

# Best Apps For Executive Function Support

## Alarmy

- Time management
- Task initiation

## CogMed

- working memory
- sustained attention
- metacognition

## Speechify

- text to speech
- Sustained Attention
- time management

## Finish

- task initiation
- prioritization

## Forest

- time management
- Sustained Attention

## MediSafe

- planning
- organization
- task initiation

## Pomotodo

- time management
- task initiation

## Evernote

- planning, prioritization
- organization
- task initiation

## ChoiceWorks

- flexibility
- emotional control
- response inhibition

## MindMeister

- organization
- planning, prioritization
- goal directed persistence

## Trello

- planning, prioritizing
- organization
- goal directed persistence

## Worry Box

- metacognition
- emotional control
- stress tolerance
- flexibility

## Offtime

- Sustained Attention
- response inhibition
- planning, prioritization

## Mint

- response inhibition
- organization
- goal directed persistence

# App Links

Alarmy

CogMed

Speechify

Finish

Forest

Medisafe

Pomotodo

Evernote

Choice  
works

Mind  
Meister

Trello

Worry\_Box

Offtime

Mint

