

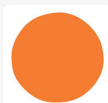
SELFIE APPS

FREE APPS TO HELP YOU ACCOMPLISH SELFIE WITH YOUR FAMILY

SLEEP



Calm: Meditations & relaxation
Sleep Stories and Sleep sounds



Headspace: meditation & relaxation



Relax Melodies: relaxing sounds, sleep meditations & bedtime stories

EXERCISE



Lotus Yoga and Meditation:
Guided Yoga workouts & meditations



Myfitnesspal: Workouts, Motivation and eating tips.



SworKit Fitness & Workout:
Daily Home workouts for the whole family

LIGHT



Alltrails: Hike/ bike Trail maps with ratings and difficulty level

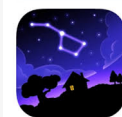


Geocaching: discovering places around you, using a map and clues to find hidden treasure

FUN



Duolingo: Fun way to learn a new language



Skyview: Uses your camera to identify star constellations

INTERACTION



The Happy Child: Daily lessons to help parents using science-based ways to increase long-term happiness in children



Heads Up!: Give clues to guess the word, fun interactive family-friendly game



Marco Polo: Video "walkie talkie" to stay in touch with your friends and family

EATING WELL



Allrecipes: recipes, dinner spinner to help decide what to make for dinner



Meallime: personalized meal plan with simple & healthy recipes catered to your needs and preferences