**Phone Apps to help with routine:**

* **Habitify (free):**

Habitify is a free app that helps you create daily habits in your life. These daily habits can help provide some routine whilst self-isolating. You can put any habits you’d like to track in the app (such as reading a book, taking meds daily, having a shower, etc). The free version offers a limited amount of habits to track, so a subscription can be purchased if finding the app useful and wanting to track more habits, or wanting to set the habits to be tracked on specific days of the week.   
*Available on IPhone and Android*