

## Reviews of the Top 10 Diet and Fitness Software of 2026

Welcome to our reviews of the **Best Diet and Fitness Software of 2026** (also known as [Diet & Exercise Software](#)). Check out our top 10 list below and follow our links to read our full in-depth review of each diet and fitness software, alongside which you'll find costs and features lists, user reviews and videos to help you make the right choice.

**#1**

### **Diet Power**



Whilst DietPower might not be the newest diet and fitness software available, its diet functions are pretty much unbeatable. With a range of tools which adapt to your eating habits and recommend which foods you should switch to, it's ideal for losing weight, buffing up or simply improving your general health. [Diet Power](#) has been going since the 1990s, so they have plenty of...

[» Read the Full Review of DietPower.com](#)

**#2**

### **Weightmania Pro**



[Weightmania Pro](#) is probably the most comprehensive diet and fitness software we've come across. It offers a large range of useful tools to track and analyze your food and workouts, allowing you to easily identify the factors affecting your progress. It's available to download or you can access your account on the cloud. This software works on two distinct factors: tracking and analyzing. Let's...

[» Read the Full Review of Weightmania.com](#)

#3

### Weight-By-Date



[Weight-By-Date](#) combines nutritional tracking with a wide range of exercises to help you lose weight and maintain a healthy body. The majority of its features are offline meaning that your information is all kept personal and you can access your data without having to log onto the internet. We were very happy to find that WeightByDate supplies its members with hundreds of exercises. This...

[» Read the Full Review of WeightByDate.com](#)

#4

### LIVESTRONG MyPlate



If you're looking for combined dietary and fitness ideas, plans and tracking tools, [LIVESTRONG MyPlate](#) Calorie Tracker has plenty to offer. By recording the food you eat each day and choosing from exercises, the software carefully track your calorie and nutritional intake, resulting in an accurate account of your progress. In particular, we liked the tracking tools on LIVESTRONG. You start off by telling...

[» Read the Full Review of LiveStrong.com/MyPlate](#)

#5

## Crosstrainer



[Crosstrainer](http://Crosstrainer.ca).ca offers two pieces of software (Personal or Professional editions) and two ways to use it (online or as a download). The software looks technical but is relatively easy to use, allowing you to accurately track your exercise, food and progress. This software might be a little better suited to you if you're a bit tech savvy and have some experience tracking nutrition and...

» [Read the Full Review of Crosstrainer.ca](http://Read the Full Review of Crosstrainer.ca)

#6

## Nourish Interactive



[Nourish Interactive](http://Nourish Interactive) is a child-friendly, fun filled website with games, posters, activities and more for children, all with a healthy-eating vibe. Whilst its information might not always be as scientific or in depth as you'll find elsewhere, it does have sections for parents and teachers. Its main aim is to get kids excited about healthy eating, and help them to track their progress. There...

» [Read the Full Review of NourishInteractive.com/Nutrition-Tools-Healthy-Family.com](http://Read the Full Review of NourishInteractive.com/Nutrition-Tools-Healthy-Family.com)

#7

## My Fitness Pal



Millions of people have lost weight with MyFitnessPal's FREE calorie counter. Get here first to the world's largest nutrition and calorie database - over 1 million foods!

[My Fitness Pal](#) is a completely free food and exercise tracking site. Utilizing several useful apps and an easy-use interface, members can update their profile and monitor their weight loss progress. Results can be viewed as time-sensitive graphs and members can also talk with one another using the site's forums and private message boxes. There are several key features to MyFitnessPal which make it...

» [Read the Full Review of MyFitnessPal.com](#)

#8

## DietMaster



[DietMaster](#) offers a range of diet and nutrition software packages for personal and professional use. Whilst some of its products are suitable for everyday use, we feel that it's more suitable for health care professionals, such as dietitians and coaches. At the basic end of the software packages, you'll find [DietMaster 2100](#). This is personal nutritional and diet software for use at home. It...

» [Read the Full Review of DietMasterSoftware.com](#)

#9

## Fit Day

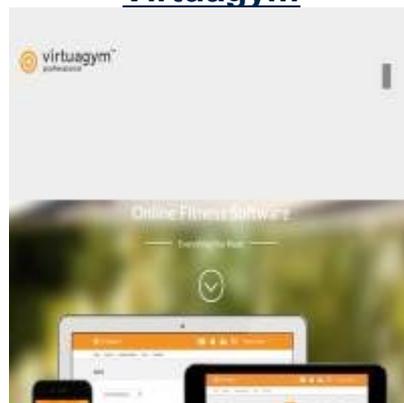


[FitDay.com](http://FitDay.com) offers a combined online tracking system with a real-life dietitian to help you lose and maintain weight. It focuses on healthy eating and exercise to change your habits and lifestyle, rather than encouraging you to suddenly shed pounds which might pile back on. It does this through providing tracking systems, expert guidance and motivational contacts. The software is available for a desktop computer...

[» Read the Full Review of FitDay.com](#)

#10

## Virtuagym



[Virtuagym.com](http://Virtuagym.com) is a little different from most of the diet and fitness software we've reviewed. It offers its users a range of services and tools to help set up an online gym and coaching service. Whether you want to provide 24 hour support for clients, wish to upload your own exercise videos, are looking to expand your membership or just want to assist your...

[» Read the Full Review of Virtuagym.com/software](#)