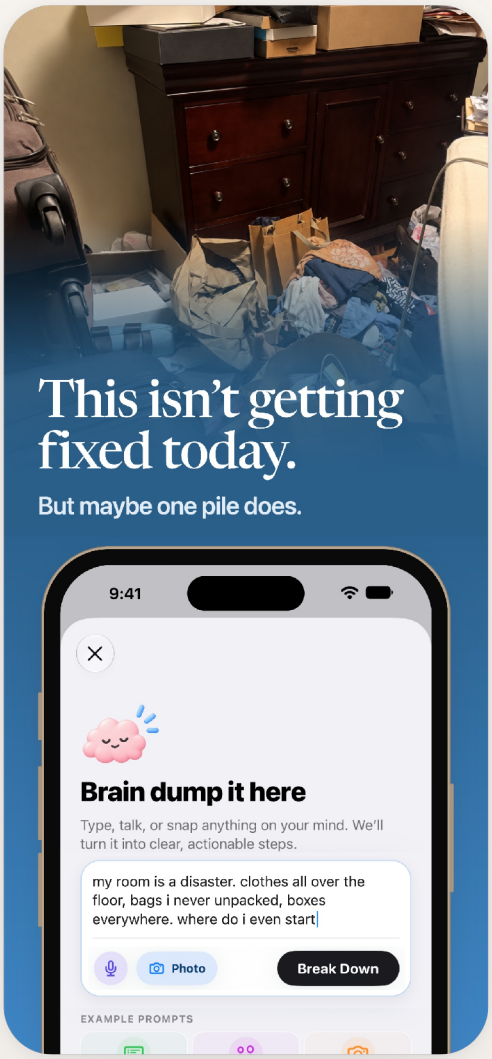
to do-*ish*

Made by Sheela Ivlev, a neurodivergent occupational therapist

You know what needs doing. Starting is the hard part.

An iPhone app that **changes tasks to fit your energy**



1 Clear your head

Type, talk, or snap a photo of what you need to do. **It picks where to start**

2 Start, even on a low day

Pick your energy. **The task changes to fit**

More energy

Clear the floor
Put clothes away
Make the bed

Low energy

Pick up 5 things
Put them away
Rest for 2 minutes

3 Actually finish

It stays with you, with check-ins and breaks. **It blocks distracting apps** while you focus

Try it free for a month

For your hardest days. Nothing to keep up with

Scan the code, or enter `THERAPISTS` in the App Store

Questions? Email **sheela@todoish.app**

todoish.app · A support tool, not medical care