



## “Apps to Streamline Your Life”

### **Organization and Productivity**

1. Sweepy – Schedule and delegate household tasks
2. Cozi – Keep your family on the same page with schedules, lists, messaging, and more
3. Pocket – Organize your web content and easily find it for later reading/viewing

### **Parenting**

4. Wonderweeks – Understand and anticipate your baby’s development. “Leap” schedules and support tools provided

### **Healthy Habits**

5. Forest – Reduce your screen time via environmentally friendly gamification
6. Alarmy – Conquer the snooze button
7. Today by Neybox – Build new healthy personal habits and eliminate the bad ones
8. 7-minute Workout – Squeeze in a quick sweat session from anywhere
9. Mindful Browsing – Boost performance with gentle reminders to avoid productivity killers on the web
10. Shine – Build confidence and improve mindfulness daily through affirmations, meditations, gratitude exercises and more