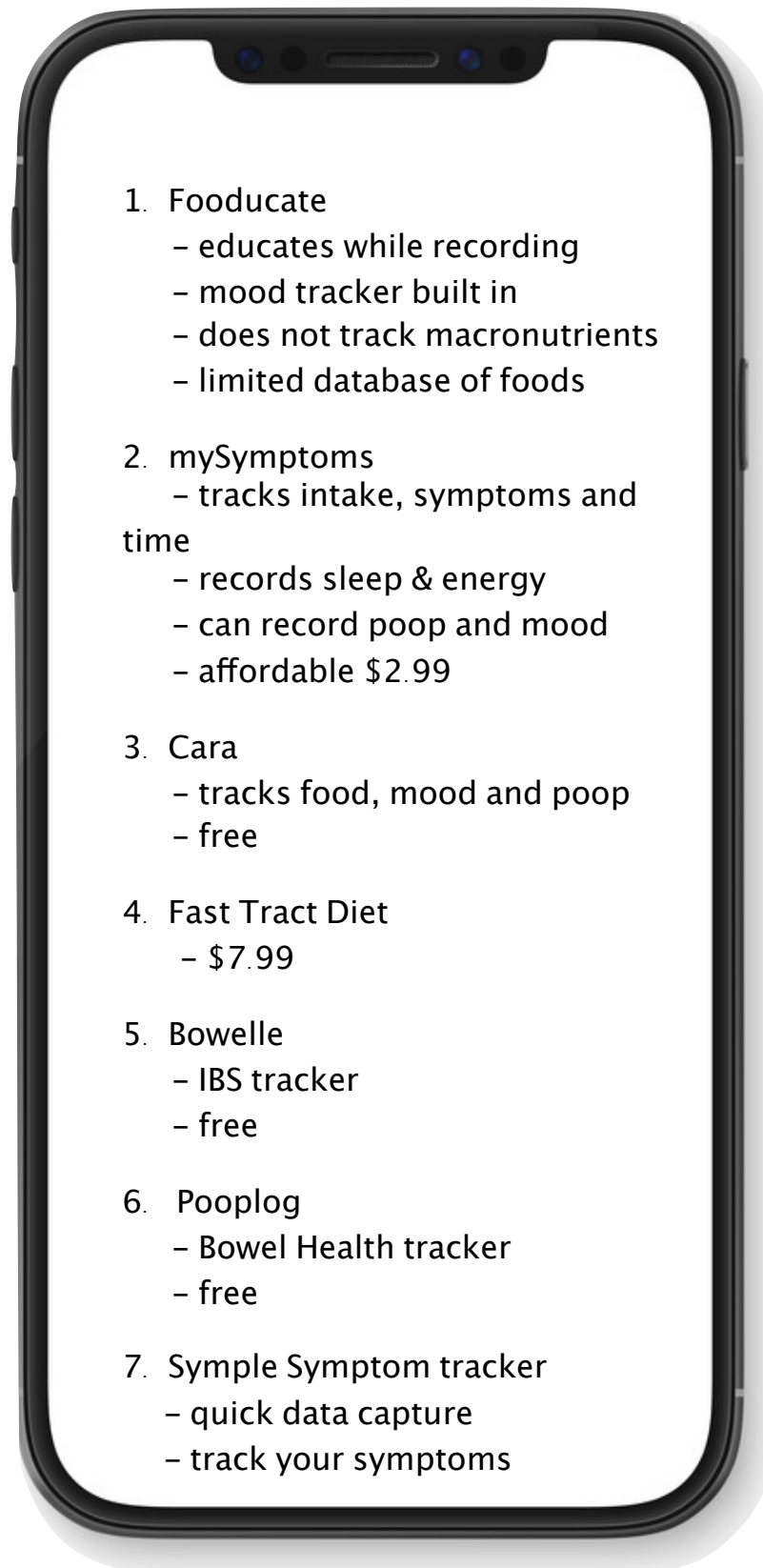


7 apps that help you record your food and mood

Find out how the food you eat affects your mood and how your mood affects your eating choices by keeping track of both



1. Fooducate
 - educates while recording
 - mood tracker built in
 - does not track macronutrients
 - limited database of foods
2. mySymptoms
 - tracks intake, symptoms and time
 - records sleep & energy
 - can record poop and mood
 - affordable \$2.99
3. Cara
 - tracks food, mood and poop
 - free
4. Fast Tract Diet
 - \$7.99
5. Bowelle
 - IBS tracker
 - free
6. Pooplog
 - Bowel Health tracker
 - free
7. Symple Symptom tracker
 - quick data capture
 - track your symptoms

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