**Topic:** Smartphones and cognition: It's effects on human cognitive development (Aniket)

**Sub-topics:**

1. Health Tracking Application
   1. Meditation apps (Aniket)
   2. Physical exercises (James)
   3. Brain Exercises (Kate)
   4. Food tracking applications (Sam)
2. Linguist Development Applications
   1. Language (Jaden)
3. Finances
   1. Budget tracking (James)
4. Time Management and Planning
   1. Pomodoro apps (Kate)
   2. Apps that punish you for using unproductive apps (Jaden)
   3. To-do list apps / habit tracker checklist streak (Sam)