



### **Live Strong My Quit Coach**

**Price:** Free

This app acts as a virtual coach to develop your personalized plan for quitting. You can choose to either quit cold turkey or gradually taper off. Track your smoking consumption and nicotine cravings. When times get tough, set reminders, goals, and even personal motivations to keep going. You'll also earn achievement badges as a reward for your progress. Communicate with other users via the app's built-in social support circle.



### **SmokeFree**

**Price:** Free

Ready to take on the challenge of quitting? This app features a variety of tools to aid you in kicking the habit. Learn how much money you're saving once you stop smoking, log your cravings and interpret craving trends, and see how your health is improving. It also features missions to motivate and inspire you along the way. Interestingly, the team behind the app used the missions as part of a randomized controlled trial done entirely via the app. They report that they were effective in helping people stop smoking.



### **Quit Smoking: Cessation Nation**

**Price:** Free

Join other quitters to stay motivated as you quit smoking. Open the app when have a craving and instead play a game or connect with others. It also shows you how much money you're saving and how much you're helping your body by not smoking. You can earn reward badges for your progress if you're into incentives.



### **SmokeFree: Quit Smoking Slowly**

**Price:** Free

Want to stop smoking in a flexible way? Choose from two modes on the app: quit or reduce. From there, you'll see images and videos that promote quitting in a way that fits your lifestyle. Keep track of cravings and other stats so you can view your progress each time you open the app.



### **Quit Tracker: Stop Smoking**

**Price:** Free

The simple yet customizable interface of this app makes it easy to stay motivated as you kick the habit. It not only shows you all the money you're saving, but also the health benefits of quitting. Use the diary feature to keep tabs on how you're doing. Look at the timeline graphic to see how much your health improves once you stop lighting up.