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| **Name of Tech** | **Free** | **Free Trial Period** | **Features** |
| **Microsoft To-Do** | With Microsoft Account |  | Task organization and planning |
| **Focus To-Do** | Yes |  | Task organization and planning |
| **Goblin Tools** | Yes |  | Break down tasks, organization, planning |
| **Istudiez** | Yes |  | Multi-platform study planner |
| **MyStudyLife** | Yes |  | School planner and agenda |
| **Be Focused** | Yes |  | Focus tool, task management, track progress |
| **Forest** | Yes |  | Gamified Focus Tool and Task Management |
| **Habitica** | Yes |  | Gamified task manager |
| **Finch Care** | Yes |  | Focus and Self Care Tool |
| **Google Keep** | Yes, up to 15GB |  | Reminders, planning, task management, location-based reminders, voice notes, journaling |
| **Glean** | No | 30 Days | Note Taking, Recording, Studying, Note organization |
| **One Note** | Yes |  | Note taking, recording, dictation, handwriting-text, TTS |
| **Notability** | Yes |  | TTS, note taking handwriting-text, recording dictation (iOS ONLY) |
| **Natural Reader** | No | Premium: 20 min/day  Plus: 5 Min/day | TTS, Highlighting, annotations, reading, studying |
| **ReadSpeaker** | No | 14 Days | TTS, studying, note taking, reading, writing |
| **Flow Club** | No | 7 days | Body Doubling, virtual co-working |
| **Cave Day** | No | 1 month | Body doubling, virtual co-working |
| **Breathe.com** | No | 14 days | Meditation, tracks for breathing exercises |
| **Headspace** | No | 7 days | Meditation |
| **Insight Timer** | Yes |  | Meditation |
| **Downdog** | Yes, with school email address |  | Meditation, yoga, exercise classes |
| **You feel like shit.com** | Yes |  | Self-care game |