



Lose It!

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Summary

Lose It is an App that users can log their food intake and exercise activity. Users are able to track nutrients such as protein, fat, and carbohydrates; and they can set nutrient preferences for foods as well. Users can quickly add foods and exercise activities manually into a daily log to keep track of/save meals; look foods up in the existing database; or use the barcode scanner to scan foods directly into their daily log. The App automatically keeps a back-up of users' data input and recipes in database. Users can add friends for extra support and motivation, as well as share custom foods, exercises, and recipes. Users can earn badges to recognize weight loss success and stay motivated.

Apple

<https://itunes.apple.com/us/app/lose-it/id297368629?mt=8>

Android

https://market.android.com/details?id=com.fitnow.loseit&feature=search_result

Other devices

Nook Color & Tablet

Website

www.loseit.com

Cost

Free

Audience

Consumer looking to lose weight

Bias

None