

# Apps Usage for Students

This table highlights commonly used digital applications that help students manage their daily activities more efficiently. These tools support students in areas such as productivity, health, time management, and transportation. By understanding how each app can be used, students can make better choices that improve organization, reduce stress, and support a balanced academic lifestyle.

| App               | Primary Purpose              | Platforms                       | Cost             | Key Features                      | Best For          |
|-------------------|------------------------------|---------------------------------|------------------|-----------------------------------|-------------------|
| Citymapper        | Urban mobility & navigation  | iOS, Android, Web               | Free (ads)       | Transit, bike, scooter routing    | City navigation   |
| Headspace         | Mental wellness & meditation | iOS, Android, Web               | Free; Paid plans | Guided meditation, sleep programs | Stress relief     |
| MyFitnessPal      | Nutrition & fitness tracking | iOS, Android, Web               | Free; Premium    | Food diary, calorie tracking      | Health monitoring |
| Todoist           | Task & to-do management      | iOS, Android, Web               | Free; Premium    | Task lists, reminders             | Productivity      |
| Microsoft Outlook | Email & calendar             | iOS, Android, Windows, Mac, Web | Free, Premium    | Email, scheduling                 | Communication     |
| Google Calendar   | Scheduling & events          | iOS, Android, Web               | Free             | Event reminders, alerts           | Time planning     |