

# Apps for Everyday Life!

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## Fitness:

BitBreaker

MyFitnessPal - count calories and syncs with most trackers

Johnson and Johnson Official 7 minute workout app

Charity Miles - donates \$ for every mile walked (phone)

HeartRate Free - place finger on camera and app will read heartbeat!

C25K - Couch to 5 k -- training program

Daily Yoga - Free

Yoga Studio - \$3.99

## Health:

DoseCast - Free - assist with meds ( for use for caregivers)

## Sleep:

Sleep Cycle -Free - but lots of push for Premium - analyzes your sleep and wakes you in the lightest sleep phase , built in mic used to analyze your movement and ignores other sounds

Sleep Bug - FREE - ambient sound maker with random sounds and music

## Diet/Food choice:

Fooducate

Shopwell- scan food label- provides info on gluten, allergies, weight loss, etc.

Calorie Counter and Diet Tracker by MyFitnessPal

Water Alert - prompts to drink water

AllRecipes Dinner Spinner - search by ingredients/dietary restrictions

## Navigation and photo editing for education:

Skitch

Thinklink

Camera - use as a magnifier, mirror

## Grocery Shopping:

Grocery IQ

EZ Shopping List Plus

Jungle Coins  
Lucky Coins  
Talk Calc

Getting Dressed:

Toothbrush  
Tiger Goes to the Dentist  
Put it Away  
Tell Time  
Telling Time  
I do - Getting Dressed  
Step by Step - Getting Dressed  
I do Hygiene  
IdeaPromptLite  
iDress 4 Weather

Behavior regulation:

Time Timer  
Breathing Bubbles  
Breathing  
Sand Timer  
Bubbles  
SpawnGlow  
Social Stories

Phone skills:

DialSafe Pro

Chores:

Chore Checklist

FUN:

Chatter Pix  
Beauty Salon  
IF...The Emotional IQ Game  
PhotoBooth  
Clean My Screen

Others - sharing: