



Smoking remains the leading cause of preventable disease and death in the United States. And because of the nature of nicotine, it can be close to impossible to kick the habit. But there are options that can help, and your smartphone is one of them.

We've rounded up the best apps on iPhone and Android devices that can help you quit smoking. Between their quality, reliability, and great reviews, these apps will help you quit your habit one day at a time.

Written by Tim Jewell - Updated on August 25, 2020
Link: www.healthline.com/health/quit-smoking/top-iphone-android-apps#my-quit-buddy

- **QuitNow!**



iPhone rating: 4.6 stars
Android rating: 4.6 stars

Price: Free with in-app purchases

QuitNow! makes quitting easier by helping you focus your energy into four sections — your new ex-smoker status, 70 ex-smoker achievements to keep you motivated, a strong ex-smoker community, and your newfound health improvements. Browse frequently asked questions or ask the QuitNow! bot questions of your own.

- **Smoke Free**

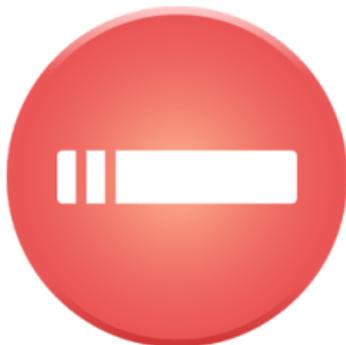


iPhone rating: 4.8 stars
Android rating: 4.7 stars

Price: Free with in-app purchases

This app takes a science-backed approach with more than 20 evidence-based techniques to help you quit smoking for good. Log your cravings and get tips for managing them, plus insights into craving patterns and graphs to monitor your overall progression. You also have the option of participating in a rigorous scientific experiment that will help more people quit smoking successfully.

- **SmokeFree**



Android rating: 4.2 stars

Price: Free

There are two ways to quit with SmokeFree. Choose the quit mode if you're highly motivated or use the reduce mode if you need more time. This app acts as your companion during the quitting process, helping you slowly reduce your cigarette use so your body adapts. Features include rich motivational tips, personal stats, and financial and health achievements.

- **Quit Tracker**



Android rating: 4.7 stars

Price: Free with in-app purchases

This app is a motivational tool which tracks the health and financial benefits you'll enjoy every day you resist a cigarette. Use the app to track how close you are to living a smoke-free life, how much money you're saving, and how much life you've regained. There's also a timeline that shows you how quickly you start enjoying health benefits.

- **EasyQuit**



Android rating: 4.8 stars

Price: Free

With this app, you can watch all aspects of your health improve, from your blood circulation and oxygen levels to your senses of taste and smell. Use the slow mode to help you stop smoking slowly, with a customized plan just for you. Earn badges as rewards and try the memory game when cravings strike.

- **Quit Genius**



iPhone rating: 4.5 stars

Price: Free

This app uses behavioral modification tools based on the ideas behind Cognitive Behavioral Therapy (CBT) to help you gain control over your own actions as you try to quit. Rather than forcing you to quit right away, the app allows you to set your own goals for quitting. The app then rewards you by telling you how much money you've saved, how many years of your life you've regained, and offers tools that can help you slowly but surely reach the finish line of quitting.

- **My QuitBuddy**



iPhone rating: 4.4 stars

Price: Free

My QuitBuddy is quite literally a "companion" app to help you track the differences in your health and lifestyle when you quit smoking. Using a live map of your body showing how much healthier your lungs and other parts of your body are, along with lists of how much money you've saved and tar you avoided putting in your body, My QuitBuddy is on your side. The app will even give you little games to play, such as doodling, to help take your mind off your cravings.

- **Flamy**



Android rating: 4.8 stars

Price: Free with in-app purchases

Flamy doesn't waste any time. Right off the bat, the app offers you a 14-day challenge to quit smoking in two weeks or a "one less every day" option that lets you gradually remove cigarettes from your lifestyle. The app also offers games that distract you from cravings, plus challenges for you and your friends so that you can motivate each other to quit smoking. Quitting smoking isn't easy, but Flamy makes it feel like a true accomplishment.

- **Stop Smoking**



Android rating: 4.4 stars

Price: Free with in-app purchases

This app will help you do exactly what it says: stop smoking. And it will stop at nothing to make sure you have the right tools to quit: a tracker telling you how much money you've saved, a diary to track your progress or share with other app users, and even a feature that allows you to see how the money you've saved can be used for items on your Amazon wishlist.

- **Quit Smoking - Stop Smoking Counter**



Android rating: 4.8 stars

Price: Free with in-app purchases

This app is meant to be an all-in-one data tracker, information source, and support system. It'll tell you how much nicotine and tar you're saving your body from plus the other benefits of quitting. Hear stories and tips from people who have successfully quit using a variety of methods, and follow proven quitting methods first introduced by British author Allen Carr.

- **Smoking Log - Stop Smoking**



Android rating: 4.5 stars

Price: Free

This app is all about goals: you enter each cigarette you smoke and then set your own goals for quitting. Then, the app gives you tools and information to show you how you're coming along every day in relation to those goals and how you can stay motivated to quit. You'll see a dashboard and charts that show your progress over time, stats that track your smoking habits over time, and notifications that measure your progress towards your goals.