

## Twitter Thread by Unleash Your Mind

Unleash Your Mind

@MentalUnleash



**There are more than 7,000,000 apps available to download.**

**But not all of them are useful.**

**Here are 10 of the most useful apps that will change your life starting today:**

1. I Am Sober

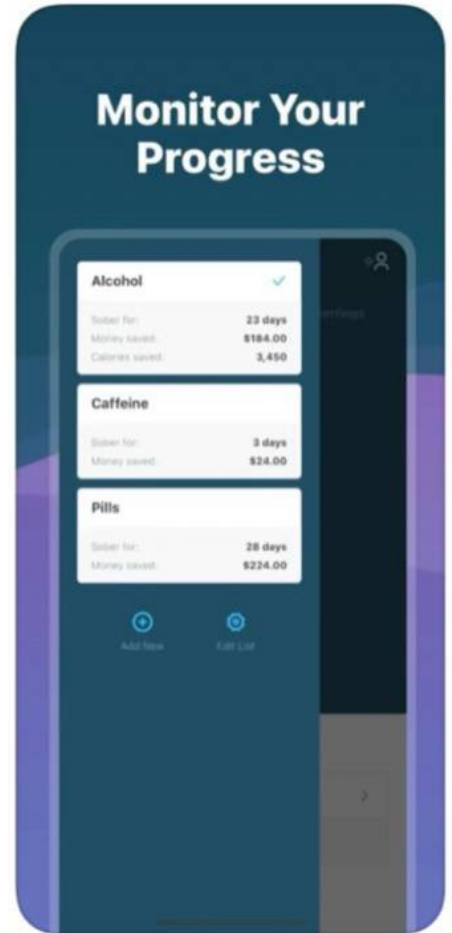
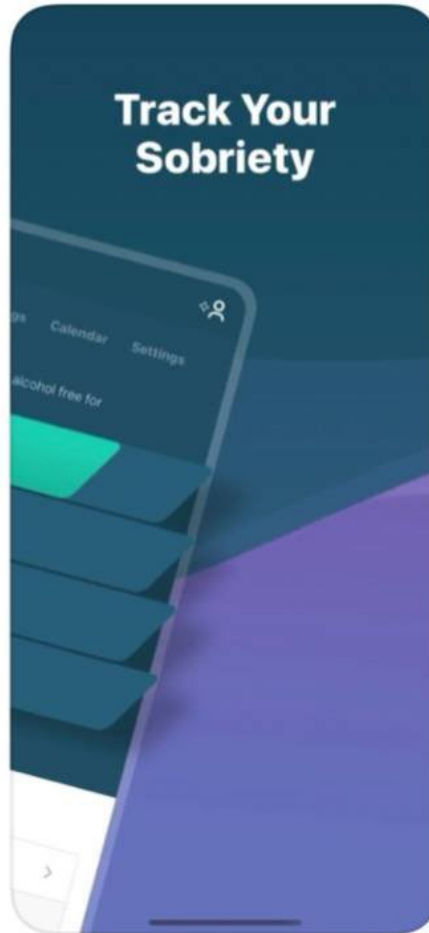
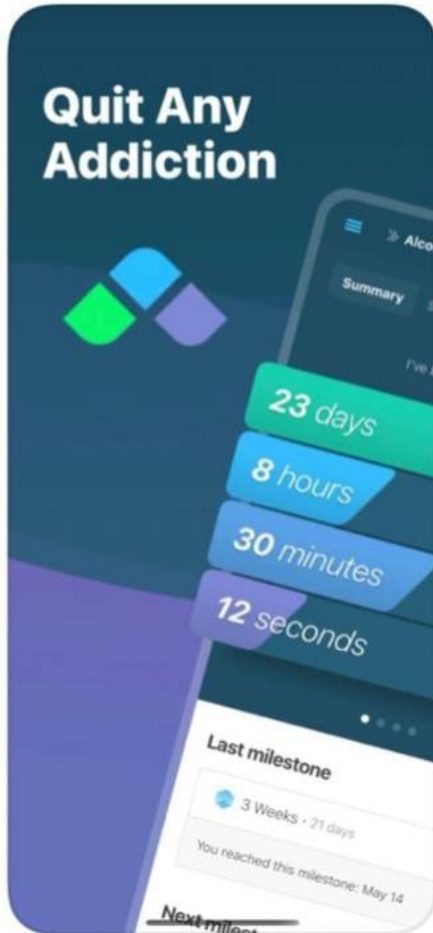
I Am Sober is not only a free sobriety tracking app, it is a community of people that will help you build better habits and quit any addiction.



# I Am Sober

Sobriety tracker for recovery

★★★★★ 92K



## 2. My Fitness Pal: Calorie Counter

This all-in-one food tracker and health app provides you with multiple tools to help you reach your fitness goals.



# MyFitnessPal: Calorie Counter

Macro, Diet & Food Tracker

★★★★★ 1.5M

## Achieve your health and weight goals

by tracking your food and learning along the way.



Carb Tracking

Fat Tracking

Protein Tracking

Track by Gram or %

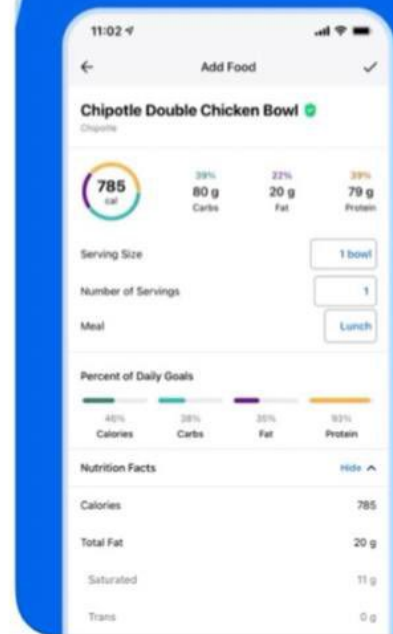
Foods Highest in Carbs

## Prioritize a balanced diet

by customizing your macronutrient ratio goals.

## Log food quickly

with our extensive database (including 1000s of restaurant dishes).



### 3. Audible

With a library of over 500,000 titles, Audible is one of the largest audiobook subscriptions services available. They also offer podcasts, sleep sounds and meditation courses.



## Audible audiobooks & podca...

Enjoy audio book entertainment



NOW AVAILABLE



PREMIERE

### Daniel X: Genesis

New Audible Original by James Patterson



## Audible audiobooks & podcasts

Enjoy audio book entertainment

**GET**

In-App Purchases

#### 4. Todoist: To-Do list & Tasks

Todoist is one of the most popular to-do list apps to help get your work and life organized.

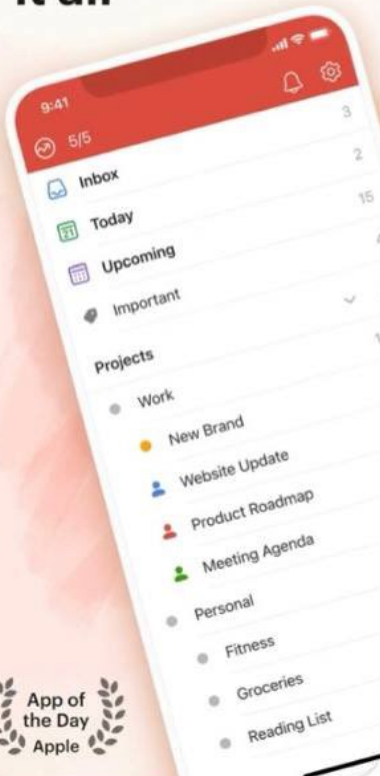


# Todoist: To-Do List & Tasks

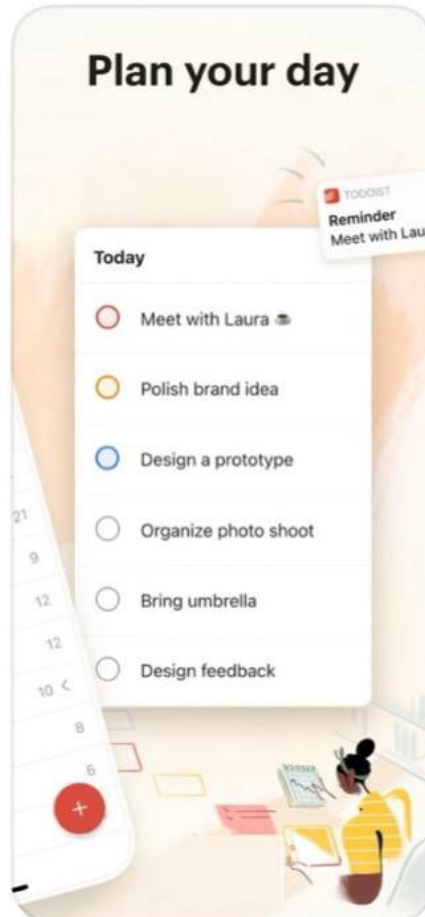
Reminders, day planner & habit

★★★★★ 85K

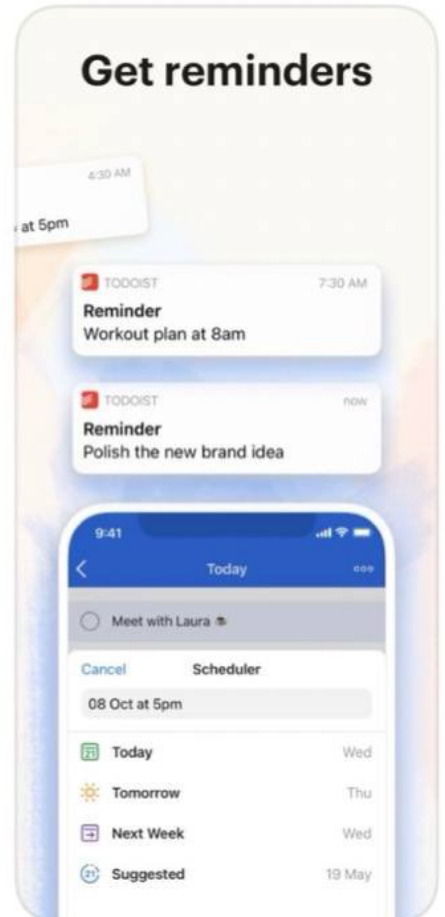
## Organize it all



## Plan your day



## Get reminders



### 5. Sleep Cycle: Sleep Tracker

This sleep tracking app gently wakes you while you're in your lightest sleep phase by recording and analyzing all of your sleep patterns.

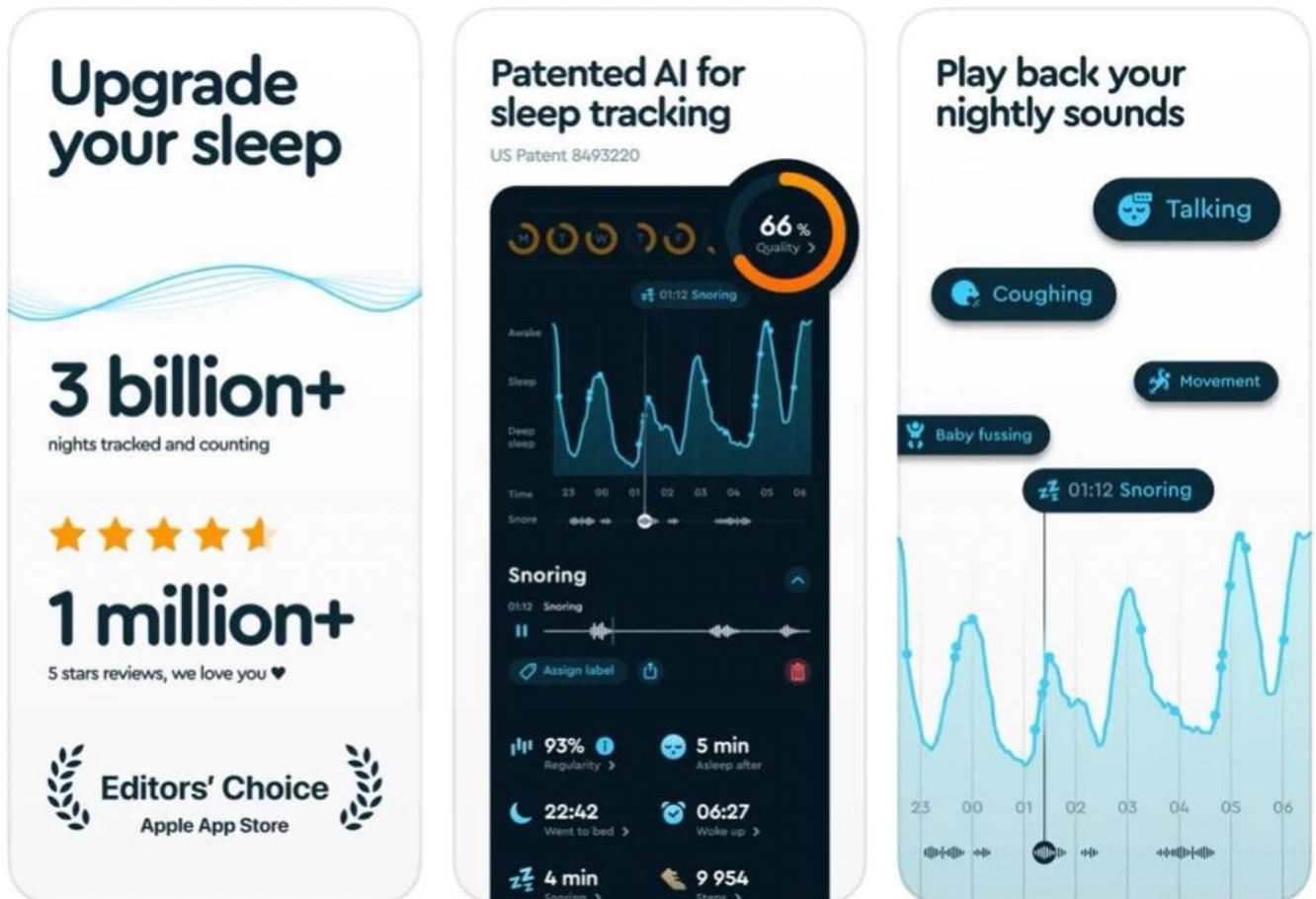




# Sleep Cycle - Sleep Tracker

Snore Recorder & Alarm Clock

Editors' Choice



## 6. Insight Timer: Meditation App

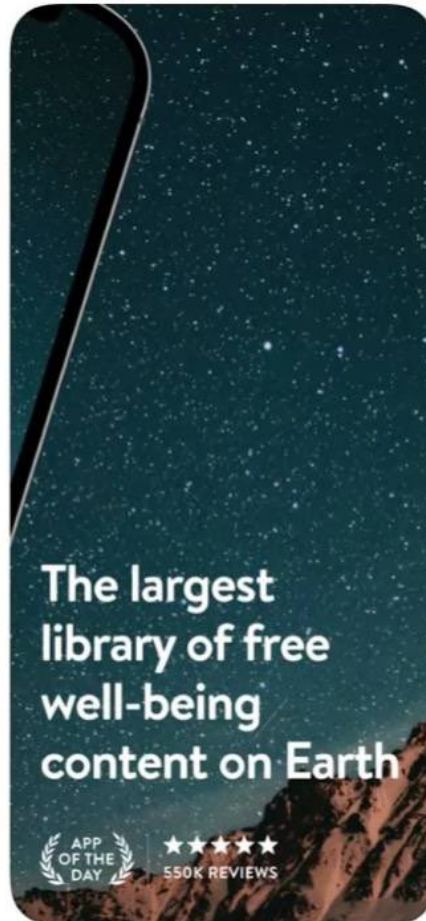
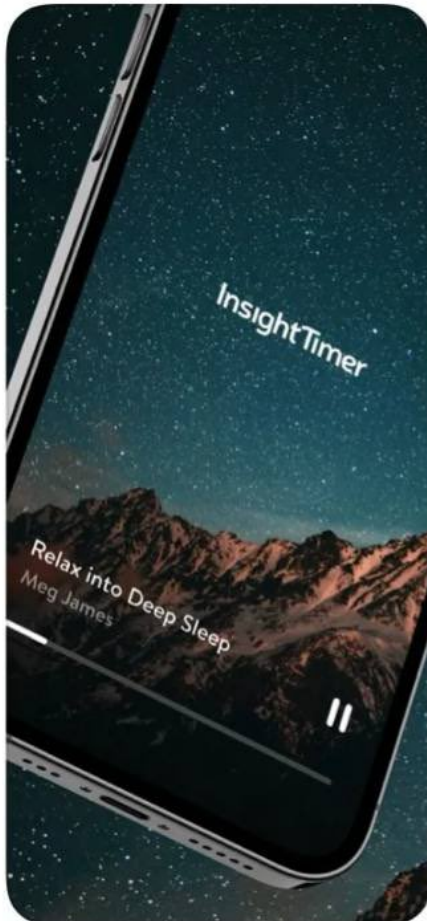
A free meditation app with over 130,000 guided meditations and thousands of talks by top meditation and mindfulness experts.



## Insight Timer - Meditation App

Meditation for Sleep & Anxiety

🌿 Editors' Choice 🌿



### 7. TED

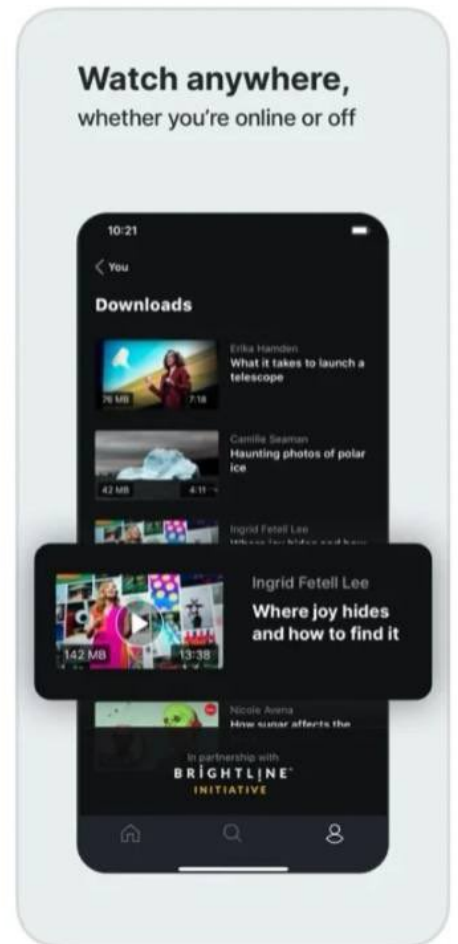
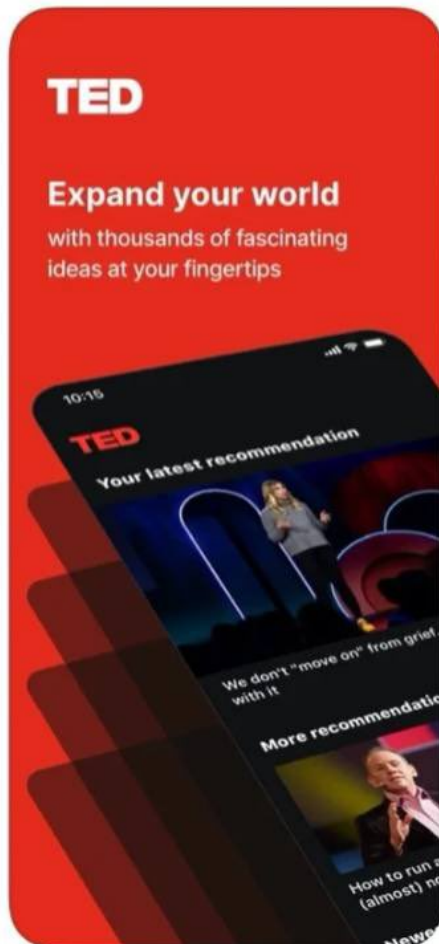
Watch thousands of TED Talk videos for free. You can also get personalized recommendations that match your interests.



# TED

Feed your curiosity

★★★★☆ 10K



## 8. Daily Water Tracker Reminder

An easy to use app that helps you stay hydrated by monitoring your water intake and reminds you when it's time to drink.



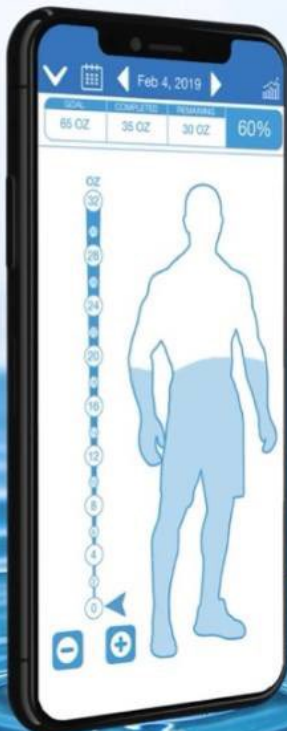


# Daily Water Tracker Reminder

Hydration App Reminder Logger

★★★★★ 6.3K

**Easily Add  
Any Drink Size**



**Celebrate  
When You Hit  
Your Goal!**



**Customize Your Goal  
In Oz or mL**



## 9. Reflectly: Journal & AI Diary

Improve your mood and mindfulness with this artificial intelligence journaling app.



## Reflectly - Journal & AI Diary

Mood Tracker & Daily Quotes

★★★★★ 81K



### 10. Fabulous: Daily Habit Tracker

Fabulous is a self-care app based on behavioral science. This app helps create healthy habits and lasting behavioral changes by adding one small positive step to your daily routine.



# Fabulous: Daily Habit Tracker

Healthy Routines & Motivation



Are you feeling stuck and need some extra push to reach your goals?

"Murder Misery-30 Day Program" will help you to:

- Control your beliefs
- Change your habits
- Reach your goals

Get your copy here: ■ <https://t.co/czh1OyzU3P>

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