

## Ten Personas

Persona	Age	Role	Goals	Pain Points
Meera	19	Student	Improve focus during study sessions	Easily distracted by notifications
Sai	28	Developer	Curb late-night scrolling	Seeks gratification from endless feeds
Alex	24	Graduate Student	Reduce mindless scrolling while studying	Feels guilty about wasted time
Priya	26	Marketing Exec	Balance productivity with social connection	Often forgets to reset self-imposed time limits
Karan	31	Freelancer	Track multi-app usage in one dashboard	Overwhelmed by fragmented usage data
Sneha	25	UX Designer	Visualize weekly progress for accountability	Craves community support to stay motivated
Vikram	29	Sales Manager	Separate work and personal screen time	Distracted by personal feeds during work hours
Fatima	22	Graduate Student	Reduce late-night phone use	Anxiety about notifications preventing good sleep
Rohit	34	Entrepreneur	Maintain a healthy morning routine	Compulsively checks apps first thing each morning
Aanya	20	Arts Student	Limit TikTok use to under 30 minutes a day	Fear of missing out (FOMO) on social updates