

HELPFUL APPS

These apps can be a wonderful tool to reach your goals & ease the transition to a new schedule. Remember to be fair & patient with yourself. Schedule in breaks, allow time for healthy habits to form, & most importantly stay rested!

FOCUS



BE FOCUSED - FOCUS TIMER

Use this app to regulate productivity by scheduling in break times, tracking project work or studying over a period of time,



EVERYDAY HABIT TRACKER

Foster good habits by following your progress with daily or weekly check ins. Play around with colors & lists.



FOCUS@WILL

This timer app not only tracks how long you work but eases productivity with different ambiance sounds & music for optimum calm & focus.



FLORA - FOCUS HABIT TRACKER

Watch good habits grow with this app grounded in positive reinforcement. View weekly/monthly stats of various habits to meet your goals..



Pro-Tip: Instagram has a daily timer you can customize to limit the amount of time you spend on the app!
Settings -> Account -> Your Activity

ORGANIZATION



TRELLO

Trello allows you to create digital bulletin boards & lists to keep track of your to-do's from wherever you are. It is also a great way to share & collaborate with others.



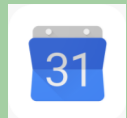
TODOIST

Organize your lists through different layouts that includes color coding and calendar views.



REMEMBER THE MILK

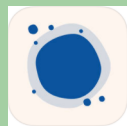
This app is similar in capability to Todoist but allows you to comment on tasks & create subtasks to hierarchically structure them.



GOOGLE CALENDAR

Calendar app that connects to all google platforms & provides color coordination, alarms, & more.

REST



MEDITATION & SLEEP

This app guides you through short sessions of relaxation & meditation to regulate rest & calm the brain



SLEEP CYCLE: SMART ALARM CLOCK

Sleep Cycle calculates how long you should sleep & when it will be easiest to wake up based on what time you go to sleep/need to wake up.