



WHAT'S YOUR APP- TITUDE?

A look at some of the best apps to help you achieve
your goals

WHAT ARE YOUR GOALS?

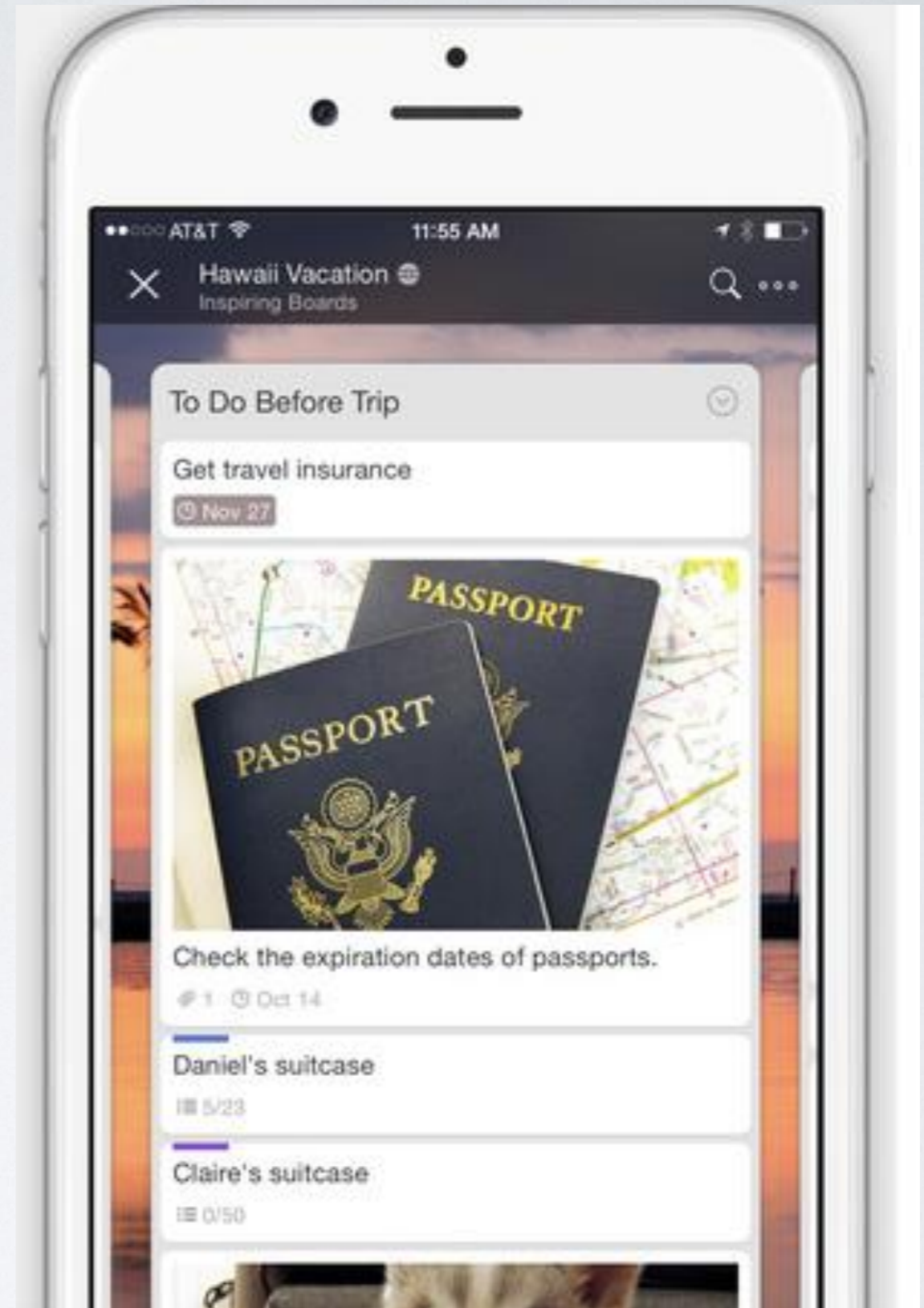
- Organization
- Healthy Living
- Travel
- Learn New Things
- RELAX!

LET'S GET
ORGANIZED!



TRELLO

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BRIGHTNES T

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9 Things You Didn't Know Could Fix a Toilet

DATE: February 20, 2014

AUTHOR: Kara



Here are nine clever fixes for common toilet problems:

1. Remove Rust with a Pumice Stone

If there's rust on your porcelain throne, scrub the ring with a pumice stone in light, even strokes. Note: Keep both the pumice stone and the toilet wet – otherwise, you may scratch the porcelain.

2. Remove Stains with Coca-Cola

Get rid of stubborn toilet bowl stains with a 12-ounce can of Coca-Cola. Pour the full can around the rim of

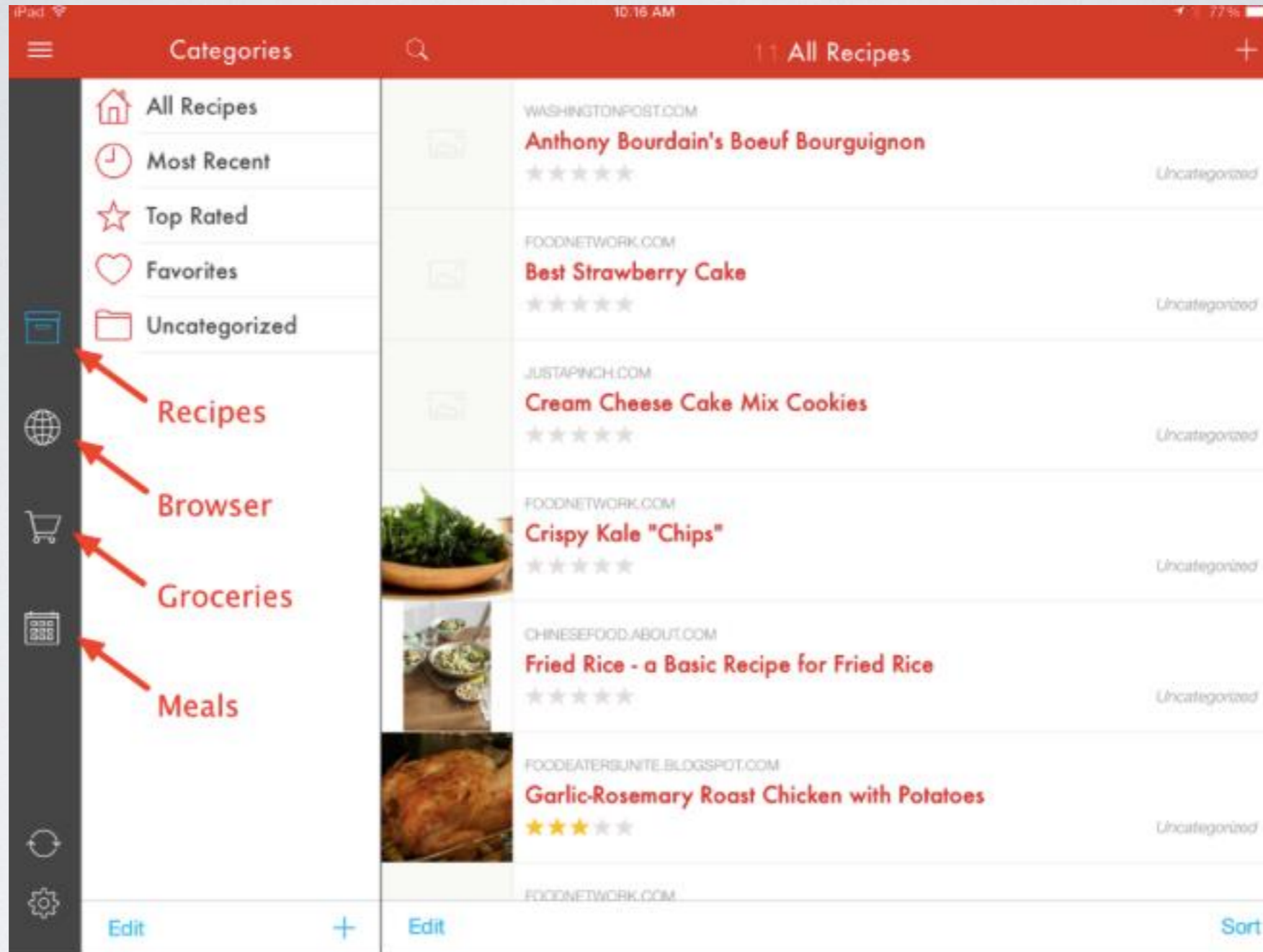
GROWING HEALTHY HABITS



EPICURIOUS

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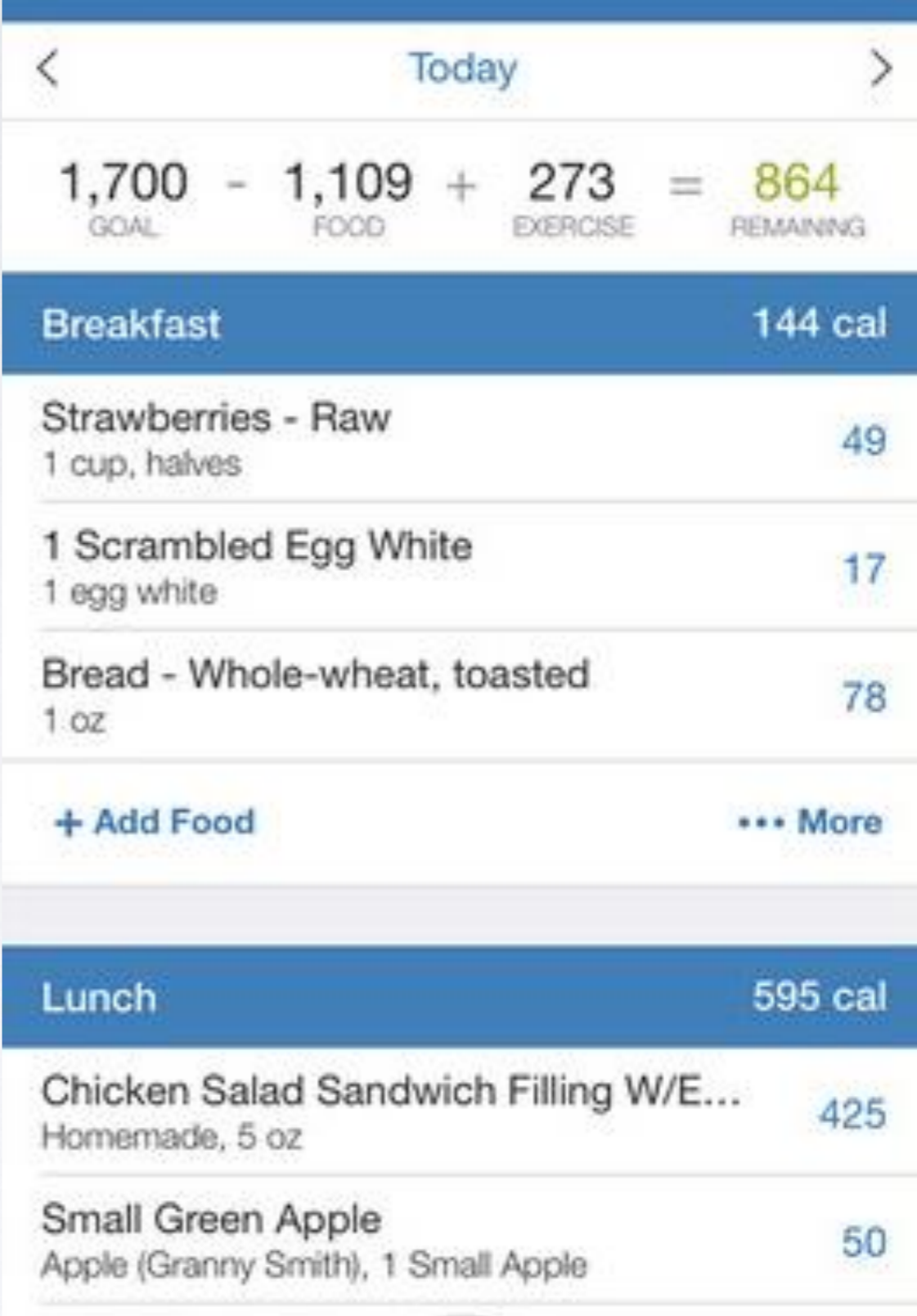


PAPRIKA

► \$4.99- all platforms

MY FITNESS PAL

► [MyFitnessPal](#) (Free) [[iOS](#) | [Android](#)]



Today	
1,700	-
GOAL	
1,109	+
FOOD	
273	=
EXERCISE	
864	
REMAINING	
Breakfast 144 cal	
Strawberries - Raw	49
1 cup, halves	
1 Scrambled Egg White	17
1 egg white	
Bread - Whole-wheat, toasted	78
1 oz	
+ Add Food	... More
Lunch 595 cal	
Chicken Salad Sandwich Filling W/E...	425
Homemade, 5 oz	
Small Green Apple	50
Apple (Granny Smith), 1 Small Apple	

**TRAIN YOUR
BRAIN!**



DUOLINGO

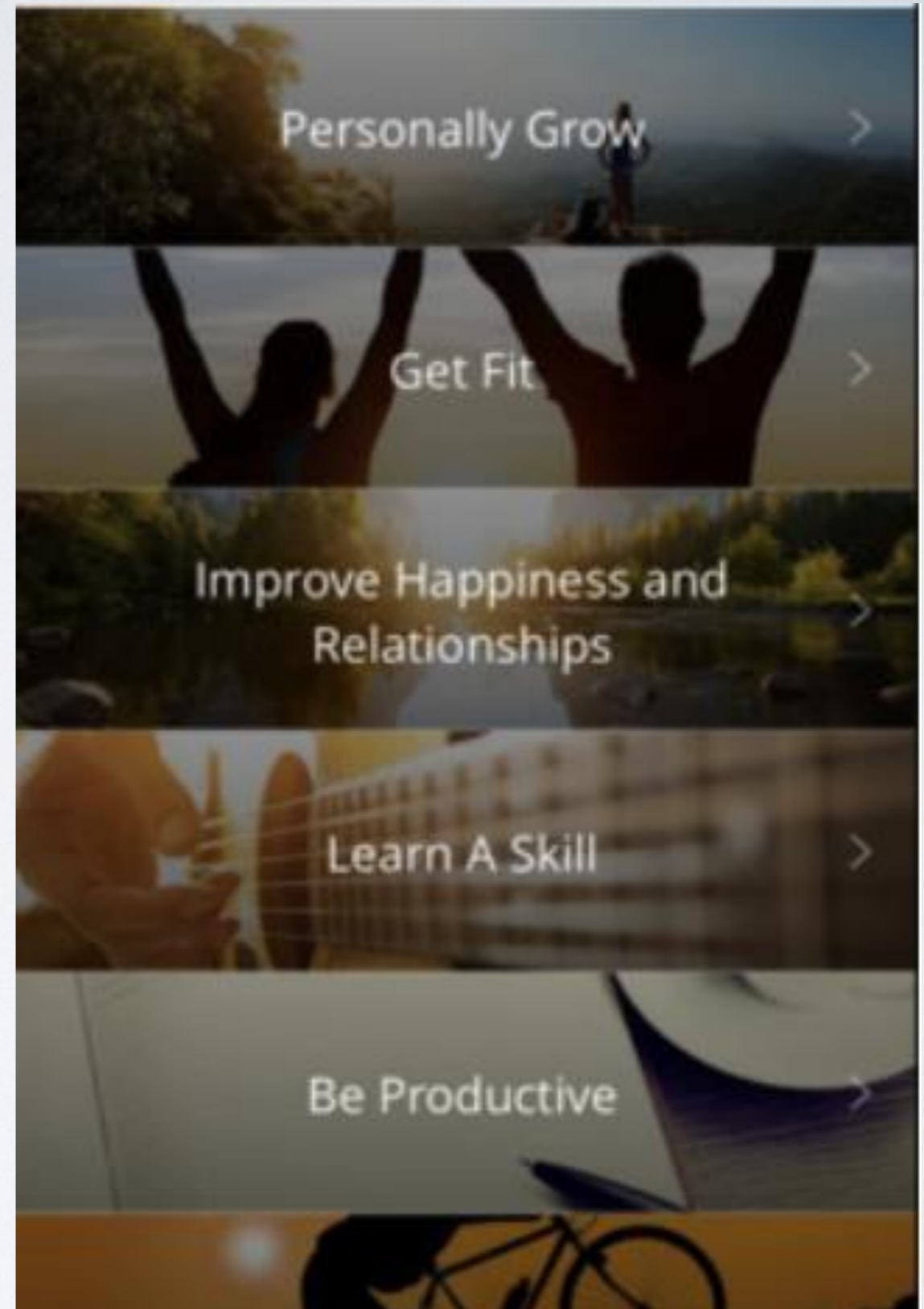
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You're on a **7 day streak.**

COACH.ME

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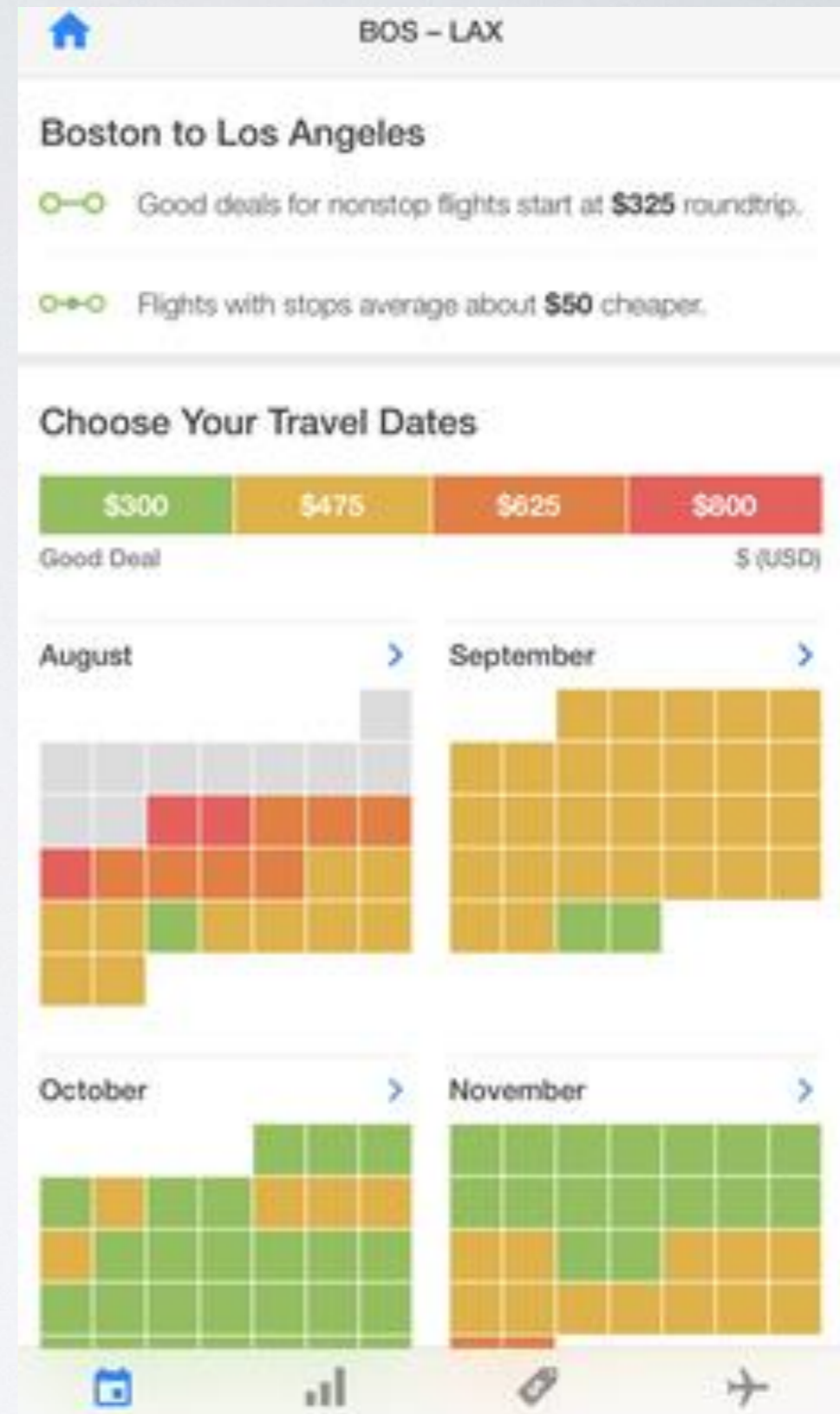


GET OUT OF
TOWN!















HOPPER

► [Hopper](#) (Free) [iOS]



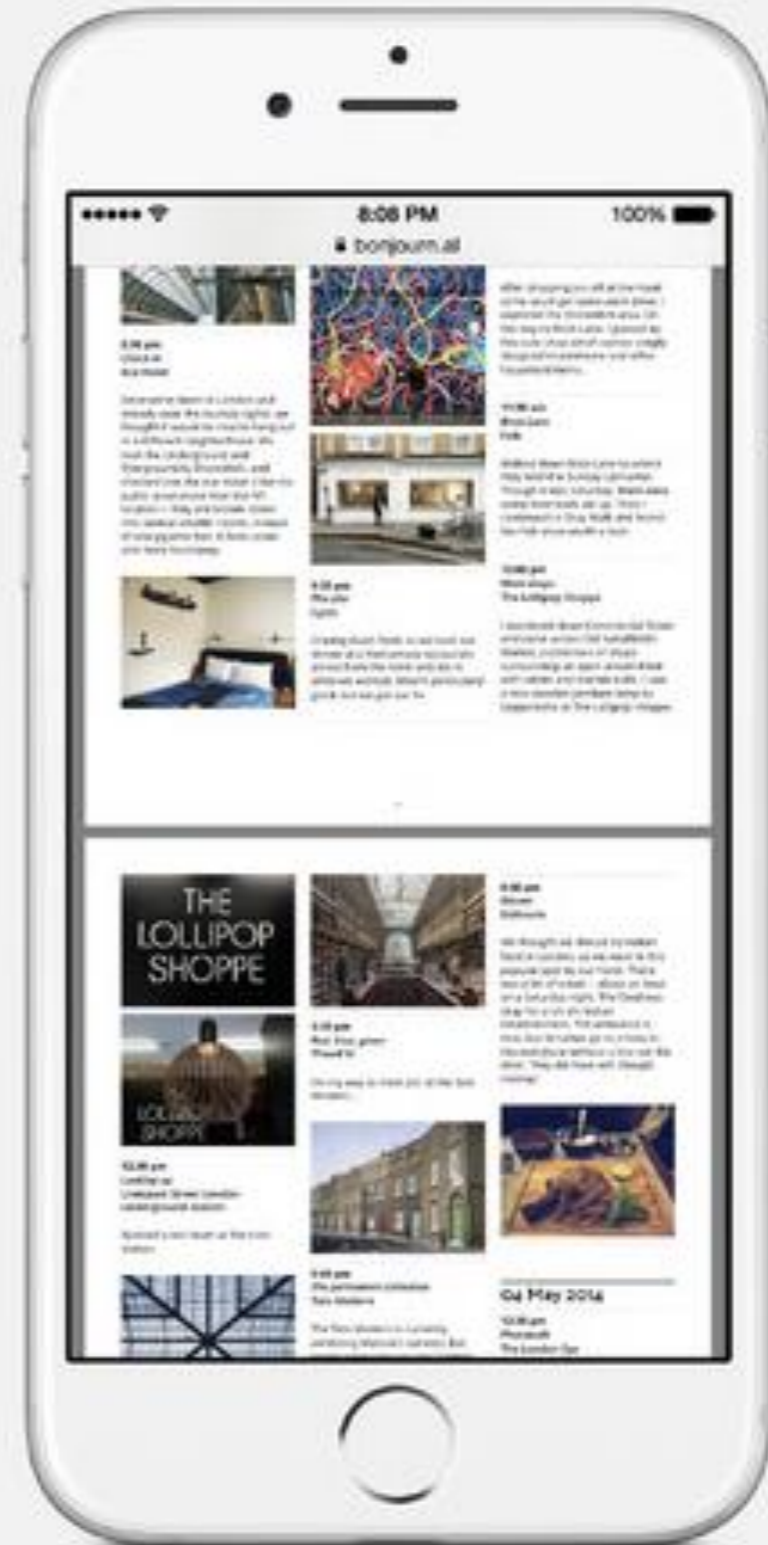
KAYAK

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BONJOURNAL

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RELAX!



Headspace - How It Works



HEADSPACE

Free [[iOS](#) | [Android](#)]

PAUSE

▶ \$0.99 [[iOS](#)]

