# Introduction:

This is a user’s manual for the Focus Finder app. This is an application that will help parents and children suffering from ADHD. The app includes the date and time, settings and a place for people to add tasks and a daily routine.

## Installation:

Anyone can download the app from their favorite app store.

## Use:

Never use the app while driving. This app will allow you to add tasks and look at settings. There are two windows. One window will allow you to add the tasks, and it will create a daily routine. It also displays the date and time. This will allow you to keep track of the tasks and complete them in a timely manner.