Executive Functioning App Matrix

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**iOS: Remember Built-In (Free) features: Calendar, Reminders, Notifications.

App / Developer	Addresses this Executive Function	iOS as of June 10, 2016	Google as of June 10, 2016	Comments/ Features

30/30 By Binary Hammer	Shift / Flexible Thinking	Free	N/A	color coding, can share lists via email, visual timer
Choiceworks By Bee Visual, LLC	Shift / Flexible Thinking	$6.99	N/A	Text, Picture,Video, Picture Library, Audio, Customizable, Timers, Up to 8 tasks, printable
VisTimer By Mindfultools	Shift / Flexible Thinking	$1.99	N/A	Color, Visual timer
Time Timer By Time Timer LLC	Shift / Flexible Thinking	$2.99 iPhone /$4.99 iPad	$0.99	Color, visual timer
Sōsh™ By Dr. Mark Bower	Emotional Control	Free / $39.99	N/A	Social skill enhancement, comprehensive app, different aspects sold individually if needed
Chillax by Wimbledon Sound	Emotional Control	Free	N/A	binaural beats
Relax Melodies HD: Sleep zen sounds & white noise for meditation, yoga and baby relaxation By iLBSoft	Emotional Control	Free	Free	binaural beats
At Ease By Meditation Oasis	Emotional Control	$2.99	$2.99	Breathing meditations and journaling
Lotus Bud By Chad Sager	Task Initiation	Free	N/A	iWatch compatible, Random bell alarm, in app purchases
FTVS HD - First Then Visual Schedule HD By Good Karma Applications, Inc	Task Initiation	$14.99	N/A	Printable, Text, Audio, Pictures,Video, Picture library, Share,

iPrompts By Handhold Adaptive, LLC	Task Initiation	$49.99	$9.99	Text, Audio, Pictures, Video, Picture library
Plan It, Do it, Check it Off	Task Initiation	$4.99	N/A	Text, Audio, Pictures, simple format
Reminders, Calendar, Alarm and Voice Reminder - Aida Reminder by Sergio Licea	Self Monitoring	Free / $0.99	N/A	Voice Reminders, Nag feature
Alarmed ~ Reminders + Timers By Yoctoville	Self Monitoring	Free / $4.99	N/A	Nag feature, completely customizable. Preset and flexible times, adjustable text size
PhotoMind by Koedal Inc.	Self Monitoring	$2.99	N/A	iWatch compatible, Text and pictures as reminder
Super Notes: Recorder, Note, Memos, Photos. Notebook plus Notepad. free By Clear Sky Apps LTD	Self Monitoring	$3.99	N/A	Text, pictures, audio recording, color coding, sharable
Priority Matrix By Appfluence LLC	Planning and Prioritizing	Free	Free	Color coding, 4 quadrant organization, in app purchases
EasyPhone App By HJ Holdings LLC	Planning and Prioritizing	$0.99	$1.00	Two steps to make a phone call. Tap on Picture of person to call
Launcher with Notification Center Widget By Cromulent Labs	Planning and Prioritizing	Free	N/A	Picture identification for tasks, call, messaging and texts
myHomework Student Planner by Rodrigo Neri	Planning and Prioritizing	Free	Free	in app purchases, planner with reminders

inClass By inclass Inc.	Planning and Prioritizing	Free	N/A	Video, audio and photo notes
DropTask HD - Visual To-Do List by Think Productivity	Planning and Prioritizing	Free	Free	Organization via visual map, collaboration
myShopi - Shopping list - Grocery list By Agilys	Organization	Free	Free	Can add photos, photo library available
Popplet By Notion	Organization	Free / $4.99	N/A	Simple layout, Color coding, can export
Due By Due Apps LLP	Organization	$4.99	N/A	iWatch, Nag feature
BugMe! Stickies Pro - Ink Notepad & Alarms By Electric Pocket	Organization	Free / $1.99	$0.99	in app purchases, color coding
Inspiration Maps By Inspiration Software Inc.	Organization	$9.99	N/A	Color coding, visual mapping, picture library, turn to outline
MindNode	Organization	$9.99	N/A	Mac Compatible, Color coding, visual mapping, turn to outline, Apple Watch Compatible
Notability By Ginger Labs	Working Memory	$7.99	N/A	Color Coding, Audio Recording with time stamp, Add pictures and text
AudioNote - Notepad and Voice Recorder By Luminant Software, Inc	Working Memory	$4.99	$5.99	Audio recording with time stamp, add pictures and text

Microsoft OneNote	Working Memory	Free	Free	Color Coding, Audio Recording with time stamp, iWatch compatible, Add pictures and text
Notes (Standard iOS)	Working Memory	Free	N/A	Syncs across devices
CanPlan By University of Victoria	Working Memory	Free	N/A	in app purchase $14.99, Text, Audio, Pictures, Video, Add reminders
Picture Scheduler By Petr Jankuj	Working Memory	$2.99	N/A	Text, Audio, Pictures, Video, Add reminder, not updated recently
Say&Go	Working memory	$2.99	N/A	Audio reminders, iwatch compatible, one tap, auto share
Tools4Students 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)
Errands To-Do-List	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
Switching Gears! iOS to Google				
The following are Chrome Apps & Extensions.		**Will NOT run on an iDevice**		**All Chrome Apps & Extensions are Found in the Chrome Web Store.**

				They can only run on the Chrome Browser. *(Laptop, Chromebook, Surface, Windows Tablet)*
EE				
Extensity	Organization	N/A	Free	Use this to manage your extensions and enable/ launch them easily, or disable.
Session Buddy	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.(Also see OneTab)
MindOmo	Planning, Organization	Free	Free	Brainstorming/ MindMapping
Visor	Focus, Attention, Research	N/A		Screen Masking (compared to new RW Google)
Connected Mind	Mind Mapping, Planning, Organization	Free	Free	Mind Mapping, Brainstorming, Color Coded Shapes or Use Images, cloud storage
LucidChart for Education	Organization, Planning, Memory	Free	Free	Hundreds of Templates and Examples: - Flowcharts - Venn Diagrams - Graphic Organizers - Mind Maps - Org Charts
To Do List	Planning, Memory	N/A	Free	Easy, Simple, To Do Lists- Plan Today, Tomorrow, This week, This month, etc.
Google Keep	Planning, Memory, Organization		Free	Color Coded Sticky Notes, Lists, Sharing
Strict Workflow	Focus, Time on Task,	N/A	Free	Enforces a 25min/5min workflow: 25 minutes of distraction-free work, followed by 5 minutes of break. Repeat as necessary.

	Productivity, Attention			
Stay Focused	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.
One-Click Timer	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.
Readability	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 • "Read Later" to save content to your personal reading list • "Send to Kindle" to send any web page to your Kindle in a comfortable reading view • Configurable content appearance: font color and size
Read Write Google **(Highlighters, Screen masking, text to speech)** **Highlighters are also a Free Add-On in Google Docs**	Organization, Focus, Attention)	N/A	Subscription 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. Newly added screen masking for focus and attention.
Remind	Reminders, Scheduling		Free	A free and safe way for teachers to text reminders to students and parents.
My StudyLife And **MyHomework**	Scheduling, Reminders, Planning, Task Management	Free	Free	Free digital agenda to keep track of homework, assignments, projects, activities.

Free Web Resources **Cold Turkey** **Self-Control (Mac)**	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/

Feature Matching Executive Functioning Apps

Device
- ❏ iPad
- ❏ iPhone
- ❏ Android Tablet
- ❏ Android Phone
- ❏ Windows Tablet
- ❏ Windows Phone

Input Method
- ❏ Typing Text
- ❏ Voice
- ❏ Pictures
- ❏ Video
- ❏ Drop Down Menus
- ❏ Icons

Output Features
- ❏ Visual
- ❏ Text
- ❏ Images
- ❏ Video
- ❏ Icons
- ❏ Colors
- ❏ Auditory
- ❏ Sounds
- ❏ Alarms
- ❏ Music
- ❏ Voice
- ❏ Tactile
- ❏ Vibration

Preferred Features
- ❏ Nag
- ❏ Snooze
- ❏ Sync between devices
- ❏ Notification Type
- ❏ Banner
- ❏ Alert
- ❏ Push Notifications to others

Output reminders
- ❏ Type
- ❏ Frequency
- ❏ Duration

Executive Function Deficit Area
- ❏ Impulse Control
- ❏ Shift / Flexible Thinking
- ❏ Emotional Control
- ❏ Task Initiation
- ❏ Planning and Prioritizing
- ❏ Organization
- ❏ Self Monitoring
- ❏ Working Memory