

STAYING ON TRACK

Alternative Tracking Tools for Your Weight and Health

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HMR Team | November 14, 2022

Our entire HMR team is beyond sad to be closing. However, our main goal now is to provide you with resources, guidance, and tools to help you stay on track and continue working towards your weight and health goals.

The HMR app and website will remain active until mid-December. After that we will shut it down and remove it from the app stores. If you would like to [download your data and weight history from the HMR App](#), we've put together [simple instructions](#) for you to do that. **Be sure to download anything you want to keep by December 15th.**

Since tracking is a key driver of behavior change and building healthy habits, we recommend that you continue to track your food and exercise using other means. We have downloadable tracking sheets for [Phase 1](#) and [Phase 2](#), but you should also check out other mobile apps for tracking. The apps below are all user-friendly and free, with the option to upgrade to a paid version if you want more bells and whistles. These are just a few recommendations that provide tools to track your food, exercise, and healthy habits.

MYFITNESSPAL

[iOS app](#)

[Google Play app](#)

LOSE IT!

[iOS app](#)

[Google Play app](#)

MYPLATE CALORIE TRACKER

[iOS app](#)

[Google Play app](#)

Although our traditional program is ending, it is our sincere hope that you continue your healthy lifestyle practice. **From everyone in our HMR family... it's been a privilege to have been part of your health journey—we will miss you.**