

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; Paid plans	Email, scheduling	Communication
Google Calendar	Scheduling & events	iOS, Android, Web	Free	Event reminders, alerts	Time planning