

Harmony Focus App

IOS 391: IOS Development 2

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Introduction

Welcome to Harmony, the app designed to help you focus on your work and daily tasks by silencing distractions from your phone. Harmony puts your phone in focus mode, silences all notifications, and provides you with a streamlined interface featuring only the essential apps you need. Whether you're aiming to improve productivity at work, engage in deep study sessions, or simply enjoy uninterrupted personal time, Harmony ensures that you remain focused and free from digital disturbances.

Key Features

- **Focus Mode Activation:** Silence all notifications, including text messages, phone calls, and social media alerts.
- **Essential Apps Selection:** Choose from a list of essential apps such as Camera, Music, Health, Contacts, and more.
- **Distraction-Free Interface:** Display selected apps on a separate screen with larger icons and a clean, simple UI for easy navigation.
- **Motivational Exit Screen:** When attempting to exit the app, users are prompted with a screen showing the duration of focus time to encourage continued use.
- **Passcode Exit Requirement:** Users must enter their phone's passcode to exit the app, ensuring they remain in focus mode as long as possible.

User Guide

Getting Started

1. **Download and Install:** Install Harmony from the App Store or Google Play.
2. **Launch the App:** Open Harmony from your home screen.

Using Harmony

1. **Activate Focus Mode:**

- Open Harmony and tap the 'Start Focus Mode' button.
- Harmony will automatically silence all notifications, phone calls, and alerts.
- 2. **Select Essential Apps:**
 - Navigate to the 'Essential Apps' section.
 - Browse the list of available apps (Camera, Music, Health, Contacts, etc.).
 - Tap on the apps you want to add to your focus mode screen.
- 3. **Navigate the Focus Screen:**
 - Access your selected essential apps on a dedicated screen with larger icons.
 - Enjoy a clean and simple user interface designed to minimize distractions.

Exiting Harmony

1. **Attempt to Exit:**
 - Tap the 'Exit' button.
 - A motivational screen will appear, displaying the duration of your focus session and encouraging you to continue.
2. **Confirm Exit:**
 - If you still wish to exit, tap 'Confirm Exit'.
 - Enter your phone's passcode to exit Harmony and return to normal phone usage.

Features

1. **Splash Screen**
 - Displays an initial splash screen with the app icon and name.
 - Automatically transitions to the app selection view after a delay.
 - Uses Image("icon") for the splash screen icon and "Harmony App" for the app name.
2. **App Selection View**
 - Allows users to select which built-in apps they want to appear on the main content view.
 - The available apps include:
 - Camera
 - Messages
 - Calendar
 - Apple Music
 - Health
 - Phone
 - Maps
 - Photos
 - Settings
 - Safari
 - Mail
 - Selected apps are passed to the main content view.
3. **Main Content View**

- Displays the selected apps in a grid layout.
- Each app is represented by a square button with an icon and label.
- Background color is white, with black buttons, and white text and icons.
- Includes an "Exit" button at the bottom of the screen that opens the exit confirmation view.

4. **Exit Confirmation View**

- Displays a confirmation prompt when the "Exit" button is pressed.
- Shows the total time the user has been using the app.
- Requires authentication (e.g., passcode, Touch ID, Face ID) to exit the app.
- If authentication fails, an alert is shown.

5. **Timer**

- A timer starts when the app is launched.
- The timer is displayed in the exit confirmation view to show the total time spent in the app.

Conclusion

Harmony is your perfect companion for a distraction-free work environment. By silencing notifications and providing easy access to essential apps, Harmony helps you focus on what matters most. Whether you're working, studying, or enjoying personal time, Harmony ensures that you remain undisturbed by the digital noise of everyday life. With features like customizable focus sessions and daily focus reports, Harmony not only helps you stay productive but also encourages you to develop healthier digital habits. Embrace the peace and productivity that comes with using Harmony, and transform the way you interact with your phone and your work. Enjoy a productive and peaceful work session with Harmony, your tool for achieving a balanced and focused lifestyle.

Screenshots Description

Fig 1. Loading Splash Screen: Displays the app's logo and name while the app initializes, creating a welcoming and branded introduction.

Fig 2. App Selection Page: Allows users to choose which built-in apps they want quick access to, providing customization for their app experience.

Fig 3. Main Content View: Shows a grid of the selected apps with a subtle UI design, reducing distractions and helping users focus on their tasks.

Fig 4. Exit Page: Displays a timer to show how long the app has been in use, motivating users to maintain focus before they decide to exit.

Fig 5. Authentication Prompt: After pressing the exit confirm button, it prompts for the phone password as a final step to discourage users from leaving the app easily.

