


# Executive Functioning App Matrix

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App / Developer	Addresses this Executive Function	iOS as of June 10, 2016	Google as of June 10, 2016	Comments/ Features
<a href="#">30/30 By Binary Hammer</a>	Shift / Flexible Thinking	Free	N/A	color coding, can share lists via email, visual timer
<a href="#">Choiceworks By Bee Visual, LLC</a>	Shift / Flexible Thinking	\$6.99	N/A	Text, Picture, Video (new) Picture Library, Audio, Customizable, Timers, Up to 8 tasks, printable
<a href="#">VisTimer By Mindfultools</a>	Shift / Flexible Thinking	\$1.99	N/A	.Color, Visual timer

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<a href="#">Time Timer By Time Timer LLC</a>	Shift / Flexible Thinking	\$2.99 iPhone /\$4.99 iPad	<a href="#">\$0.99</a>	Color, visual timer
<a href="#">Sōsh™ By Dr. Mark Bower</a>	Emotional Control	Free / \$39.99	N/A	Social skill enhancement, comprehensive app, different aspects sold individually if needed
<a href="#">Chillax by Wimbledon Sound</a>	Emotional Control	Free	N/A	binaural beats
<a href="#">Relax Melodies HD: Sleep zen sounds &amp; white noise for meditation, yoga and baby relaxation By iLBSOft</a>	Emotional Control	Free	<a href="#">Free</a>	binaural beats
<a href="#">At Ease By Meditation Oasis</a>	Emotional Control	\$2.99	<a href="#">\$2.99</a>	Breathing meditations and journaling
<a href="#">Lotus Bud By Chad Sager</a>	Task Initiation	Free	N/A	iWatch compatible, Random bell alarm, in app purchases
<a href="#">FTVS HD - First Then Visual Schedule HD By Good Karma Applications, Inc</a>	Task Initiation	\$14.99	N/A	Printable, Text, Audio, Pictures, Video, Picture library, Share,
<a href="#">iPrompts By Handhold Adaptive, LLC</a>	Task Initiation	\$49.99	<a href="#">\$9.99</a>	Text, Audio, Pictures, Video, Picture library
<a href="#">Plan It, Do it, Check it Off</a>	Task Initiation	\$4.99	N/A	Text, Audio, Pictures, simple format
<a href="#">Reminders, Calendar, Alarm and Voice Reminder - Aida Reminder by Sergio Licea</a>	Self Monitoring	Free / \$0.99	N/A	Voice Reminders, Nag feature

<a href="#">Alarmed ~ Reminders + Timers By Yoctoville</a>	Self Monitoring	Free / \$4.99	N/A	Nag feature, completely customizable. Preset and flexible times, adjustable text size
<a href="#">PhotoMind by Koedal Inc.</a>	Self Monitoring	\$2.99	N/A	iWatch compatible, Text and pictures as reminder
<a href="#">Super Notes: Recorder, Note, Memos, Photos. Notebook plus Notepad. free By Clear Sky Apps LTD</a>	Self Monitoring	\$3.99	N/A	Text, pictures, audio recording, color coding, sharable
<a href="#">Priority Matrix By Appfluence LLC</a>	Planning and Prioritizing	Free	<a href="#">Free</a>	Color coding, 4 quadrant organization, in app purchases
<a href="#">EasyPhone App By HJ Holdings LLC</a>	Planning and Prioritizing	\$0.99	<a href="#">\$1.00</a>	Two steps to make a phone call. Tap on Picture of person to call
<a href="#">Launcher with Notification Center Widget By Cromulent Labs</a>	Planning and Prioritizing	Free	N/A	Picture identification for tasks, call, messaging and texts
<a href="#">myHomework Student Planner by Rodrigo Neri</a>	Planning and Prioritizing	Free	<a href="#">Free</a>	in app purchases, planner with reminders
<a href="#">inClass By inclass Inc.</a>	Planning and Prioritizing	Free	N/A	Video, audio and photo notes
<a href="#">DropTask HD - Visual To-Do List by Think Productivity</a>	Planning and Prioritizing	Free	<a href="#">Free</a>	Organization via visual map, collaboration
<a href="#">myShopi - Shopping list - Grocery list By Agilys</a>	Organization	Free	<a href="#">Free</a>	Can add photos, photo library available

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<a href="#">Popplet By Notion</a>	Organization	Free / \$4.99	N/A	Simple layout, Color coding, can export
<a href="#">Due By Due Apps LLP</a>	Organization	\$4.99	N/A	iWatch, Nag feature
<a href="#">BugMe! Stickies Pro - Ink Notepad &amp; Alarms By Electric Pocket</a>	Organization	Free / \$1.99	<a href="#">\$0.99</a>	in app purchases, color coding
<a href="#">Inspiration Maps By Inspiration Software Inc.</a>	Organization	\$9.99	N/A	Color coding, visual mapping, picture library
<a href="#">Notability By Ginger Labs</a>	Working Memory	\$7.99	N/A	Color Coding, Audio Recording with time stamp, Add pictures and text
<a href="#">AudioNote - Notepad and Voice Recorder By Luminant Software, Inc</a>	Working Memory	\$4.99	<a href="#">\$5.99</a>	Audio recording with time stamp, add pictures and text
<a href="#">Microsoft OneNote</a>	Working Memory	Free	<a href="#">Free</a>	Color Coding, Audio Recording with time stamp, iWatch compatible, Add pictures and text
<b>Notes (Standard iOS)</b>	Working Memory	Free	N/A	Syncs across devices
<a href="#">CanPlan By University of Victoria</a>	Working Memory	Free	N/A	in app purchase \$14.99, Text, Audio, Pictures, Video, Add reminders
<a href="#">Picture Scheduler By Petr Jankuj</a>	Working Memory	\$2.99	N/A	Text, Audio, Pictures, Video, Add reminder, not updated recently

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<a href="#">Say&amp;Go</a>	Working memory	\$2.99	N/A	Audio reminders, iwatch compatible, one tap, auto share
<a href="#">Tools4Students</a> by Mobile Learning Services.	Planning, Organization, Brainstorming	\$0.99	N/A	25 graphic organizers supporting common comprehension skills like main idea and detail, sequencing, compare & contrast etc. (Also check out Tools4Students 2; 25 more graphic organizers and a blank template to design your own)
<a href="#">Errands To-Do-List</a>	Task Management, Working Memory, Planning	Free	N/A	Folders, Checklists, Task Images, Scheduling & Repeating, Alerts (alarms), Automatic Badge Updating, Calendar View, Mail Tasks, Multiple View Modes, Search
<b>The following are Chrome Apps &amp; Extensions.</b>		<b>Will Not run on an iDevice</b>		<b>All Chrome Apps &amp; Extensions are Found in the Chrome Web Store. They can only run on the Chrome Browser.</b>
<a href="#">Session Buddy</a>	Organization, Memory, Research	N/A	Free	This is a Chrome extension, found in the Chrome Web Store. Save all open tabs by topic to get back to later.
<a href="#">Connected Mind</a>	Mind Mapping, Planning, Organization	<a href="#">Free</a>	Free	Mind Mapping, Brainstorming, Color Coded Shapes or Use Images, cloud storage
<a href="#">LucidChart for Education</a>	Organization, Planning, Memory	<a href="#">Free</a>	Free	Hundreds of Templates and Examples: <ul style="list-style-type: none"> <li>- Flowcharts</li> <li>- Venn Diagrams</li> <li>- Graphic Organizers</li> <li>- Mind Maps</li> <li>- Org Charts</li> </ul>
<a href="#">To Do List</a>	Planning, Memory	N/A	Free	Easy, Simple, To Do Lists- Plan Today, Tomorrow, This week, This month, etc.

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<a href="#">Google Keep</a>	Planning, Memory, Organization		Free	Color Coded Sticky Notes, Lists, Sharing
<a href="#">Strict Workflow</a>	Focus, Time on Task, Productivity, Attention	N/A	Free	Enforces a 25min/5min workflow: 25 minutes of distraction-free work, followed by 5 minutes of break. Repeat as necessary.
<a href="#">Stay Focused</a>	Focus, Time on Task, Productivity, Attention	N/A	Free	Increases your productivity by limiting the amount of time that you can spend on time-wasting websites. Customizable.
<a href="#">One-Click Timer</a>	Time on Task, Focus, Productivity	N/A	Free	Large, red, visual and audio timer. Up to 60 minutes. Also check out Progress Bar timer and other timer options in the Chrome web store.
<a href="#">Readability</a>	Focus, Time on Task, Working Memory	N/A	Free	"Read Now" to disable surrounding webpage noise and clutter, get rid of distracting videos and ads <ul style="list-style-type: none"> <li>• "Read Later" to save content to your personal reading list</li> <li>• "Send to Kindle" to send any web page to your Kindle in a comfortable reading view</li> <li>• Configurable content appearance: font color and size</li> </ul>
<a href="#">Read Write Google (Highlighters)</a> <b>Also a Free Add-On in Google Docs</b>	Organization, Focus	N/A	Subscripti on after 30 days for extension , Add-On is Free	Highlight content on the internet, a PDF, or Doc for organization of thoughts and content. Combine with text to speech for memory, recall, focus.
<a href="#">Remind</a>	Reminders, Scheduling		Free	A free and safe way for teachers to text reminders to students and parents.

<a href="#">My StudyLife</a> And <a href="#">MyHomework</a>	Scheduling, Reminders, Planning, Task Management	Free	Free	Free digital agenda to keep track of homework, assignments, projects, activities.
<b>Free Web Resources</b> <a href="#">Cold Turkey</a> <a href="#">Self-Control (Mac)</a>	Free with subscription options offered.			All Browsers Distraction Free Browsing/ Research, time on task, Focus.

## Smart Watches:

[Apple Watch](#)

[Pebbles Watch](#)

[Martian Watch](#)

[ReVibe by Fokus Labs](#)

[Luiz Perez Tips and Tricks](#)

<http://www.consumerreports.org/smartwatches/the-best-smartwatches-for-your-money>

## Resources:

Windows 10 Accessibility <https://www.microsoft.com/enable/education/>

*See Feature Matching Table below! ↓↓*



## Feature Matching Executive Functioning Apps

<p><u>Device</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> iPad</li> <li><input type="checkbox"/> iPhone</li> <li><input type="checkbox"/> Android Tablet</li> <li><input type="checkbox"/> Android Phone</li> <li><input type="checkbox"/> Windows Tablet</li> <li><input type="checkbox"/> Windows Phone</li> </ul> <p><u>Input Method</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Typing Text</li> <li><input type="checkbox"/> Voice</li> <li><input type="checkbox"/> Pictures</li> <li><input type="checkbox"/> Video</li> <li><input type="checkbox"/> Drop Down Menus</li> <li><input type="checkbox"/> Icons</li> </ul>	<p><u>Output Features</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Visual</li> <li><input type="checkbox"/> Text</li> <li><input type="checkbox"/> Images</li> <li><input type="checkbox"/> Video</li> <li><input type="checkbox"/> Icons</li> <li><input type="checkbox"/> Colors</li> <li><input type="checkbox"/> Auditory</li> <li><input type="checkbox"/> Sounds</li> <li><input type="checkbox"/> Alarms</li> <li><input type="checkbox"/> Music</li> <li><input type="checkbox"/> Voice</li> <li><input type="checkbox"/> Tactile</li> <li><input type="checkbox"/> Vibration</li> </ul> <p><u>Preferred Features</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Nag</li> <li><input type="checkbox"/> Snooze</li> <li><input type="checkbox"/> Sync between devices</li> <li><input type="checkbox"/> Notification Type</li> <li><input type="checkbox"/> Banner</li> <li><input type="checkbox"/> Alert</li> <li><input type="checkbox"/> Push Notifications to others</li> </ul>	<p><u>Output reminders</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Type</li> <li><input type="checkbox"/> Frequency</li> <li><input type="checkbox"/> Duration</li> </ul> <p><u>Executive Function Deficit Area</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Impulse Control</li> <li><input type="checkbox"/> Shift / Flexible Thinking</li> <li><input type="checkbox"/> Emotional Control</li> <li><input type="checkbox"/> Task Initiation</li> <li><input type="checkbox"/> Planning and Prioritizing</li> <li><input type="checkbox"/> Organization</li> <li><input type="checkbox"/> Self Monitoring</li> <li><input type="checkbox"/> Working Memory</li> </ul>
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