

## Forbes

# The Top Apps For Success In 2019



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Careers

*I help executives & entrepreneurs boost productivity through wellness.*



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There are so many apps out on the market it can be really hard to choose which are the best for you. Here's a list of my favorite apps in different categories including productivity and organization, finance, mindset, education, motivation, inspiration, health, fitness and diet. If you're looking for the best apps to help you make 2019 your most successful year yet, here they are!

## Fitness/Diet

**My Plate** (free; iOS): My Plate helps you track your nutrition, set goals, and see progress. You're able to break down all of your meals into macro and micronutrients. This is a great tool to pair with a workout program. It helps you keep yourself accountable and stay on track. This app is also aesthetically pleasing and very easy to navigate.

**C25K Trainer** (free; iOS): If you're looking to run a 5k sometime soon, then this is the app for you. It gives you the exact steps you need to go from “couch potato” to running 5ks in whatever time frame you select. This app is great for anyone who is ready to get active and wants a structured plan on exactly how to do it.



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I go beyond training with a straight-talking approach to wellness that focuses on an overall healthy lifestyle. For years I've educated celebrities and corporate executives on how to effectively incorporate fitness and nutrition into their busy everyday lives. I've appeared... [Read More](#)

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