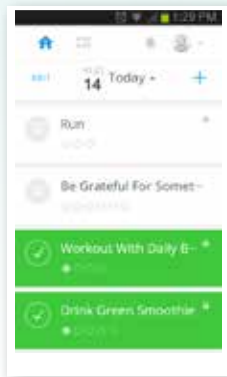


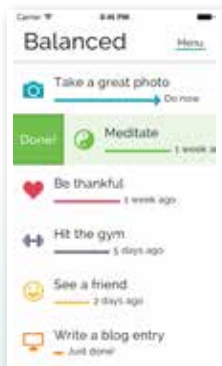
Apps to Achieve Your Goals

Stay accountable to your goals with a little help from technology. These apps will help you stay motivated and on track to achieve your goals.



Lift (free, for iPhone, iPad, iPod touch, Android and Web) is more than just a goal-tracking app; it also provides guidance and expert-led plans to help you adopt healthier habits to reach your goals. Although most of the featured plans focus on diet and exercise, you can use the app to set and track your progress toward any goal. The app uses social

encouragement to keep you motivated and allows you to connect with friends who are also using the app. It also sends reminders via email to encourage you to complete your goals for the everyday.



Balanced (Free, for iPhone and iPod touch) is an app that will not only help you reach your goals, it will help you prioritize your life so that you can achieve balance. If you've ever thought, "I don't have time to do the things I love anymore," then this may be the app for you. List the activities you want to do more of, set a target for the amount of times per day/

week/month/year you'd like to do them, and the app will help you prioritize your life.



Strides (\$3.99, for iPhone, iPad and iPod touch) makes it easy to create and stick to your goals. This well-designed app features a dashboard that provides an overview of your progress toward all of your goals. Click on a specific goal for graphs to see how far you've come and to get the motivation you need to keep going.

