

Apps for a Healthy, more Organized Life

A few of my favorites, these days! Hope one or two can help you.



Lists and To-Dos

Grocery IQ: simple way to manage your grocery list. Sorts list by section of the store. Option to have lists for multiple stores. You always have your phone, so you'll never forget your list.

Errands: Checklists, tasks, folders, reminders. Great way to keep all your to-dos in one place.

Wunderlist: simple app for categorizing lists cross platforms, share lists with others.

Siri: hold down the home button and ask Siri to set reminders or alarms, add to your calendar, or for directions. We talk on a daily basis! (for iPhone users only, android has a similar counterpart)

Storage & Receipts:

Genius Scan: Scan documents or photos on your phone. Email or save for later. Great for on-the-go work projects or sending last minute paperwork to clients.

Expensify: Easy way to keep track of receipts, mileage, time, and expenses, from your phone or your computer. Great for small business owners or managing receipts in one place.

Evernote: The most simple way to keep everything you need to remember in one place. A great reference for receipts, notes, recipes, journals, lists, web clips, links to remember, etc. Searchable and easy to share your notes with others. This is my favorite go to app!

Health & Wellness

emeals: customizable meals for any diet or meal plan, and even adds the items to a grocery list; plan for a week or a month. No more wondering what to make and know the calories you're consuming.

Allrecipes: Search recipes by meal or food type and save your favorites for next time.

My Fitness Pal: track your calories and your workouts. Share your info with a friend to hold each other accountable.

Staying on Task

Pomodoro Timer: Ready, Set, Focus. Simple way to help accomplish tasks, by setting a timer. Philosophy is that we work best in 25-minute blocks of time with 5 minute breaks.

Focus@Will: Sixty minutes of tunes to help you stay focused and on task. When the music is up, so is your task. Variety of music with no lyrics. Great way to keep kids on task, too.

Just for Fun:

Pic Stitch – collage your favorite photos to post

Pandora – listen to the genre and artists that you prefer

Yelp – instant reviews and recommendations for restaurants, stores, services