



Streamline your Life: 10 Apps to Save you Time

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Categories

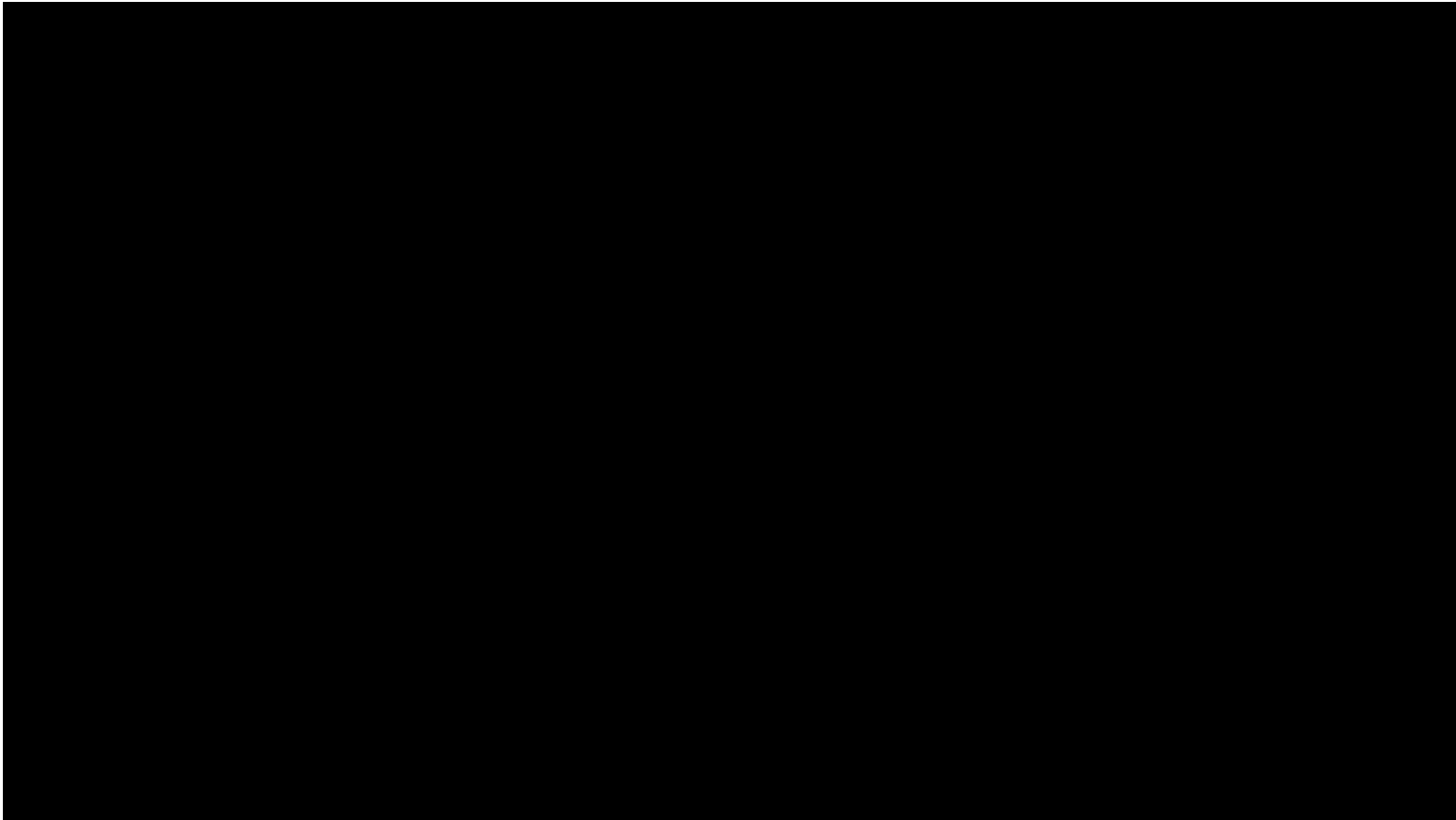
- Organization & Productivity
- Parenting
- Healthy Habits

Sweepy - Household Upkeep

- Stay on top of recurring household tasks/chores
- Delegate, delegate, delegate
- Assign tasks by room and select frequency for each task
- Create custom tasks or custom rooms
- Gamification
- Free (Add-ons for a fee)

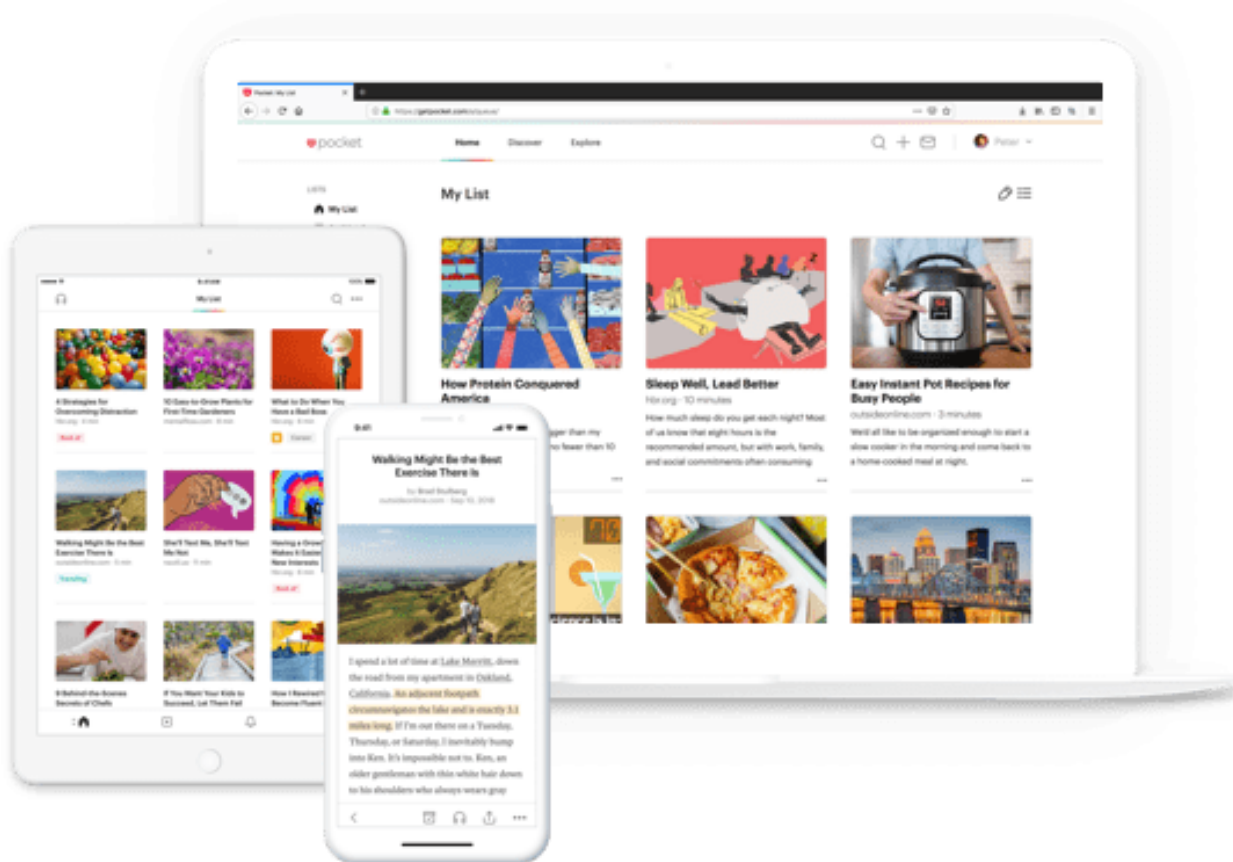


Cozi - Family Organizer



- Coordinate, communicate everyone's schedules
- Track grocery lists
- To-do lists
- Meal planner, recipes
- Universal reminders to all family members
- #1 family organizing app
- FREE

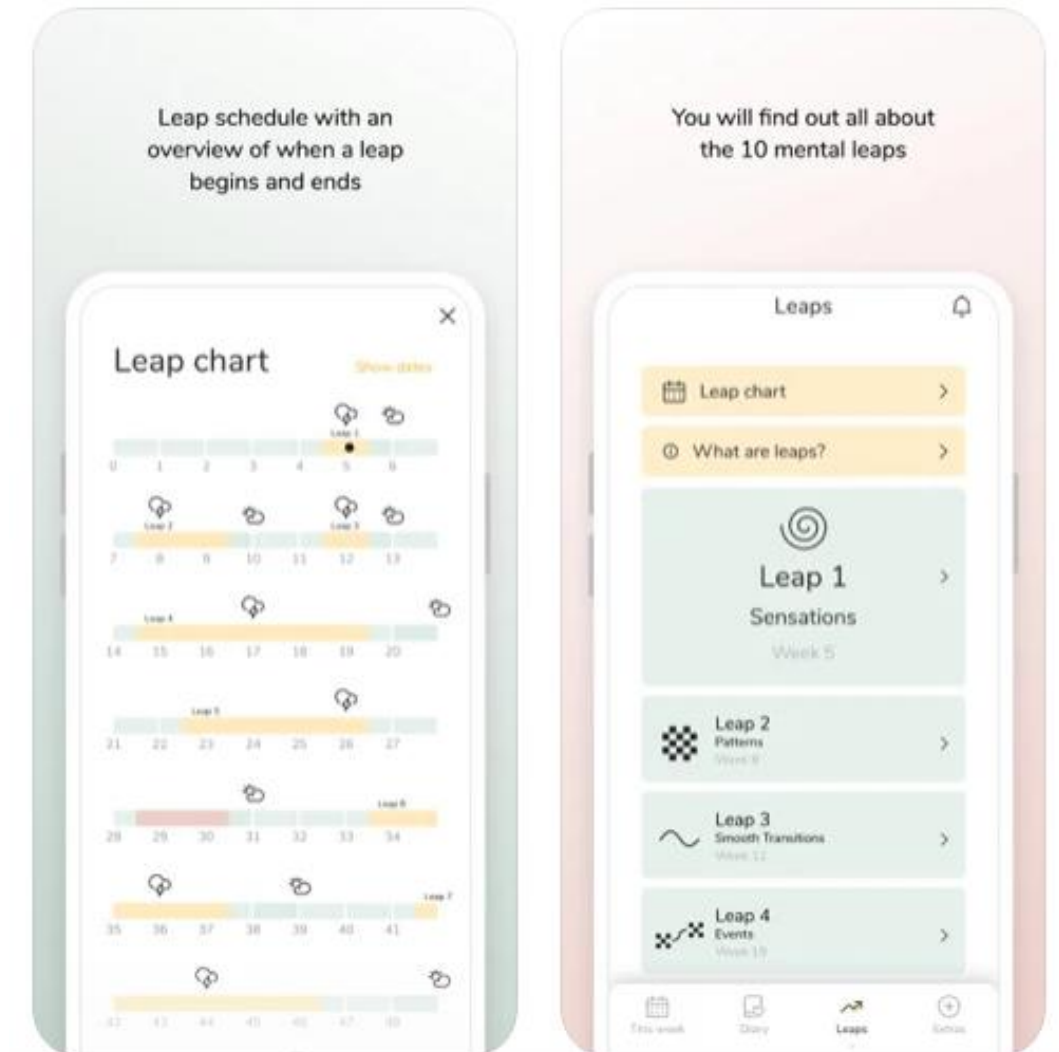
Pocket - Clean Bookmarking



- Striking visual sorting system
- Smooth interface
- 10X Webby Award Winner
- FREE

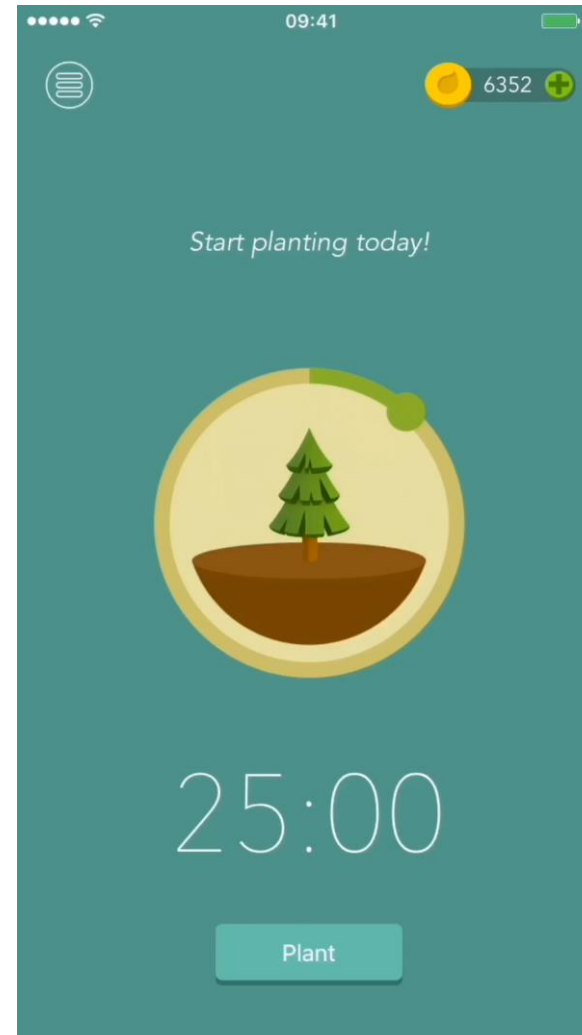
Wonderweeks - Development Tracker

- Peace of mind and predictability re: baby's mood/development
- Leap system
- Approximate leap schedule
- Diary section for your child
- “Best Paid App of 2020” (\$4)



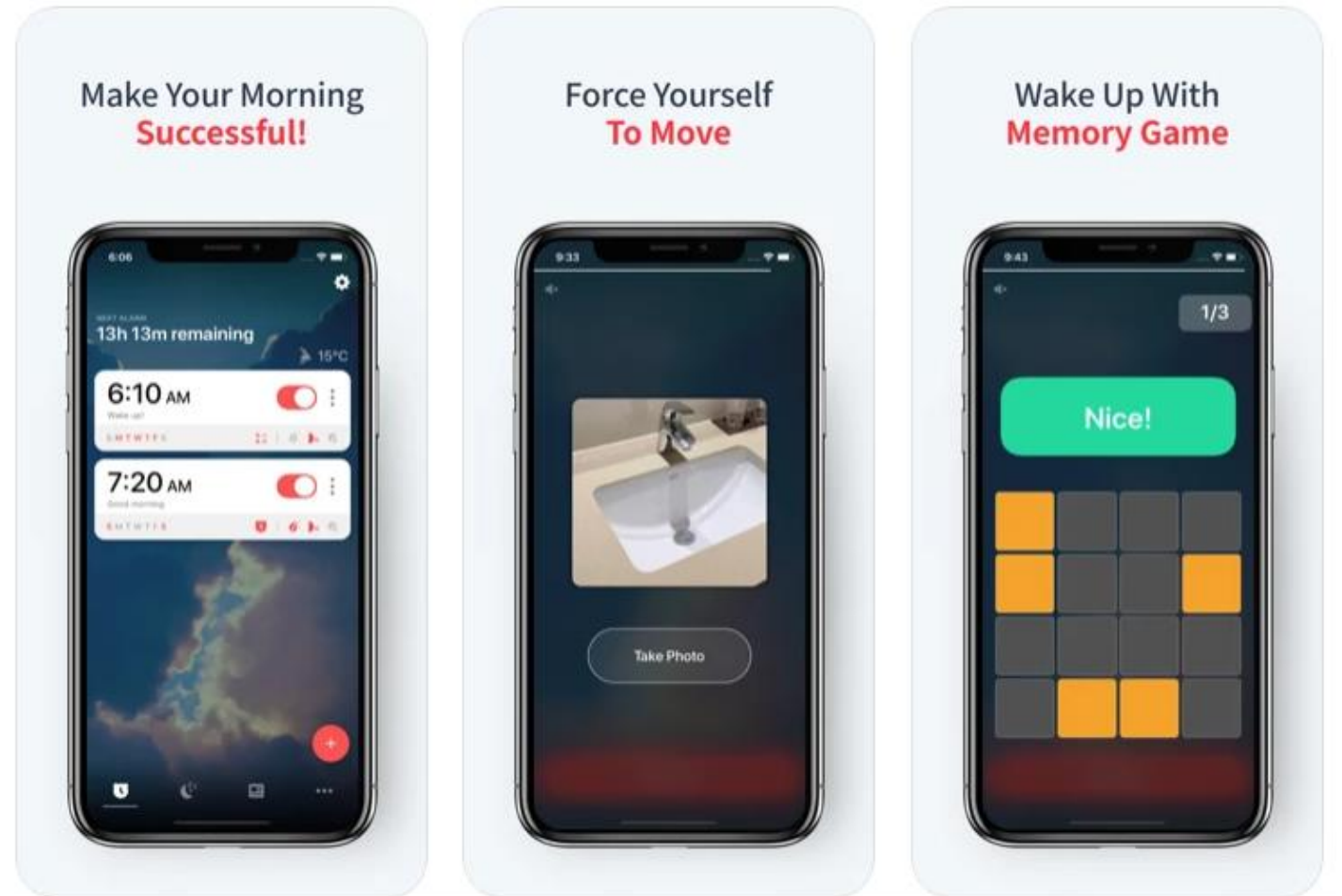
Forest - Screen Time Habits

- Adults in U.S. average 7+ hours of screen time a day
- Set screen-free goals → watch your forest grow.
- App's gamification system translates into live trees planted across world
- FREE



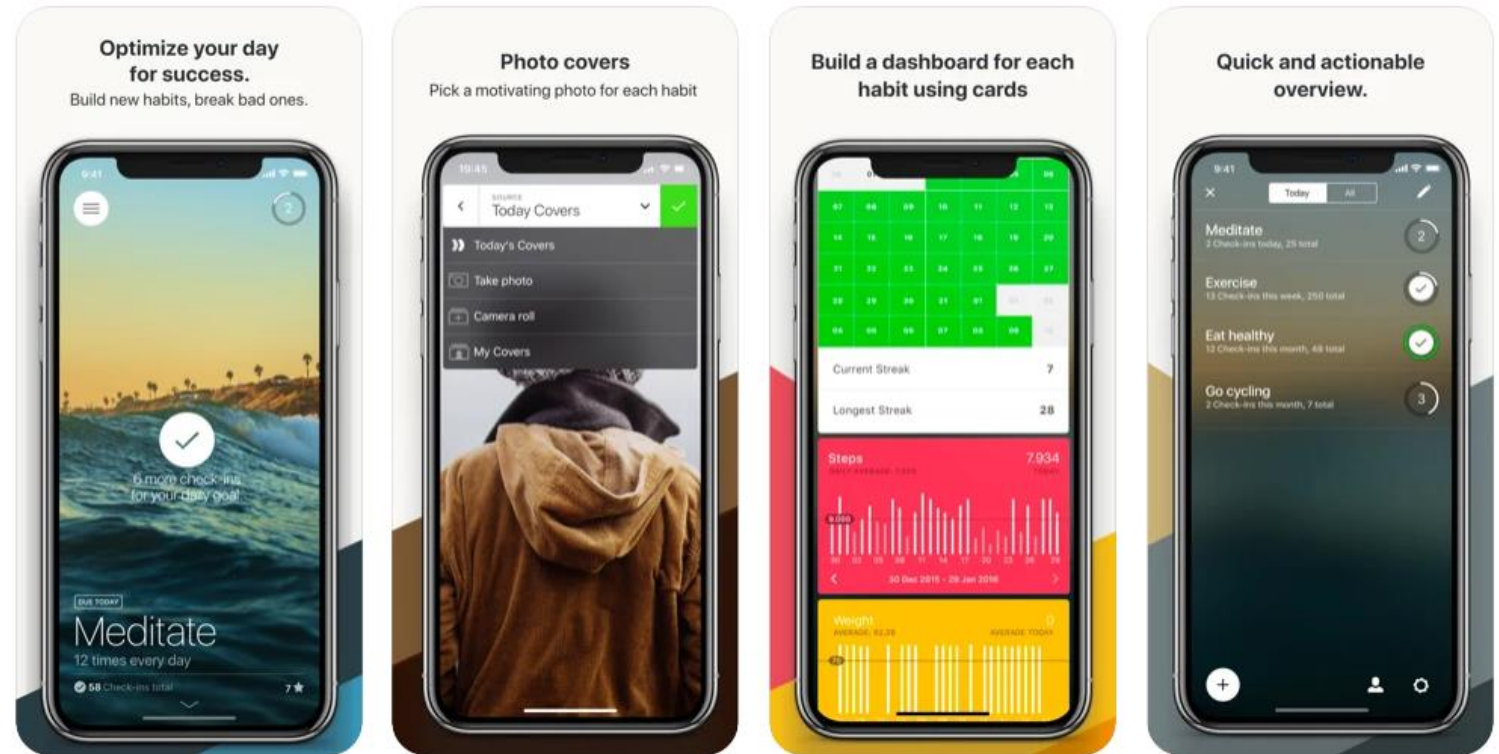
Alarmy - Snooze Habits

- Requires either physical movement or a mini-game to silence alarm (you pick the mission)
- Customizable ring tone
- Ranked #1 alarm app in 97 countries
- FREE



Today (by Neybox) - Habit Tracker/Builder

- Simple, intuitive interface
- Customizable dashboards that show streaks for each habit
- Motivation through gamification/badges
- App Store award winner/Webby Nominee
- FREE (iOS only)
 - Android? Try LOOP!



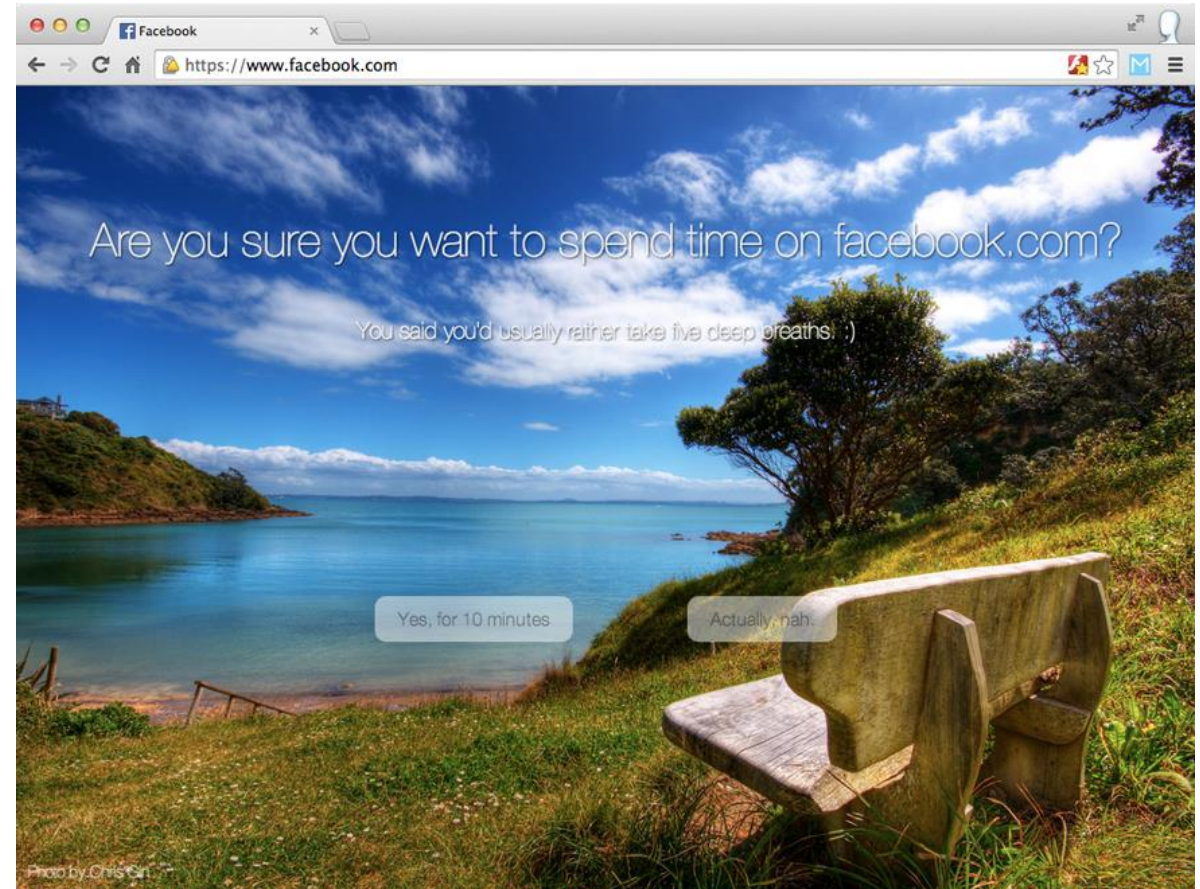
7 Minute Workout - Exercise

- #1 fitness app in 127 countries
- No equipment needed
- Voice-prompted workouts available
- FREE (with optional upgrades)



Mindful Browsing - Productive Screen Time

- Browser extension – not an app
- Program the sites that you want to be prompted about
- YOU are in control!
- FREE/ Open Source
- www.mindfulbrowsing.org



Shine - Affirmation and Positivity

- Daily guided meditation
- Daily article + affirmations
- Gratitude journal
- Developed by two women of color and backed by research
- “Best of 2020” by Apple



**Visit the NC Chamber
exhibit table for the
official list!**