Great Executive Functioning Apps

(recommended by an OT)

- Habitica: turns tasks into a game, you create a character and get points every time you complete a task on your list. You can level your character up, get pets, get different outfits, etc.
- Visual timer app: There are many different kinds of visual timer apps, and some are geared for kids.
- Google Keep: Make lists, take photos, add notes, use voice-to-text to keep track of whatever is needed.
- Bearable: for emotional regulation awareness, lets you track your mood, sleep, energy etc.
- Tiny Decisions: for those who struggle with decision making - it helps make tiny, simple daily decisions.
- Fabriq: This is a relationship reminder tracker app, which reminds you to reach out to others.
- Multi-timer: run multiple timers at once and colour code them for different tasks.
- Emma Budget Planner: lets you track spending and expenses within a budget.
- Forest: this app grows a tree when you stay away from your phone. It can help with attention when studying/working, so you aren't distracted.
- Routinery: this app allows you to create set morning and evening routines with visual reminders and timers.
- Tiimo: a planner app that helps with routines through visual schedules and routines.
- Plant nanny: a water tracker app that reminds you to drink water throughout the day, you grow a plant on the app while you're at it!
- Owaves: a circular calendar which allows for planning meals, exercise, and sleep into a daily routine.
- Sweepy: helps track the cleanliness of a room and prioritize the most urgent tasks.
- CacoonWeaver: an audio notetaker app which helps you to collect your thoughts and transcribe them. You can organize them too.
- Worrydolls: tell your worry to a worry doll and then track it over time. You can look back at old worries and where you have come from.
- Medisafe - lets you track your medication and set reminders to take it.