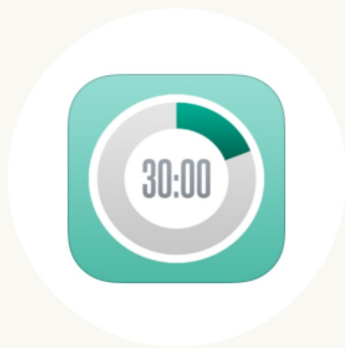


Helpful Apps for ADHD



Remember The Milk

- Don't try to remember everything! This app makes it super easy to create lists & reminders



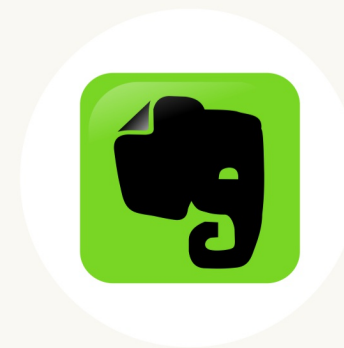
30/30

- Set a timer for specific activities and schedule in time for breaks!



Priority Matrix

- Detailed task manager that tracks task steps & project completion



Evernote

- Saves all your notes & doodles. Accessible across devices & share with others



Dropbox

- Store files in one place. Great mobile access & ability to share files with others. 2 gb free!



Dragon

- Transform speech into text. Compose emails, texts, & social media updates with your voice



Real Time

- Runs on mobile device and gives you daily report about how you spend your time on that device



Mint

- Super easy to create a budget. Great tips for improving credit and paying off debt



ADDA

- ADHD association app that tracks symptoms, provides medication reminders, tracks mood, & creates routines