Now

One task. One small step. A simpler way to start.



Free on the App Store

iPhone & iPad

NOW · 01

Start One Task

The Now screen shows one task, one concrete first step, and a big start button. No endless list. Type a task like "Clean the kitchen" and Now suggests a first step like "Put five dishes in the sink".



NOW · 02

Get Unstuck

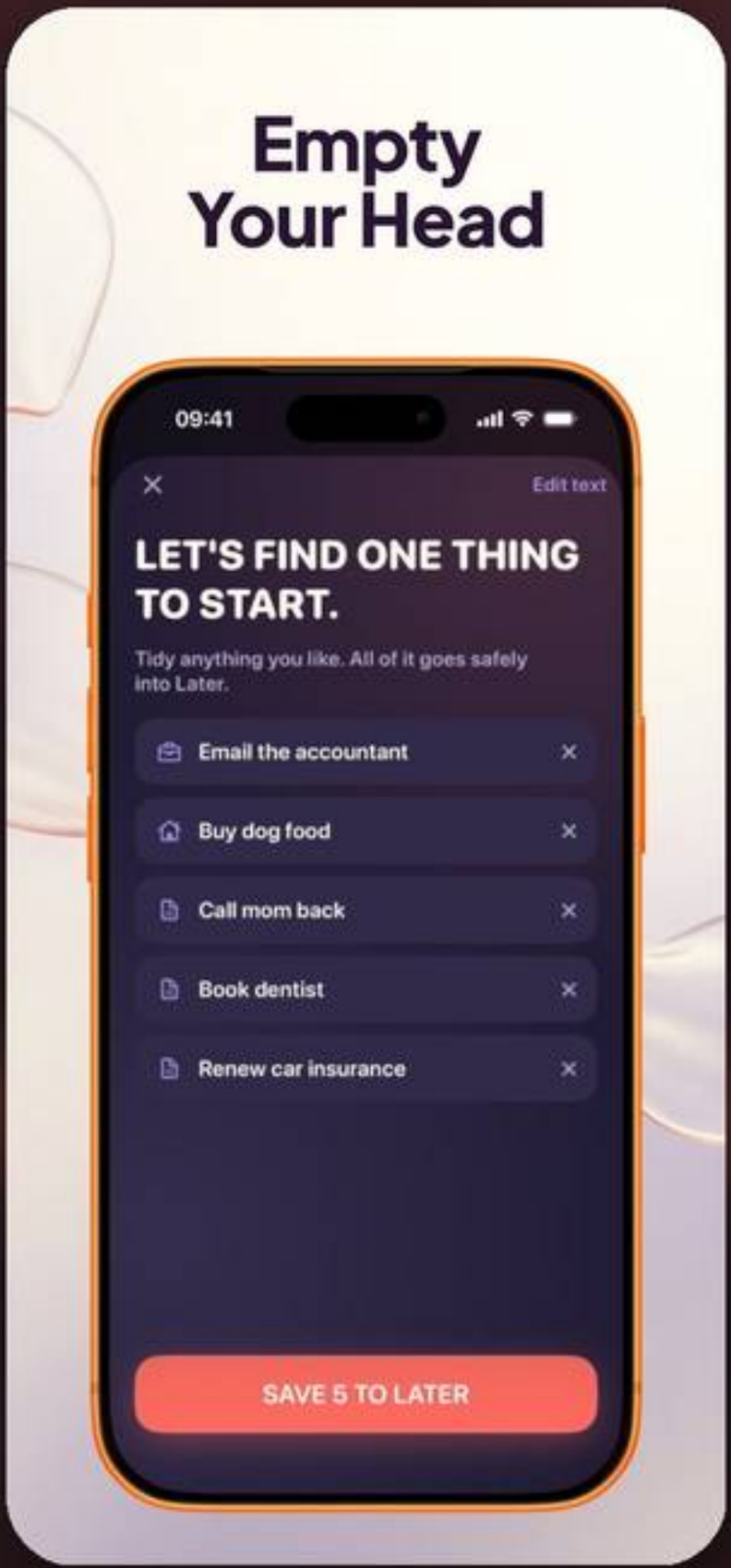
Tap "I'm stuck" and pick what's in the way: don't know where to start, too big, low energy, distracted, waiting on something, or need a break.



NOW · 03

Start With Two Minutes

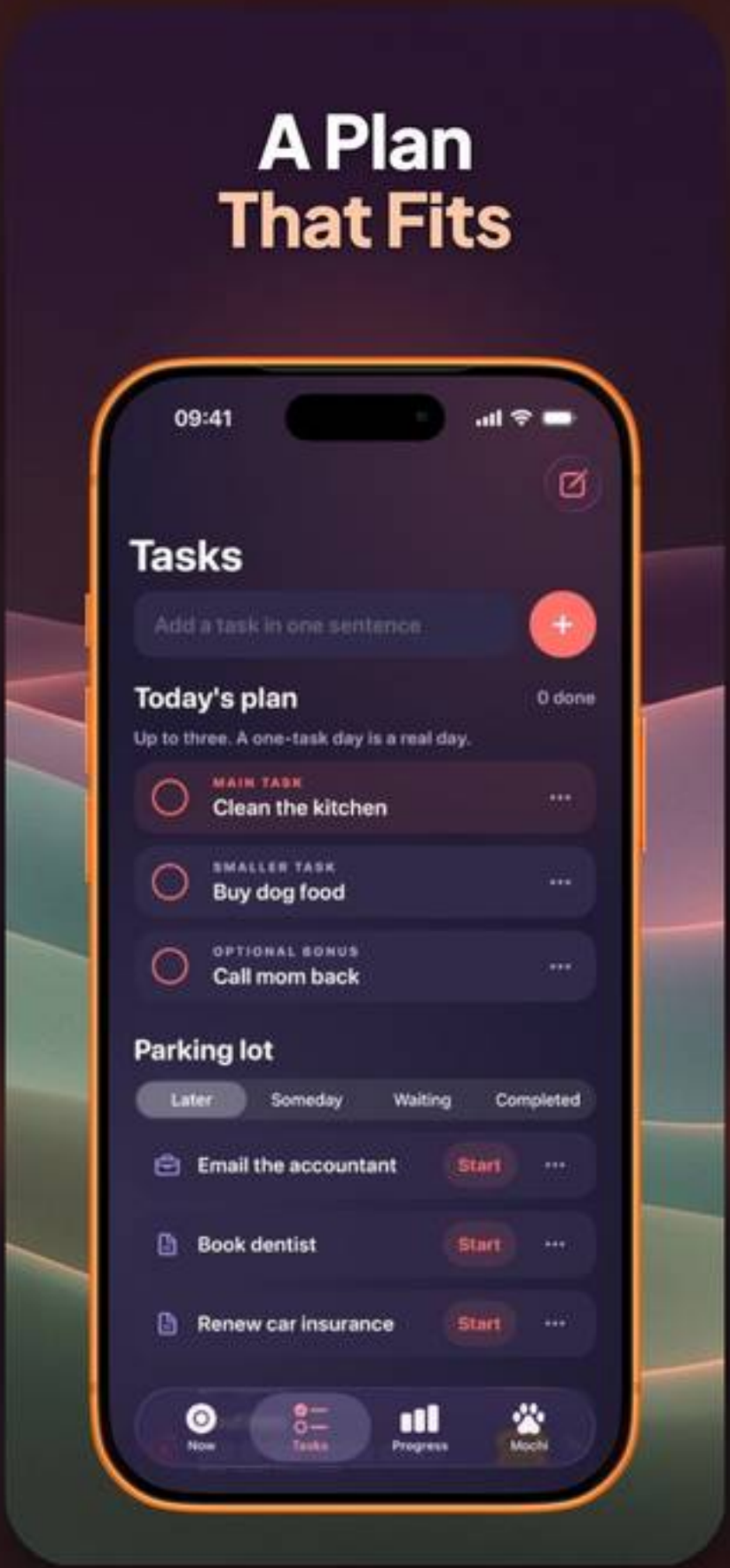
A calm visual ring counts down two minutes. You can pause, resume, stop early or keep going. Ending early still counts.



NOW · 04

Focus Your Way

After your start, choose 5, 10, 15 or 25 minutes, a custom length, or no timer at all. Breaks are built in.



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Scan with your iPhone camera or tap the button

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