

# Be Appy This Summer

## 4 APPS THAT IMPROVE THE SUNNY SEASON

It's a glorious time to step out on the lawn and take in the fresh air. The kids have been pawing at the door for weeks, wishing away the rain and gearing up for ballgames, jumprope, and all out (squirt gun) war. Adults are itching to picnic at the beach, detail the sports car, or just soak up rays with a good book. Why, then, are we recommending some personal time with your smartphone when nature doles out the best summer fun? Your beach bod might not yet be ready for the big leagues and work-related stress may be preventing you from seizing the day. Sprinkle some of these apps in between garden chores to tone your body, focus on the moment, and even start a family—shopping for a new big-wheel will come sooner than you think!

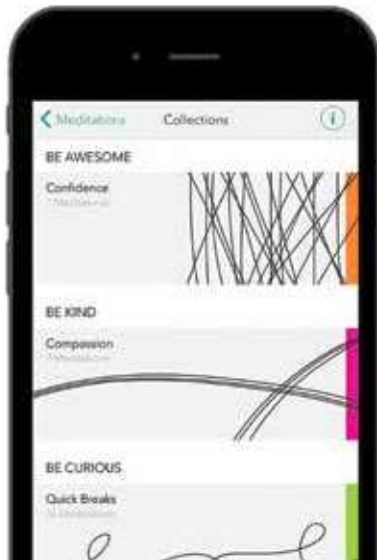


### Pact

Do you want to get in shape, but just thinking about the gym, let alone visiting one, feels daunting? Well, what if you got paid? **Pact** is a revolutionary app that sets fire to your pants by offering you monetary incentives for meeting your goals...and monetary consequences for shirking them. You set weekly diet or exercise goals, and if you meet them, you get paid by Pact members who don't. Fall short, however, and you'll wind up forking over hard-earned cash. Pact isn't for the light-hearted, but it will keep you honest and help you meet your personal goals.

### Meditation Studio

It's an app that...When there's a... Meditation is...Look, a squirrel! If your grey matter is firing off thoughts faster than you can finish them, then you need a lesson in mindfulness. Guided by leading meditation experts, **Meditation Studio** will untangle your mind and plant your focus firmly in the present moment. You'll be guided toward tranquility through step-by-step courses and build a library of personalized meditations across a variety of styles. All you need is five minutes to focus on your breathing and let today's chaos and squirrels fade away.



### Fruitful Way

Let's be honest...babies are cute as heck! Yet amid today's hectic lifestyle, time can slip away from stressed-out couples hoping to plan a family. Luckily, the developers behind **Fruitful Way** understand that sometimes you need a nudge to make time for romance and maximize your efforts. Fertility isn't solely a woman's job, but a team effort that requires communication and coordination. **Fruitful Way** lets partners track each other's fertile windows in a synched calendar, indulge in fertility recipes, learn when to dial up the romance, and benefit from supplement recommendations. It integrates medical and scientific knowledge into a personalized, couple-centric fertility plan.



### Forest

Smartphones are great—but the hyper-connected, always-on features we love them for can prevent us from being present, social, and productive. **Forest** is the app that changes all that by giving you the chance not only to focus on your own life, but to improve the lives of others. You set a timer for how long you want to be productive and ignore your phone. Forest will grow a virtual tree during the time you determined—more time equals more coins. Exit the app prematurely to surf Instagram, and your tree will die and your coins will be lost. But save up enough coins, and you can spend them to have a real tree planted through Forest's partnership with the nonprofit Trees for the Future, in Cameroon, Kenya, Senegal, Uganda, or Tanzania. [👉](#)