ToolGPA

NOVEMBER 2026

Goalist

The Insider's Guide

One-goal to-do list that stores your data on your device



Every plan, grade, refund rule and rival among to-do list apps, read from Goalist's own pages.

Made by Goalist · checked Nov 13, 2026 · toolgpa.com

2.0

GPA



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Who made this guide, what else is on the site, and how to cite it

ToolGPA put this guide together from Goalist's own pages, its app-store listings and our grades. Every fact in it is on Goalist's page too, where it is kept up to date. Checked Nov 13, 2026.

Welcome

What it is, who it suits, its grades and the ten things to know first

2.0

GPA, above 2 of the 133 other to-do list apps we grade

Goalist is a progressive web app that combines a to-do list with goal tracking. You work on one goal at a time and rank tasks on a Resistance List by difficulty. No sign-up is needed: a 12-word code identifies your data, which the site says stays on your device.

To get you started, here are **9 things to know about Goalist**, taken from its own pages and our grades.

1 **Best for working on one goal at a time with a ranked task list**

Goalist is a web app where you pick one goal at a time and rank tasks by difficulty on a Resistance List.

2 **What it costs**

Paid plans start at $5, price basis not stated.

3 **There is a free plan**

Usable without sign-up; shows an Activate License button, and device sync and daily reminders are paid.

4 **It runs on Web**

Web.

5 **One goal at a time**

The app asks you to focus on a single main goal, based on a goal-setting approach it credits to a Huberman Lab toolkit.

6 **Resistance List**

A to-do list where each task is given a difficulty level, which helps you see which ones you are avoiding.

7 **Side quests**

Secondary tasks and spontaneous ideas go on a separate list so they do not pull focus from the main goal.

8 **A 2.0 GPA, above 2 of 133**

That is against the other to-do list apps we grade, on value, the free plan, features, ease of use and platforms.

9 **Your call**

A to-do list at its plainest is tasks with dates, repeats and a box to tick.

Goalist at a glance

PRICING Free plan, from $5, price basis not stated	FREE PLAN Yes
FREE TRIAL None stated	RUNS ON Web
MADE BY Goalist	CATEGORY To-Do List Apps
OUR GRADE 2.0 GPA, fair	

The report card

Best for working on one goal at a time with a ranked task list

Goalist is a web app where you pick one goal at a time and rank tasks by difficulty on a Resistance List. It works without sign-up and keeps data on your device, but device sync and daily reminders cost $5 and the site doesn't say whether that's once or a repeat charge.

TOOLGPA REPORT CARD	Goalist	Graded Nov 13, 2026

SUBJECT	GRADE	COMMENT
Value for money	C	$5 for the licence, but the page doesn't say whether it's one-time or recurring, so we can't compare it with the category's one-time or monthly figures.
Free plan and trial	C	Free to use with no sign-up, but device sync and daily reminders are paid, and a licence button keeps showing until you pay.
Features	C	One goal at a time, a Resistance List, side quests and recurring tasks, working offline. A smaller job than most to-do lists, with keyboard shortcuts still being built.
Ease of use	C	No store rating on record. A web app with a 12-word code to keep safe and a method of its own to learn.
Platforms and integrations	C	Web only, a progressive web app you can add to your home screen. No native apps or integrations.
Grade point average		Fair, out of 4.0 **2.0**

An A is worth 4 points, a B 3, a C 2, a D 1 and an F nothing. The GPA is the average of the five.

Who Goalist is for

- ✓ Fits if you want to focus on one goal and keep your data on your own device
- ✓ Works for people happy with a single browser or device

Who it is not for

- ✗ Not for you if you want sync across devices for free, as that's paid
- ✗ Not for you if you lose things: lose the 12-word code and you lose the data
- ✗ Skip it if you want native apps, as it's a web app only
- ✗ Watch out: the $5 price has no stated billing period

Good to know

Good for

- ✓ People who want to concentrate on one goal at a time
- ✓ Anyone who prefers to start without creating an account

Worth knowing

- ⓘ It is a web app that can be added to a home screen; no native apps are listed.
- ⓘ Losing the 12-word code means losing access to the data, which the site says is kept on your device.
- ⓘ The page does not say whether the $5 is a one-time or a recurring charge.
- ⓘ Device sync and daily reminders are paid, and keyboard shortcuts are still in progress.

PART 02 · PRICING

What it costs

Every plan, the free plan, ways to pay less and how prices have moved

$5

To start. There is a free plan too

Goalist has a free plan. Paid plans start at $5, price basis not stated.

> **Free to use with no sign-up, but device sync and daily reminders are paid, and a licence button keeps showing until you pay.**
>
> From our grade for free plan and trial

FREE

$0

One goal at a time, Resistance List, side quests, recurring tasks and offline use.

LICENSE

$5

billing period not stated on the page

Removes the Activate License button and enables device sync, daily reminders and more.

The free plan

Usable without sign-up; shows an Activate License button, and device sync and daily reminders are paid.

Read from goalist.app on Nov 13, 2026.

What it does

Its main features, where it runs, what it works with and who makes it

1

Place it runs: Web

One-goal to-do list that stores your data on your device. Here is what it does, as its own site describes it, and what it covers: works offline, local-first, tasks, goals.

> **One goal at a time, a Resistance List, side quests and recurring tasks, working offline.**
>
> From our grade for features

One goal at a time

The app asks you to focus on a single main goal, based on a goal-setting approach it credits to a Huberman Lab toolkit.

Resistance List

A to-do list where each task is given a difficulty level, which helps you see which ones you are avoiding.

Side quests

Secondary tasks and spontaneous ideas go on a separate list so they do not pull focus from the main goal.

Local-first data

Built on Evolu, so data is kept on your device and the app works without a connection. A 12-word code stands in for a login.

Device sync and reminders

Syncing across devices with the secret code, and daily reminders, are marked as paid features.

Where it runs

Web

What it works with

Its own pages name no integrations.

Goalist is made by Goalist.

PART 04 · STANDING

Where it stands

Its grades against its category, and whether to keep it or make your own

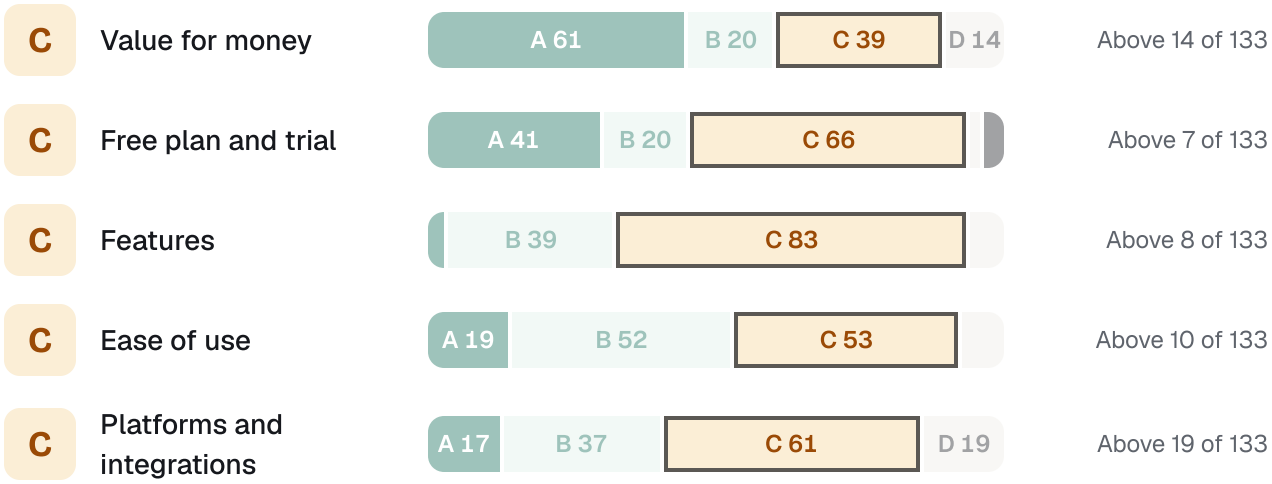
2/133

Other to-do list apps it is graded above

Goalist's GPA of 2.0 is higher than 2 of the 133 other to-do list apps we grade, and level with 5.

Each grade against the category

Every bar is all 134 to-do list apps we grade, cut by the letter each got. Goalist's own letter is outlined.



Keep it, or make your own?

Whether this is something you could build for yourself with an AI app builder, and what you would give up.

Your call

A to-do list at its plainest is tasks with dates, repeats and a box to tick.

You could make the core of Goalist for yourself: tasks and goals. Whether that is worth the price is your call.

What you could make

- Tasks and goals: an app builder makes these well.
- It runs in a browser, which is where something home-made would run too.

What this rests on. Goalist's listing: what it does, where it runs, what it plugs into and what it costs. It is a judgement about the kind of software this is. We have not built a replacement for it, and making your own means looking after it too. How we decide, and every tool's verdict.

The alternatives

The tools it is most often weighed against, side by side



Todoist, TickTick, Things 3, Lunatask and Super Productivity

The 5 tools Goalist is most often weighed against, with where each one differs from it.

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Todoist

Free plan · from $5/mo

Cross-platform to-do list with natural-language task entry.

- Only Todoist lists macOS, Windows, Linux, iOS and Android apps.
- Only Todoist lists a browser extension.
- Goalist also covers goals.

Goalist and Todoist compared in full

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TickTick

Free plan · from $49.99/yr

To-do list with a calendar, habit tracker and Pomodoro timer built in.

- Only TickTick lists macOS, Windows, Linux, iOS and Android apps.
- Only TickTick lists a browser extension.
- Goalist also covers goals.

Goalist and TickTick compared in full



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Things 3

Free trial · from $9.99 one-time

Personal task manager for Apple devices, sold as a one-time purchase.

- Goalist has a free plan. Things 3 does not, though it has a free trial.
- Only Goalist lists a web app.
- Only Things 3 lists macOS and iOS apps.

Goalist and Things 3 compared in full



2.2
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Lunatask

Free plan · from $6/mo

Encrypted to-do list with habits, mood tracking, journal and notes.

- Only Goalist lists a web app.
- Only Lunatask lists macOS, Windows, Linux, iOS and Android apps.
- Lunatask is end-to-end encrypted, according to its own site.

Goalist and Lunatask compared in full



3.4
GPA

Super Productivity

Free

Free, open-source to-do app with time tracking and a Pomodoro timer.

- Only Super Productivity lists macOS, Windows, Linux, iOS and Android apps.
- Super Productivity is open source, according to its own site.
- Goalist also covers goals.

Goalist and Super Productivity compared in full

PART 06 · QUESTIONS

Quick answers

The questions people ask about it, each answered in a line or two

11

Questions, each answered in a line or two

The short version of everything above, for when you only need the answer. Each one is told in full in its part of the guide.

Is Goalist free?

Goalist has a free plan. Usable without sign-up; shows an Activate License button, and device sync and daily reminders are paid.

How much does Goalist cost?

Goalist lists 2 plans. Free: $0.

What platforms does Goalist work on?

Goalist is available on Web.

Does Goalist have an Android app?

No Android app was listed when its pages were read on Nov 13, 2026. Goalist is listed for Web.

Does Goalist have an iPhone app?

No iPhone app was listed when its pages were read on Nov 13, 2026. Goalist is listed for Web.

Is Goalist open source?

Goalist is not described as open source on its own site, as read on Nov 13, 2026.

Does Goalist work offline?

Yes, according to its own site. What works without a connection differs by plan and platform, so check the vendor's page for the detail.

Who makes Goalist?

Goalist is made by a company of the same name.

What are the alternatives to Goalist?

The closest alternatives to Goalist in our directory are Todoist, TickTick, Things 3, Lunatask and Super Productivity.

How does Goalist compare with other to-do list apps?

Goalist's GPA of 2.0 is higher than 2 of the 133 other to-do list apps we grade, and level with 5.

Could I make my own version of Goalist?

A to-do list at its plainest is tasks with dates, repeats and a box to tick.

Where this guide comes from

The prices, plans, platforms and features were read from Goalist's own pages on Nov 13, 2026, and the grades were given on Nov 13, 2026. Graded from this listing, whose facts were read from Goalist's own pages on 13 November 2026. Not based on using the product, and shorter than our full reviews.

Every tool we list gets five grades, A to F, each with its reason, and a GPA that averages them. How each is decided is at toolgpa.com/grades. This guide is ToolGPA's own work; it is not made, paid for or approved by Goalist. Prices change, so check goalist.app before you buy.

goalist.app/

PART 07 · ABOUT

About ToolGPA

Who made this guide, what else is on the site, and how to cite it

7,721

Tools graded, in 95 categories

ToolGPA grades software the way a school report grades a pupil: five subjects, a letter for each with the reason written beside it, and a GPA that averages them. Prices, plans and platforms are read from each maker's own pages and dated, so you always know how fresh a figure is.

Every grade, review and ranking on ToolGPA is our own judgement. No company can pay for a grade or change one. Every tool on the site has a guide like this one, free to download and pass on. It all lives at toolgpa.com.

7,721	95	739	579
tools graded	categories	price changes on record	apps priced in 12 countries

What else is on toolgpa.com

Goalist, kept up to date

Everything in this guide, with prices and grades as they are today

toolgpa.com/tools/goalist

How grades are given

The rules behind every letter and every GPA

toolgpa.com/grades

Value charts

What each tool costs against what it scores, for every category

toolgpa.com/charts

Compare

Any two tools side by side, plan by plan

toolgpa.com/compare

Price changes

Every price rise and cut on record, each with its source

toolgpa.com/price-changes

Prices by country

What apps cost on the App Store in 12 countries

toolgpa.com/prices-by-country

Pay less

Every public discount: yearly billing, students, nonprofits

toolgpa.com/save

Keep or make

Which tools are worth paying for, and which you could build yourself

toolgpa.com/keep-or-make

Scan for the live page

Prices and grades as they are today

Quoting this guide?

Please name ToolGPA and link to the live page, so readers can check the figures for themselves:

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ToolGPA, "Goalist: The Insider's Guide",
checked Nov 13, 2026.
https://toolgpa.com/tools/goalist
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Know someone choosing between to-do list apps?

Send them this guide: toolgpa.com/tools/goalist/guide

ToolGPA elsewhere: youtube.com/@toolgpa

See our other guides

The best-graded to-do list apps after Goalist, each with an Insider's Guide of its own.

To-Do List Apps Insider's Guide

Every one of the 134 to-do list apps we grade, compared

Apple Reminders Insider's Guide

Apple's free to-do app for iPhone, iPad, Mac and Apple Watch

3.6 GPA

Microsoft To Do Insider's Guide

Free to-do list from Microsoft that syncs with Outlook tasks

3.6 GPA

Google Tasks Insider's Guide

Google's to-do list, built into Gmail, Calendar, Chat and Docs

3.4 GPA

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Choosing software? Every tool graded, every price dated.

Compare tools at toolgpa.com ›

Everything in this guide is ToolGPA's own summary of what Goalist's pages, its app-store listings and public reviews said on the dates shown. Grades are our judgement under the rules at toolgpa.com/grades. Every grade, review and ranking on ToolGPA is our own judgement. No company can pay for a grade or change one. Goalist is a trademark of its owner, and this guide is not made, paid for or approved by Goalist. Prices and plans change: check goalist.app before you buy.