Apps to support Executive Functioning

Executive Functioning is the mental process that allows us to remember things, remain on task, keep tasks organized, monitor your work and performance, remain focused on tasks, keep schedules, etc. Basically many of the things most of us take for granted as we juggle most of these tasks in our head each day. However, for individuals with weak executive functioning skills life can seem disordered, plans and assignments forgotten, meetings missed and simple tasks such as remembering where to turn in an assignment...forgotten.

These apps assist with various aspects, from timers that remind to move on to the next project, audio prompts along with an associated picture of what else needs to be done, to calendars, homework trackers and more. If the app is listed for iPad most also run on iPhones or iPods.

Quick introduction article on Executive Functioning

  http://www.ldonline.org/article/29122/ - What Is Executive Functioning?
  By: Joyce Cooper-Kahn and Laurie Dietzel

iPad/iPhone Apps for Executive Functioning Support

Planning/Organization - Managing current and future tasks.

- **Forgetful** (free) - basic ToDo and reminder lists. Text, audio and video reminders
- **Schedule Planner HD** (free - listed under iPhone apps) daily planning guide, sync with other calendars including Google Calendar or iCal
- **Wunderlist** - (free) app for all platforms, online to do lists, can share, repeated tasks
- **Plan-it, Do-it, Check it off** (4.99) photo based To-do list, add your own photos with check offs
- **Toodledo** - (free) to do lists, track priority, start-end dates, view tasks on a map, start/stop timers to track time on tasks, audible pop-up alarms
- **Photo Reminders** (.99) - take photo, create text and voice reminders, set date and sound reminders
- **Omini Focus for iPad** - (39.99) in depth task management, add photo and audio attachments
- **Planner Plus** (free/8.99) - full featured daily planner
- **30/30** - (free) task minder, alarms, break time segments up in list format, can re-order
- **myHomework Student Planner** (free/4.99) - homework, assignments, sync across other platforms, access on web
- **iStudiez Pro** ($2.99) class assignment calendar, set up classes, schedules, add homework and long term assignments, push notifications for assignments due, alarms
- **My Study Life** - Mystudylife.com - (apps for all platforms, can run from browser, listed under iPhone apps) free online class planner, and study organizer, track exams
- **Awesome Lists** (free/1.99) listing format with check boxes for finishing tasks,
- **Corkulous** (free/4.99) post it notes style corkboard, i-Cloud and Dropbox sharing of boards, can be used to create to do lists, share information
- **Sooner: to-do list & weekly planner** (4.99) color code wheel of tasks, time needed, create to do list
- **Awesome Calendar Lite** (free/6.99) monthly, daily view, unlimited event alarms, insert photos, text search for events, to-do lists

Reminder Prompts - iPad/iPhone Apps

- **VoCal Voice Reminders!** (free/.99 listed under iPhone) quick tap, record voice reminders, set alert time
- **Nag: Reminder Alarm** (free) simple alarm reminder for task completion, continued alert until task is finished

- **Due** (4.99) repeated reminders until task is finished, countdown timers, alerts, voice support
- **Voice Reminders for iPad** (2.99) Calendar reminders, set date and time alerts, record with voice
- **Remember the Milk** (subscription) access online or from any device, lists, checklists, notes
- **V-Reminder (free)** SMS, e-mail and voice call reminders
- **Easy Voice Reminder** (.99) - easy to use, basic voice reminders,
- **Audio Memos - The Voice Recorder** (free/.99) record audio memos, voice activation, calendar
- **Timer+** (free) set multiple alarms for running tasks
- **Alarmed~Reminders** (free) pop-up reminder alerts with custom messages
- **Voice Secretary** ($2.99) audio memos, calendar view, record own voice for voice alerts
- **Things** (9.99) set up tasks for day, check off, reminder of upcoming, add repeating tasks, due dates, track projects. Editor's Choice award app.
- **Bug Me! Stickies Pro** - set alarms/alerts for post it notes
- **HomeRoutines** (free) simple listings, categories, date reminders
- **Swipes** (free) to do list & task manager (free) sync tasks from Evernote, add recurring tasks, reminder notifications
- **Flow: Task & To-do list** (free) - to-do list manager, notifications
- **Clear - Tasks, Reminders & To-Do Lists** (4.99) organize and color code tasks, create lists, set reminders
- **Nudge-Reminders** (.99) - set alerts, repeats for reminders, simple and easy

Timers - Prompts

- **Timer+** (free) iPad/iPhone app, can add multiple timers that are running concurrently
- **ADHD Alarm** ($3.99) help those with adult ADHD get to work, school, or any other appointment in their day on time, add promptings for estimate time for task completion, custom alarms,
- **Time Timer** (2.99) visual on-screen countdown timer, adjustable modes
- **Snappy Timer** (free/1.99) simple tap to set timer, hour, min and seconds settings, multiple timers at once, icons, alert tomes
- **It's Done!** ($2.99) quickly confirms completion of routine tasks, can notify others task was completed, set up tasks, check mark that it is done, reminder alarms for time sensitive tasks like taking medication
- **Alarmed ~ Reminders + Timers** (free/2.99) pop-up reminder alerts, pop-up timers with custom messages, countdown, count up, pause

Organization apps for brainstorming, class notes

- **CourseNotes** (3.99) - take notes, record audio for classes, sync to cloud, access on iPad, iPhone and Mac computers
- **inClass** (free/.99) time management, video, audio, photo notes, schedules, reminders of homework due
- **Idea Flip** (free/3.99) brainstorming/concept maps - converts to outline, save to Google Drive, Dropbox, OneDrive,
- **MindMeiste**r (subscription) mind mapping tool, access online or device
- **SimpleMind+** (free/4.99) brainstorming, mind mapping tool
- **Popplet** - (free/4.99) easy to use brainstorming tool, accessible online also
- **iThoughts** (5.99) mind mapping, summarizing, brainstorm, export to multiple file formats, draw tools
- **Notability** (2.99) record audio, handwrite and sketch, type, outlines and textboxes, sync with cloud Dropbox, Google Drive, Box, more
- **PaperPort Notes** (free) - voice recognition, type, sketch, notate on documents, sync with cloud, copy/paste, search notes
- **AudioNote** - Notepad and Voice Recorder (4.99) synchs audio with note taking - type, record audio notes, sketch on documents, import photos, text, notes, drawing highlight during playback,
- **SoundNote** (4.99) tracks what you write and draw, type while recording audio,
- **Audio Memos Free - The Voice recorder** - (free/pro version) voice activation in pro version, for recording audio notes
- **QuickVoice2Text Email** (2.99) - record voice, send as e-mail attachment
- **Everenote** (free for all platforms) - note taking, upload files, images, draw, sync to cloud
- **OneNote** (free for all platforms) - note taking, upload files, images, draw, sync to cloud

Video Schedulers

- **Visual Schedule Planner** ($14.99) - add your own custom images and sounds to create visual schedules, day-week-monthly look, can add videos for tasks
- **Functional Planning System** (4.99) calendar events with video modeling
- **Video Scheduler** (12.99) create video schedules of events by date, can have multiple users,
- **I Get It -My Schedules at Social Skills Stories** (4.99) create customizable social skill stories for understanding sequences in school day, check marks on page when done
- **Picture Scheduler** (2.99) create schedules by date, time with picture supports and alarms, create repeating events, attach audio, video, picture
- **FTVS HD - First Then Visual Schedule** (14.99) create schedule sequences with video or image supports
- **My Video Schedule** (11.99) create video modeling within a structured schedule, schedule and repeat events, time and date stamped
- **Choiceworks** - (6.99) - image a visual timer for tasks and activities with picture choices when completed

- **Picture Me Calm** - A visual schedule tool for children with special needs (2.99)

Regulation

- **Breathe, Think, Do with Sesame** (Free - Android version also) - working on problem solving, self control, planning, task persistence
- **Stop, Breathe & Think** (free/.99 - Android version) meditation guide, daily check in, track progress
- **Calm - Meditate, Sleep, Relax** (Free/4.99-9.99 Android version) tools for relaxation, meditation, help with focusing
- **Unstuck** (free) steps for clarifying and moving past thoughts and feelings that are keeping you feeling stuck
- **DBT Emotion Regulation Tools** (7.99) emotion self regulation tools, understanding emotions, values & priorities, managing extreme emotions, more
- **A Simple and Free DBT Diary** (free/3.99) Dialectical Behavior Therapy Skills diary, skills to work on, quick note section, generates statistical information
- **DBT Stress Tolerance Tools** (5.99) work on tolerance, acceptance, pros & cons, distractions, relaxation, more
- **Zones of Regulation** ($5.99 - Android version also) helping students to understand how to regulate their behaviors
- **SimplyNoise** - (.99 - app for Android also) create white, pink, brown noise to minimize distractions, increase focus, sleep timer, more
- **Smiling Mind** - (free) mindfulness mediation app
- **Take a Chill - Stressed Teens** (1.99) quick exercises to alleviate stress, progress tracking, quick assessment, tracking, notes, audio tracks for exercises, motivational quotes
- **Calm Counter Social Story & Anger Management Tool** (2.99) choose from different calming down strategies

Android Apps for Executive Functioning Support

Homework/Assignment Tracking

- **Homework** (free) assignment tracking
- **myHomework Student Planner** (free) assignment tracking
- **Studious** (free) assignment tracking
- **My Class Schedule** (free) - class schedules, assignment tracking
- **Schedule Planner** (free) daily/monthly calendar, task check off, set multiple reminders
- **TimeTune Schedule Planner** (free) time management based on routines, reminder prompts, design and send custom schedules to other people

Brainstorm apps

- **Mindmeister** (free) brainstorming
- **SimpleMind** (free) mind mapping
- **MindMeister** (free) mind mapping
- **Mindomo** (free) mind mapping, import images

Calendars/To-do lists

- **Swipes - To-Do & Task** Lists (free) set priorities, get reminders, set list on timeline
- **Time for School** (1.49) reminder alarms (audio or vibrate) for waking, class schedules, reminder prompts
- **Pocket Informant- Events, Tasks** (9.99) extensive events planning, daily, weekly, monthly calendar, events in progress, overdue
- **Tasks** (free/.99) to-do lists, due date reminders
- **To Do List** (free/6.99) check list reminders
- **Simplest Checklist** (free) easy to use checklist
- **Wunderlist** free -(www.wunderlist.com) accessible from all devices

Notetaking

- **ColorNote Notepad Notes** (free) color code notes/sections
- **OneNote** (free) full featured notes, syncs to cloud, access on all devices
- **EverNote** (free) full featured notes, syncs to cloud, access on all devices
- **LectureNotes** (3.59) record audio, video, draw and typing tools, export to OneNote, Evernote, scroll and zooming

Memory Reminders

- **Priority Matrix** (free) track progress, recurring tasks, colors to indicate priority, set start, due, completion dates
- **iPrompts - ASD Visual Support** (9.99) picture schedules, countdown timers, create social stories, choice prompts
- **Notify Me** (free) simple application, you can create quick reminders for yourself and display them in a notification
- **BugMe! Sticky Notes** (free/.99) easy to use post-it note style to-do lists, set alarms and reminders
- **Quick notes** (free) Use color classification notes, Todo, checklist, shopping list, Search for records
- **StayOnTask** (free) timer prompts for staying on task

Chrome Apps for Executive Functioning Support

Organization

- **My Time Organizer**
- **GoClock** - online time tracking
- **Bubbl.US** - brainstorming
- **Mindmeister** - brainstorming
- **MindMup** - brainstorming
- **Google Keep - notes and lists**

Memory

- **Remember the Milk**
- **Reminders**
- **Owl Reminder for Google Calendar**
- **My Homework Reminder**
- **Chrome Reminder**
- **Wunderlist**

Planning
- **Todoist for Chromebook**
- **Progress Bar Timer**
- **My Time Organizer**
- **DropTask**
- **TickTick - Todo & Task List**
- **Any.Do**
- **My Time Organizer**

Attention

- **Task timer**

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    Records audio and notes synchronously