

# Getchup!

## Proposal

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Hong Ngoc Tran | Maria Beatriz Doneux Santos de Camargo  
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# Project Overview

## Problem

The team conducted research such as surveys and interviews and gained informative feedback on the challenges experienced by individuals with ADHD. These individuals face difficulties in managing their tasks, maintaining focus while having distractions, and managing their hyperactivity. The research focuses on issues such as the struggle to break down complicated tasks into manageable, simplified, and attainable goals, leading to procrastination and the feeling of being overwhelmed with tasks. Being easily distracted and hyperactive associated with ADHD makes it difficult to concentrate their attention on tasks, which then results in incomplete work and decreases their productivity. It also makes it harder for them, having restlessness that distracts their concentration and their ability to complete tasks.

These challenges not only affect their academic and professional work but also impact their well-being, which then also affects their stress and anxiety. Individuals diagnosed with ADHD encounter challenges in managing their responsibilities.

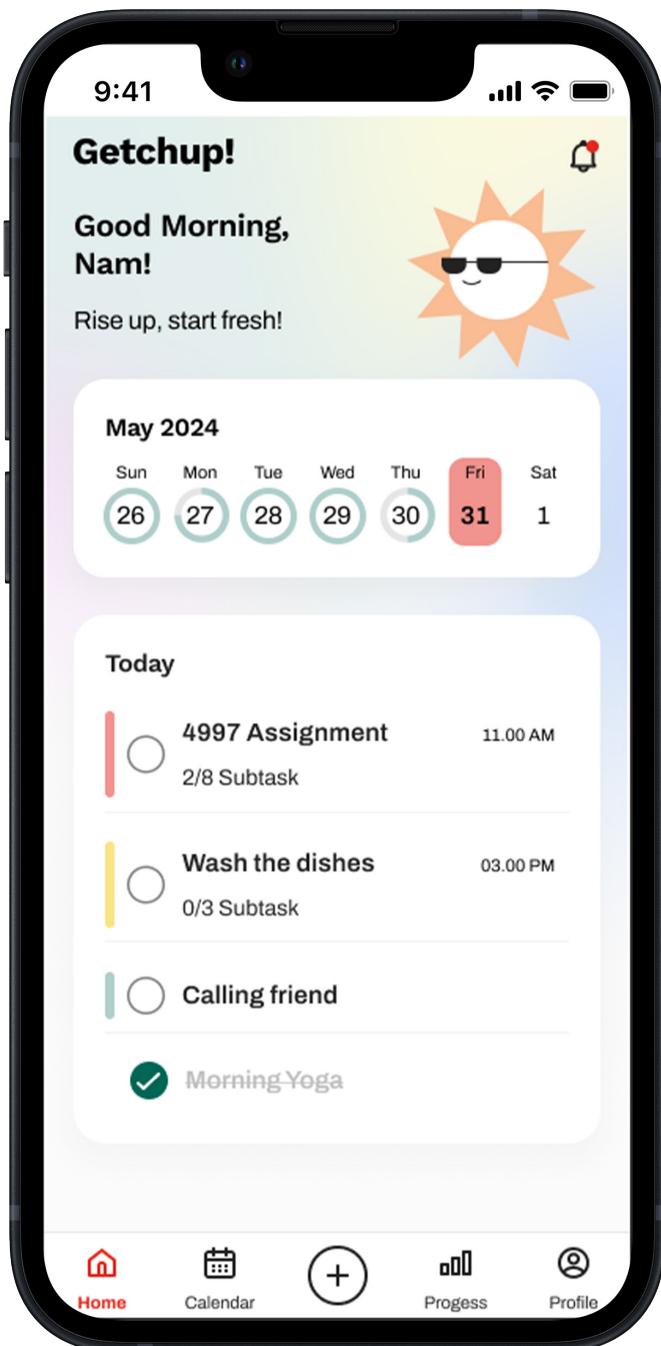
The one thing that stands out in their challenges is organizing and prioritizing tasks effectively, many times resulting in tasks being left incomplete or forgotten. The struggle with distractibility and impulsivity makes it more difficult for their efforts to maintain focus, leading to interruptions and difficulty in concentrating on important tasks. Hyperactivity hinders their productivity, as restlessness can disturb their work and study environments. These combined challenges create a loop of frustrations and feelings of defeat. Addressing these difficulties requires solutions that will equip the individuals to manage their tasks, enhance their ability to focus, and help regulate their energy levels throughout the day.

“

**Getchup** is a mobile application that helps users with ADHD enhance their focus and productivity through attainable daily goals and smart reminders.

Through an AI-powered task divider for managing tasks, a focus timer to help you keep calm, reminders for breaks and functions to improve concentration.

”



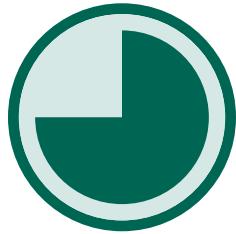
## Solution

To address the different challenges faced by individuals with ADHD, an effective solution is to develop a mobile application designed specifically to enhance task management, maintain focus, and help regulate hyperactivity.

The app includes features like a smart task organizer that breaks down large tasks into smaller, attainable steps with the ability to prioritize, helping users overcome procrastination and manage their workload effectively. Integrating tools such as focus timers, and soothing music or ambient sounds to help with concentration, could provide support in maintaining focus while being in distractions. Movement tracking features can also encourage regular physical breaks or reminders to focus, helping to manage hyperactivity and maintain energy levels throughout the day.

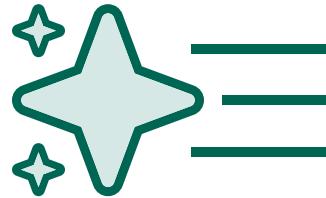
By having these features, the app aims to equip individuals with ADHD to improve productivity, reduce anxiety, and complete tasks and goals.

# Main Features



## Focus Mode with Timer

Getchup offers a selection time and playlists with calming and focus-enhancing music, white noise, and nature sounds to create an atmosphere for productivity. Users can select a time and play music directly from the app. They can customize time spending for each subtask, based on their preferences and needs.



## Smart Task Divider

People with ADHD often struggle to break down tasks into smaller steps and prioritize them. This can lead to procrastination and being overwhelmed so we provide a smart task divider feature to help the user manage their time and tasks by breaking down large tasks into smaller manageable steps.



## Movement Tracking

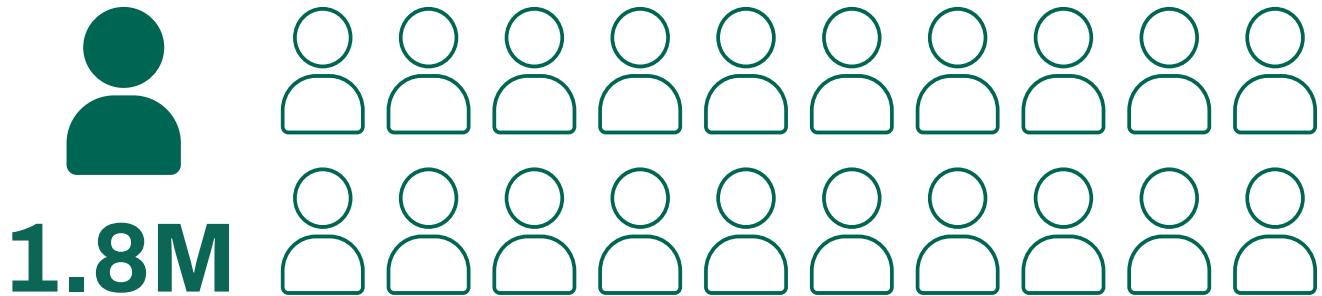
Too much restlessness and hyperactivity can interfere with focus and productivity. The movement tracking feature will monitor physical activity and remind the users to help them manage hyperactivity and restlessness.

# Competitors

We conducted research into the existing apps in our field to understand the market and identify what makes the application different from the competitors. We found that many apps offer features like task planners, AI task managers, and focus timers. What makes Getchup different from the competitors is that we combine all these functionalities into one platform that has an extra feature which is the tracking of movement. Which then provides an experience that supports the productivity, focus, and well-being of the user.

				
Task planner	✓	✓	✓	✓
Smart Task Divider	✓	✗	✗	✓
Focus Mode with Timer	✓	✗	✓	✓
Movement Tracking	✓	✗	✗	✗

# Market Research



Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common neurodevelopmental disorders in Canada, affecting 4-6% of adults and 5-7% of children, or approximately 1.8 million Canadians. In other words, 1 of every 21 people in the country has the disorder.

With the pandemic happened, it suddenly increased the number of diagnoses. Individuals who are being medicated for ADHD grew by nearly 25% between 2021 and 2022.

The growth of people being diagnosed emphasizes the need for tools that will help people manage their focus and productivity. And with the interviews and surveys we gathered they feel overwhelmed when doing complex tasks, this may come from with ADHD or without. The feedback we got from our research is that task management, and movement tracking will be helpful for them.

## Sources

- \* Untreated ADHD costs Canada billions of dollars a year. Here's how business owners can change that: [https://www.thestar.com/business/untreated-adhd-costs-canada-billions-of-dollars-a-year-here-s-how-business-owners-can/article\\_442f56f8-ad55-5e48-9671-de527101fbb5.html](https://www.thestar.com/business/untreated-adhd-costs-canada-billions-of-dollars-a-year-here-s-how-business-owners-can/article_442f56f8-ad55-5e48-9671-de527101fbb5.html)
- \* About ADHD: [https://caddac.ca/about-adhd/#:~:text=Attention%20Deficit%20Hyperactivity%20Disorder%20\(ADHD,the%20country%20has%20the%20disorder.](https://caddac.ca/about-adhd/#:~:text=Attention%20Deficit%20Hyperactivity%20Disorder%20(ADHD,the%20country%20has%20the%20disorder.)

# Future Features

## Productivity Scheduler

Getchup analyzes patterns in the user's past task performance to identify their most productive times. By understanding when the user is most focused and effective, the app intelligently recommends scheduling tasks during these optimal periods.

## Advanced Movement Tracking

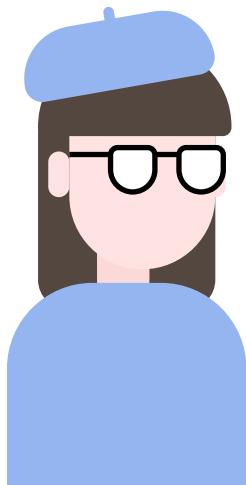
Getchup already has the movement tracking feature using the phone sensors, for the enhancement it will extend its tracking capabilities to include GPS and smartwatch integration. This will allow the app to track the movement accurately. Providing better results of the users movement throughout the day.

# Design Process

## UX Research

For our UX research, we conducted follow-up interviews with the same individual who we interacted with for our research in our persona. We invited them to test the prototypes on Figma and asked them for their feedback through video calls. This allowed the team to get valuable insights into the improvement of the user experience of the app. We were also able to observe their interactions with the app, which then helped us gain an understanding of a better approach to the usability of Getchup.

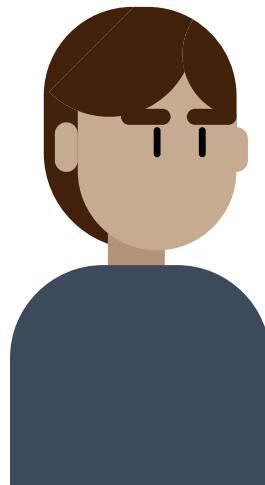
# Personas



Typical User

## Kelcie

- \* 36 years old
- \* Studying Fine Art
- \* Vancouver, BC



Power User

## Kevin

- \* 25 years old
- \* Studying Supply Chain Management
- \* Burnaby, BC

Kelcie is now studying Fine Art at Langara College. She's living with ADHD so sometimes it's difficult to organize and manage her daily tasks. Kelcie uses tools like calendars, alarms, and notes to manage her time and tasks, and she's a perfectionist who benefits from short-term goals to avoid procrastination. She prefers a structured routine but finds repetitive tasks boring. She uses music, particularly without lyrics, to help her concentrate. On free time, Kelcie enjoys riding a bike, walking, and swimming. These activities help her release energy and relax.

### Frustations:

- \* She has difficulty estimating time for tasks and often spends more time than planned.
- \* She struggles with concentrating in noisy environments.

### Goals:

- \* Using timers and reminders to stay on track.
- \* Listening to music or environmental sounds to help maintain focus.

Kevin is now studying Supply Chain Management at Langara College. He lacks of focus and gets bored easily. Kevin doesn't like to do what he feels uninteresting and end up procrastinating till deadline. He still doesn't have a proper strategy to solve this problem. He can stay focus while playing chess or watching movies.

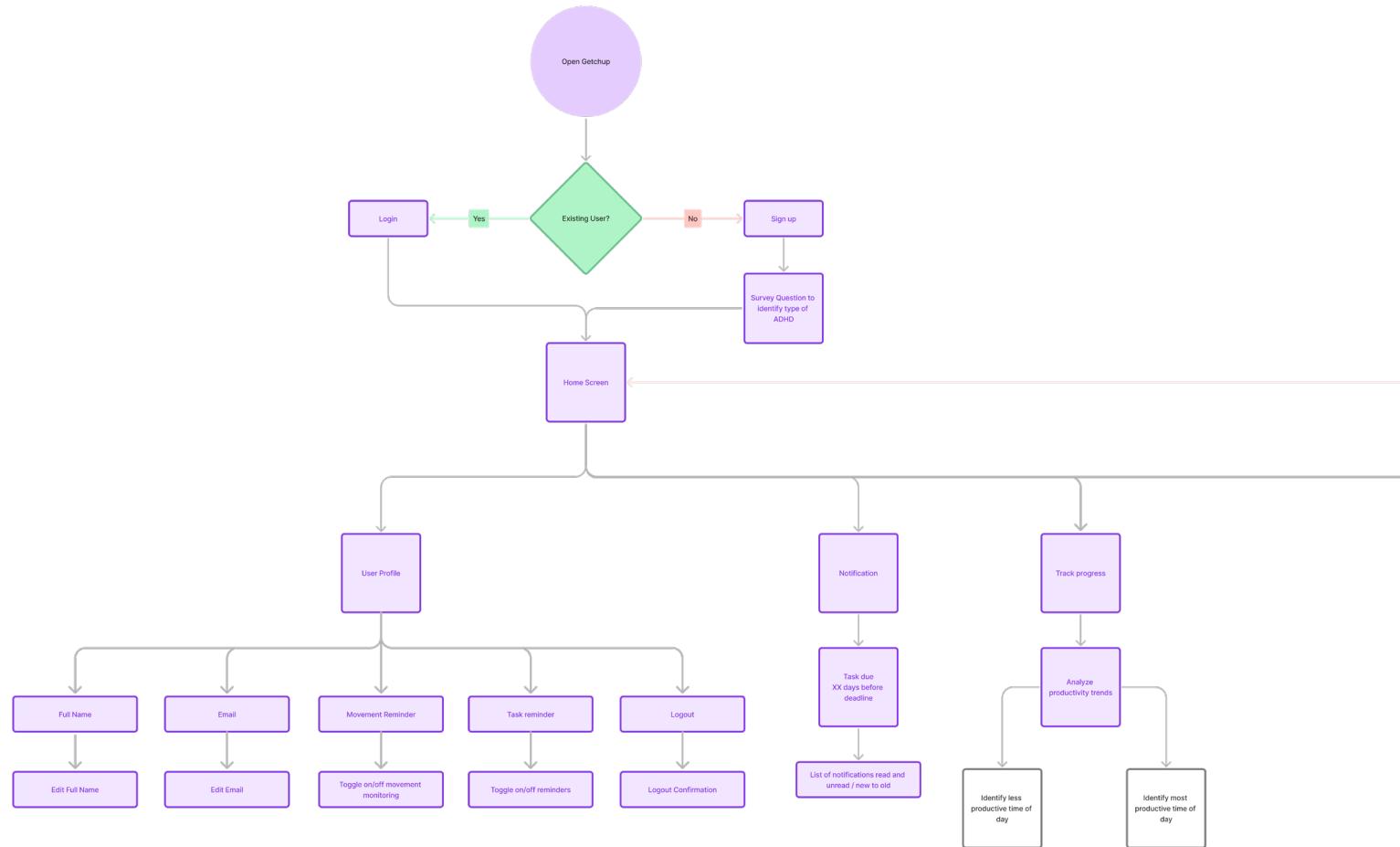
### Frustations:

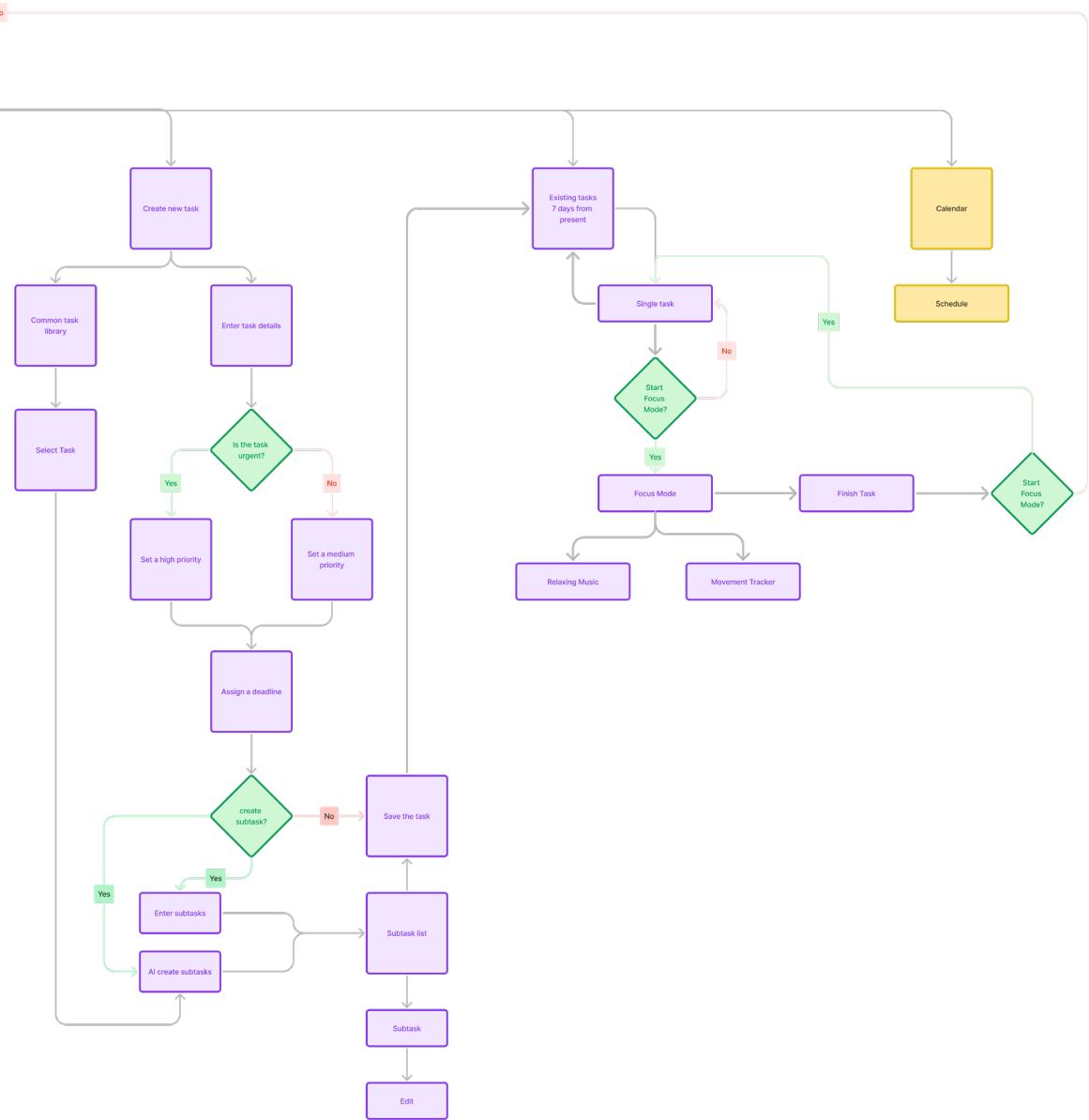
- \* Cannot focus on the task for long period of time, after 30 mins will start walking around.
- \* Easily forget the task that out of interest.
- \* Easily get distracted by other people

### Goals:

- \* Avoiding procrastinating.
- \* Stay focus on his task.
- \* Sorting the tasks by importance and giving a reward or consequence to the task if it's completed or not.

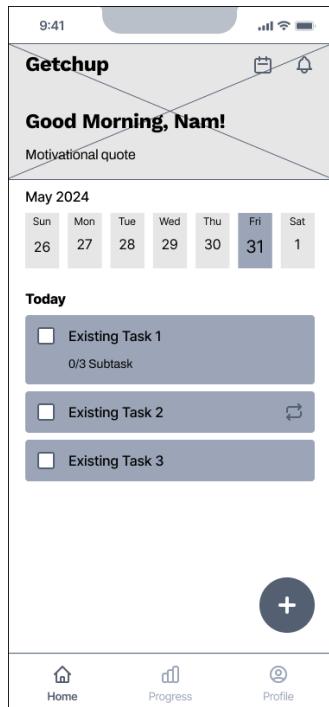
# User Flow



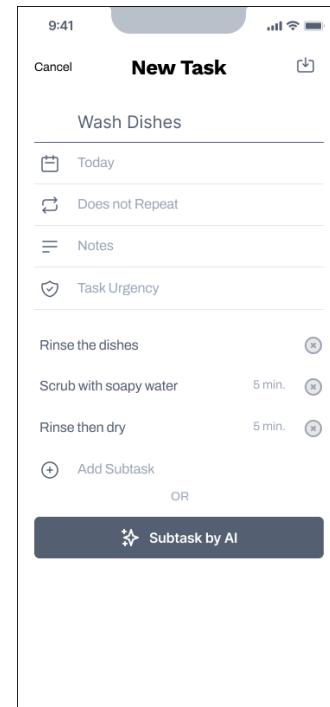
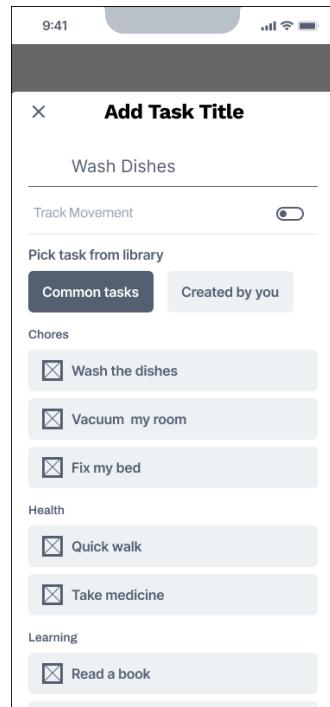
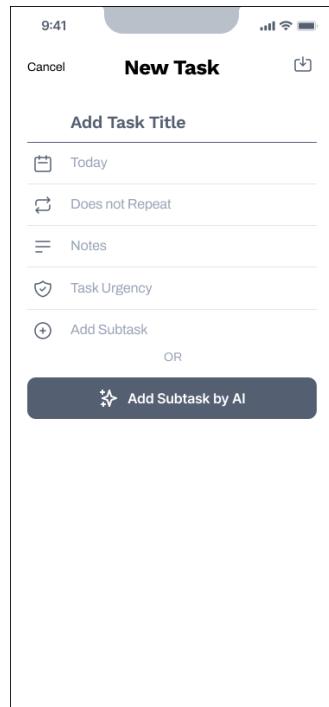


# Wireframes

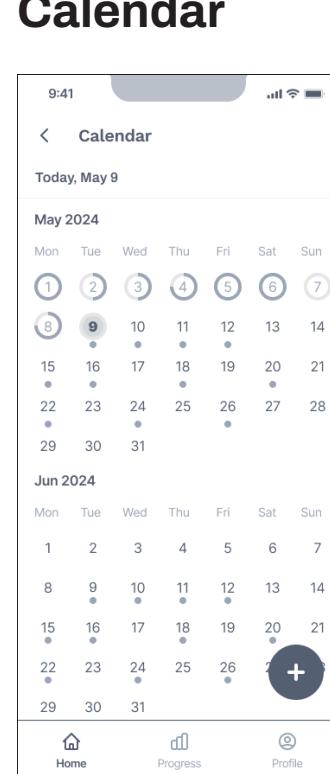
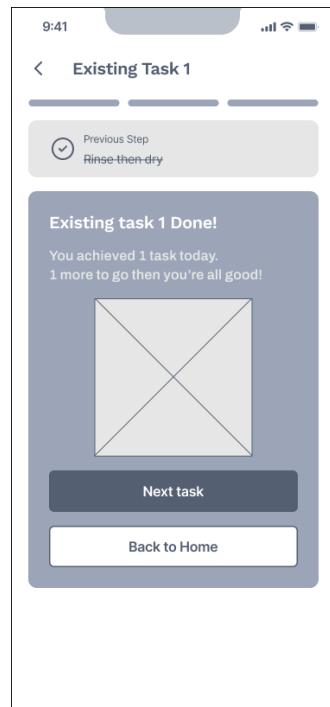
## Home



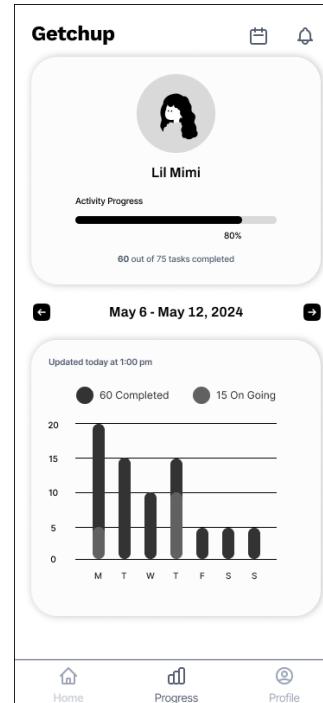
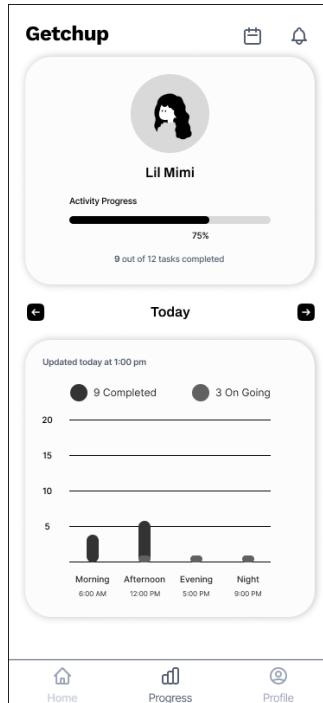
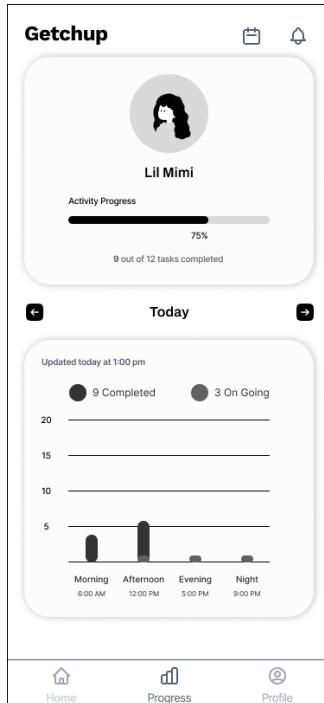
## Add New Task



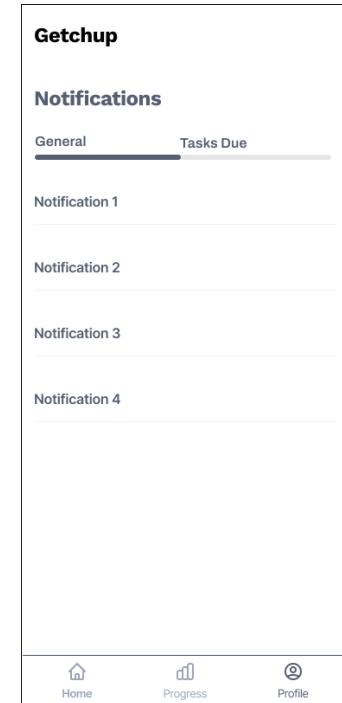
## Focus Mode



## Progress



## Notification

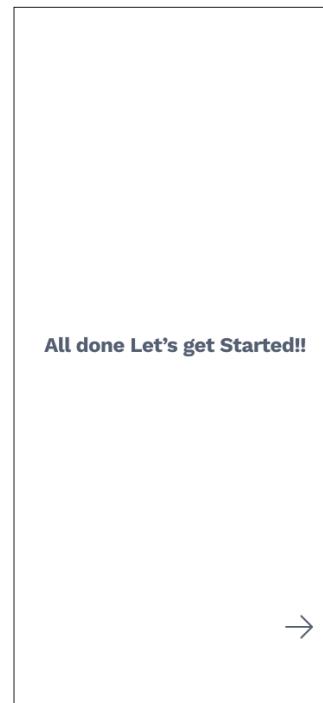


## Sign in

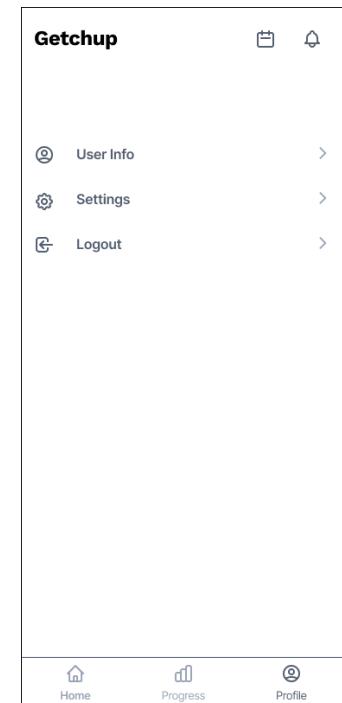
This screen is a sign-in form. It features fields for 'Email' and 'Password', both with placeholder text. Below the password field is a 'Forgot Password?' link. A large blue 'Sign In' button is at the bottom. Smaller links for 'Don't have an Account yet?' and 'Create Account' are also present.

## Survey

This screen displays a survey question: "How often do you feel the need to be constantly moving or fidgeting?". Below the question are four response options: "Almost always", "Frequently", "Occasionally", and "Rarely". A large blue arrow points to the right, indicating the next step in the survey process.

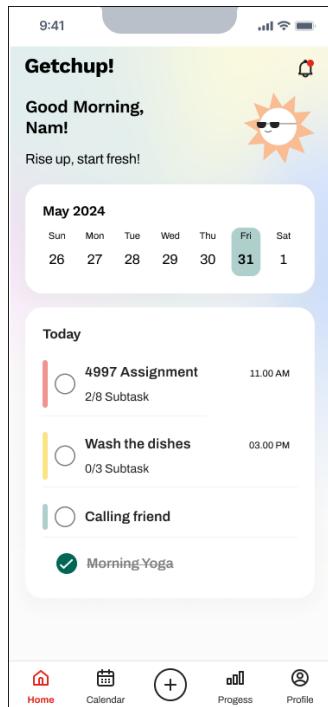


## Profile

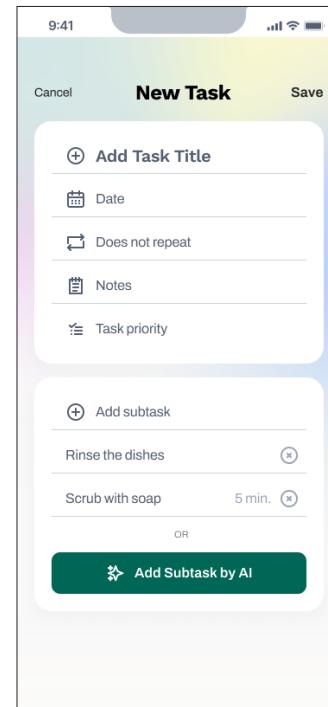
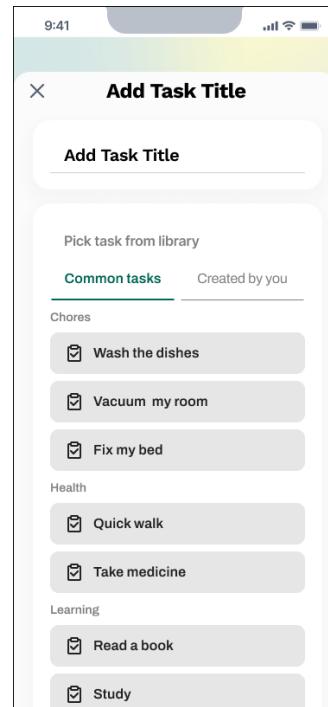
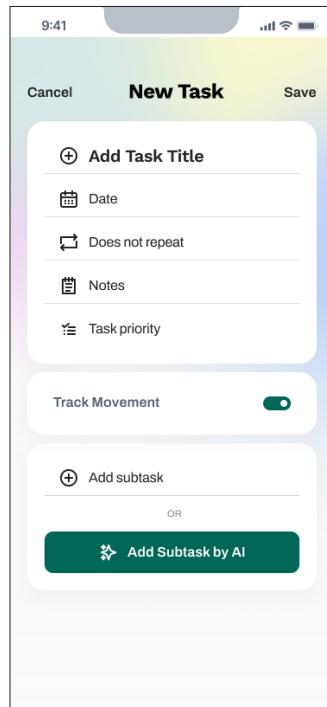


# Mockups

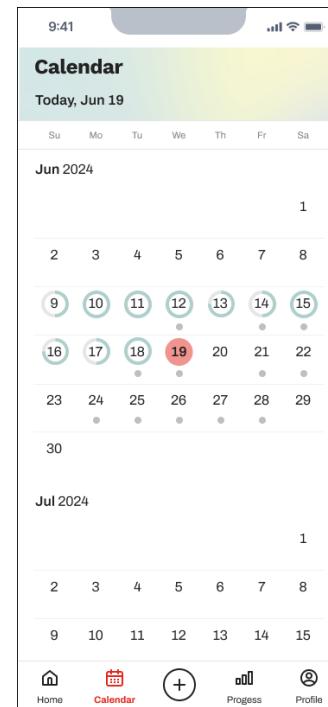
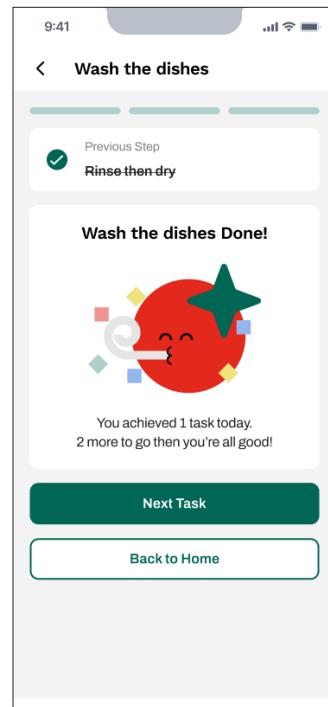
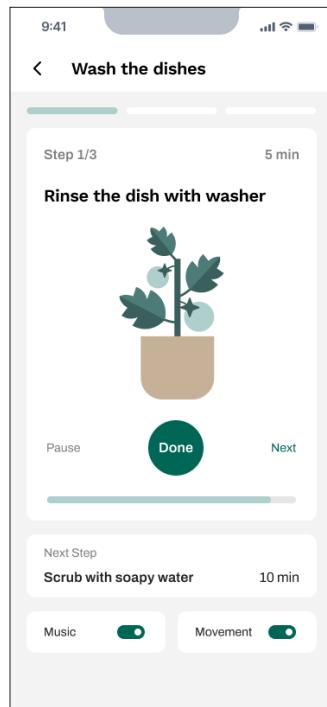
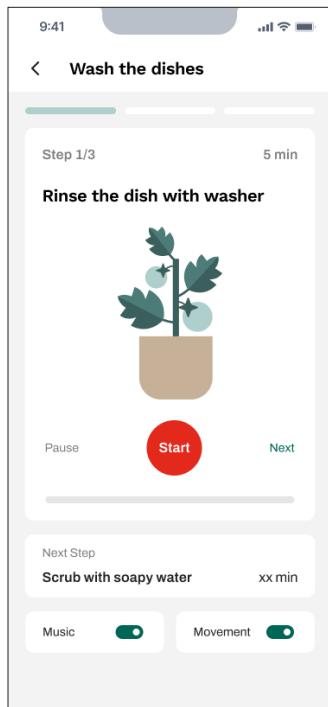
## Home



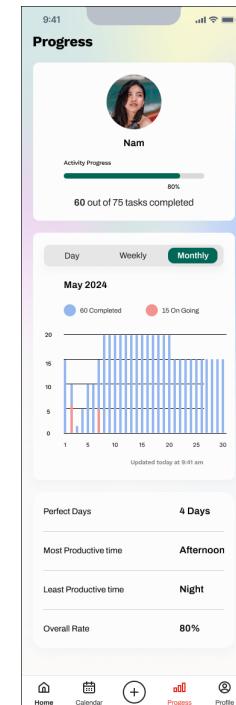
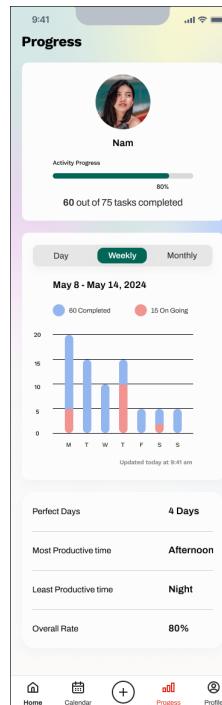
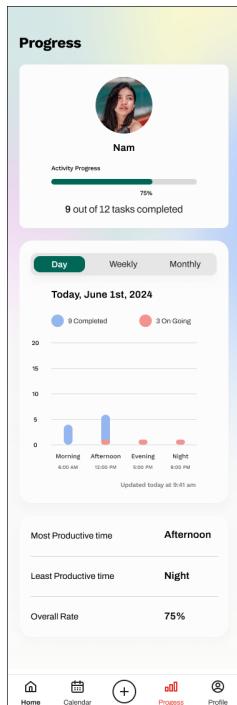
## Add New Task



## Focus Mode



## Progress



## Notification

- 
- Notifications**
- Reminder!** 23 mins  
You have an appointment with an Instructor today. Please be advised to attend the meeting today at 2:30 pm.  
Mark as done
  - Reminder!** 23 mins  
You have an appointment with an Instructor today. Please be advised to attend the meeting today at 2:30 pm.  
Mark as done
  - Reminder!** 23 mins  
You have an appointment with an Instructor today. Please be advised to attend the meeting today at 2:30 pm.  
Mark as done
  - Reminder!** 23 mins  
You have an appointment with an Instructor today. Please be advised to attend the meeting today at 2:30 pm.  
Mark as done
  - Reminder!** 23 mins  
You have an appointment with an Instructor today. Please be advised to attend the meeting today at 2:30 pm.  
Mark as done

## Sign in

**Getchup!**

**Sign In**

Email

Password

Forgot Password?

**Sign In**

Do not have an Account yet?  
[Create Account!](#)

Home Calendar + Progress Profile

## Survey

**Lets get started..**

This is a sample survey question 1 for the user?

Almost always  
Frequently  
Occasionally  
Rarely

>

**And we are done..**

This is a sample survey question 4 for the user?

Almost always  
Frequently  
Occasionally  
Rarely

>

## Profile

**User Profile**

John Doe >  
johndoe123@gmail.com >  
Task Reminder   
Movement Reminder

Logout >

Home Calendar + Progress Profile

# Brand Identity



We came up with the name for our app, “Getchup,” inspired by the Pomodoro Technique, a time management method where you work for 25 minutes and then take a 5-minute break. Our app combines this technique with AI technology to provide detailed insights into the time spent on each task. Essentially, we break down the Pomodoro Technique (named after the Italian word for tomato) into smaller, more manageable pieces, making it easier for ADHD users to follow. This process reminded us of how tomatoes are processed into ketchup.

And we can say that Getchup = Get you up, that our app will help the users to get up and complete their tasks.

# Aa

**Heading**

**Work Sans Bold**

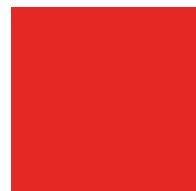
**Work Sans SemiBold**

# Aa

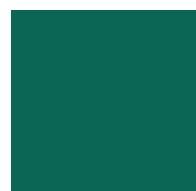
**Body**

**Archivo Regular**

**Archivo SemiBold**



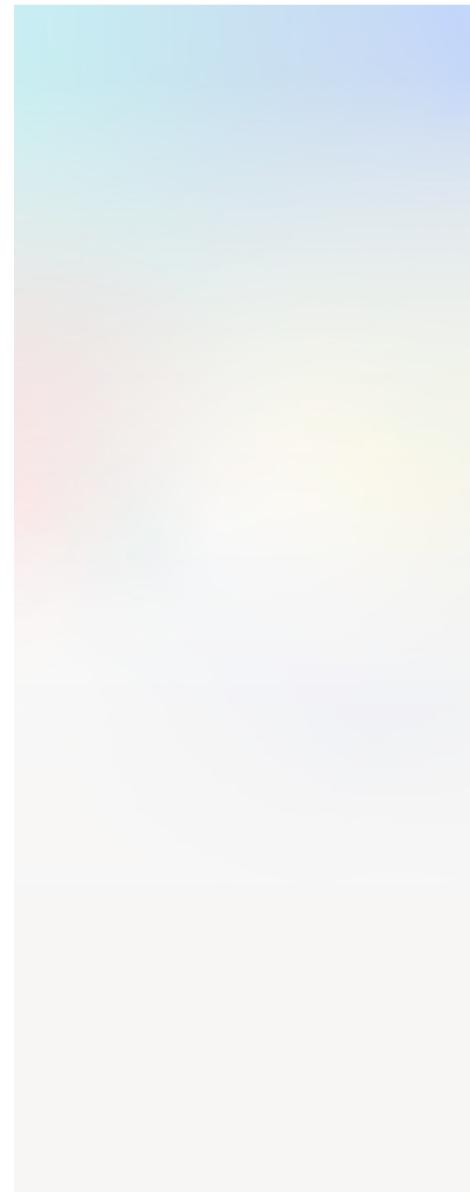
Accent  
#E3281C



Primary  
#006655



Primary light  
#AFCFCC



Since the tomato is our logo, but red is too intense for our app’s objective of helping users stay focused, we chose green as the primary color and red as an accent color. The cool-tone gradient background is designed to calm users down.

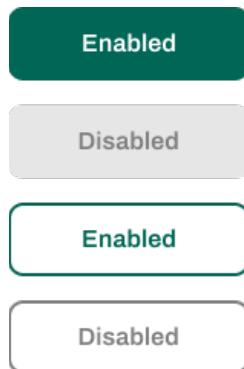
# UI Kit & Components

The design of the components for the app is focused on individuals with ADHD, where simple and calm colours were chosen for the design and experience. This will then help them stay focused on their task, and the goal for it is to have a straightforward approach so that they can navigate the app without any distractions.

## Icons



## Buttons



## Focus Mode Button



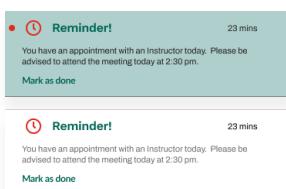
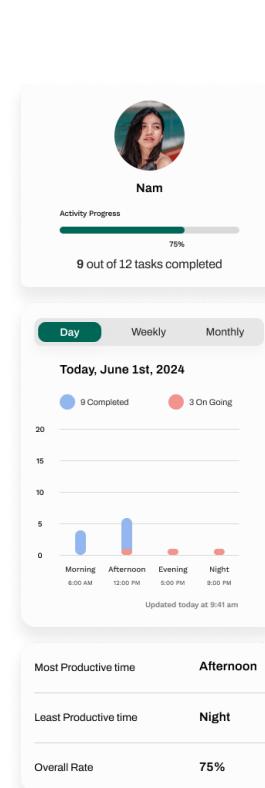
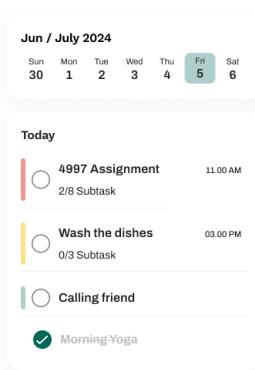
## Toggle



## Checkbox



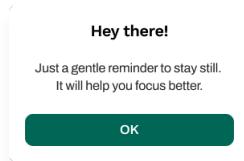
## Cards



## Nav Bar



## Reminder Modal

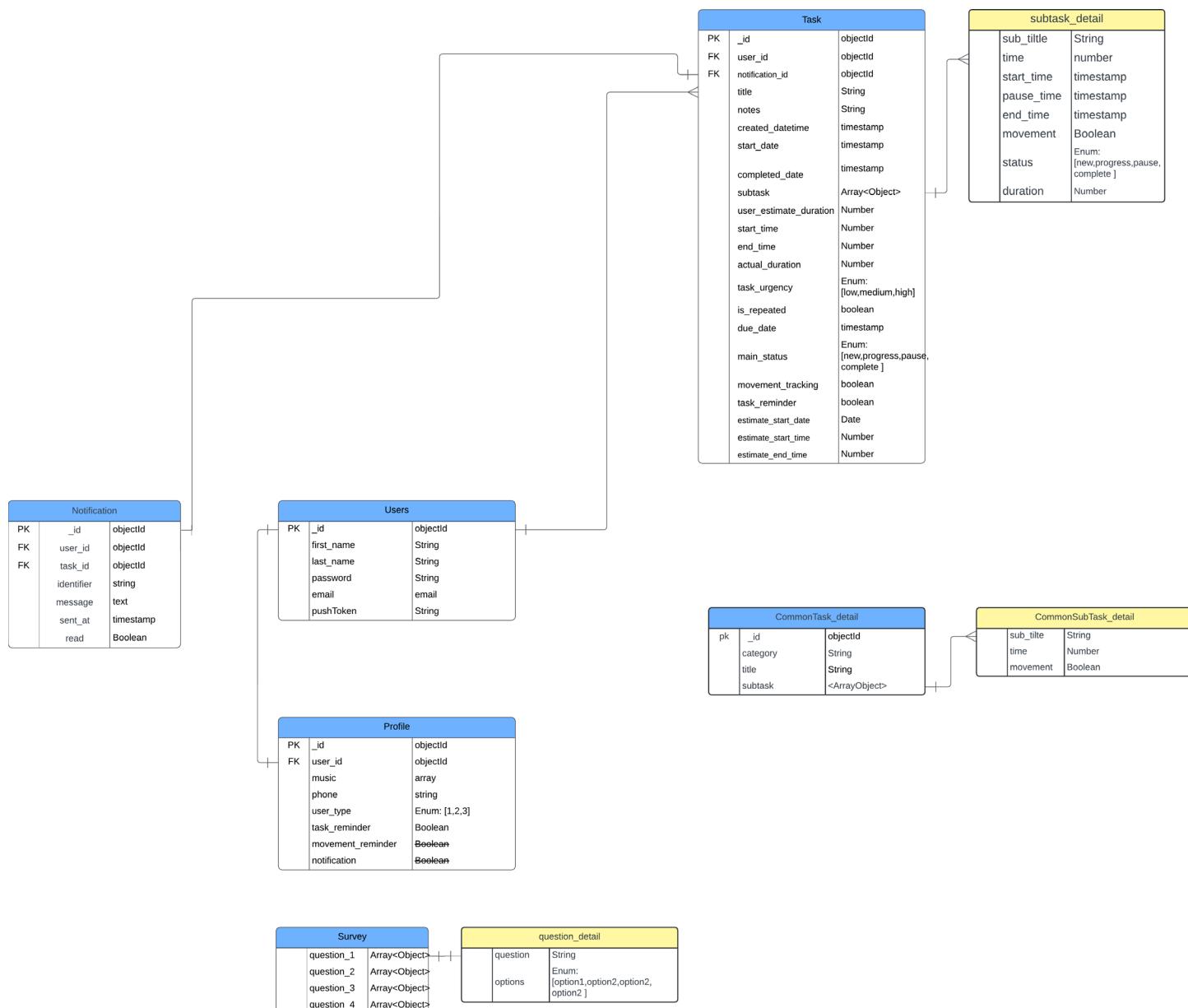


## Text Field

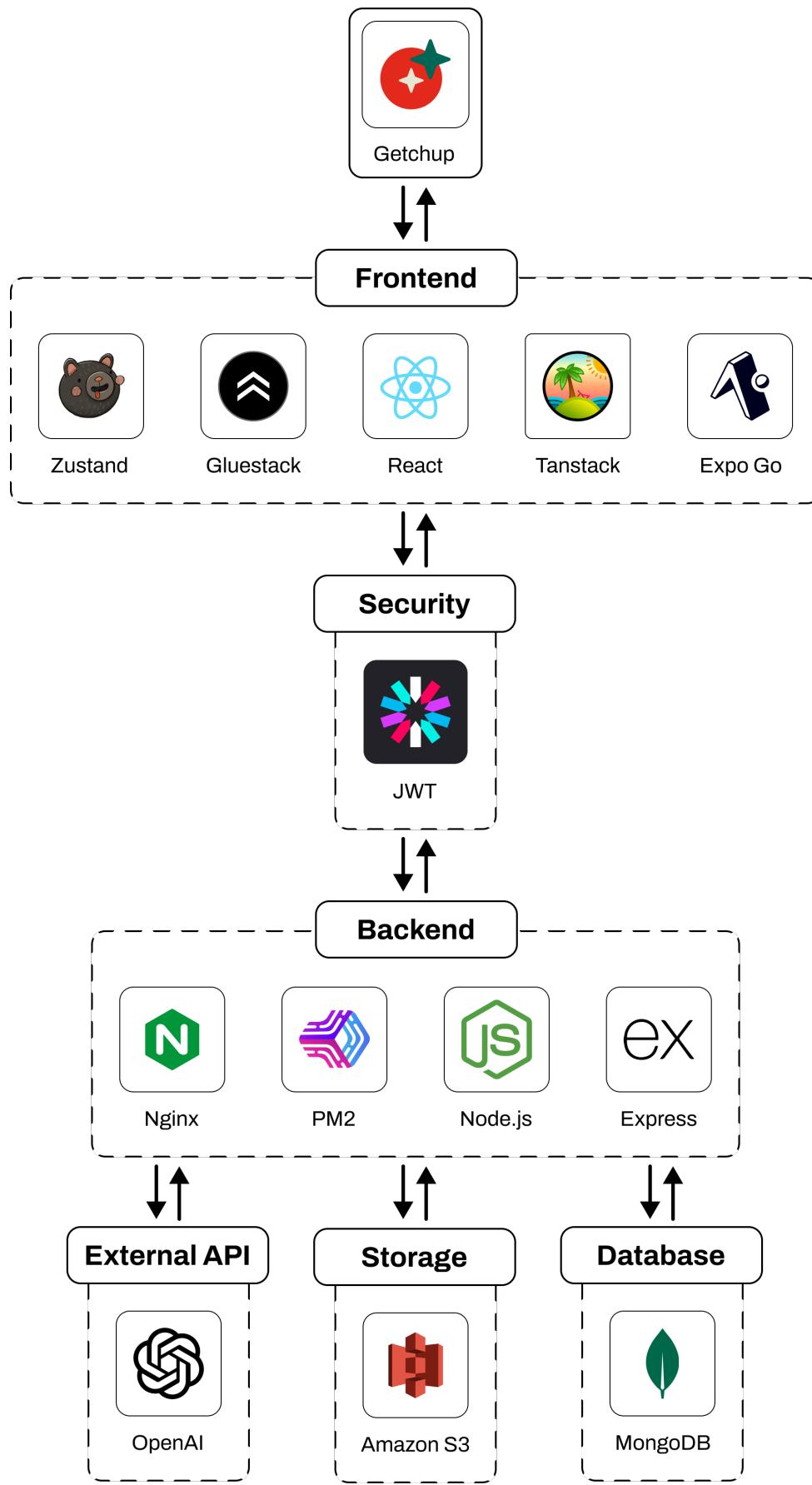


# Development Process

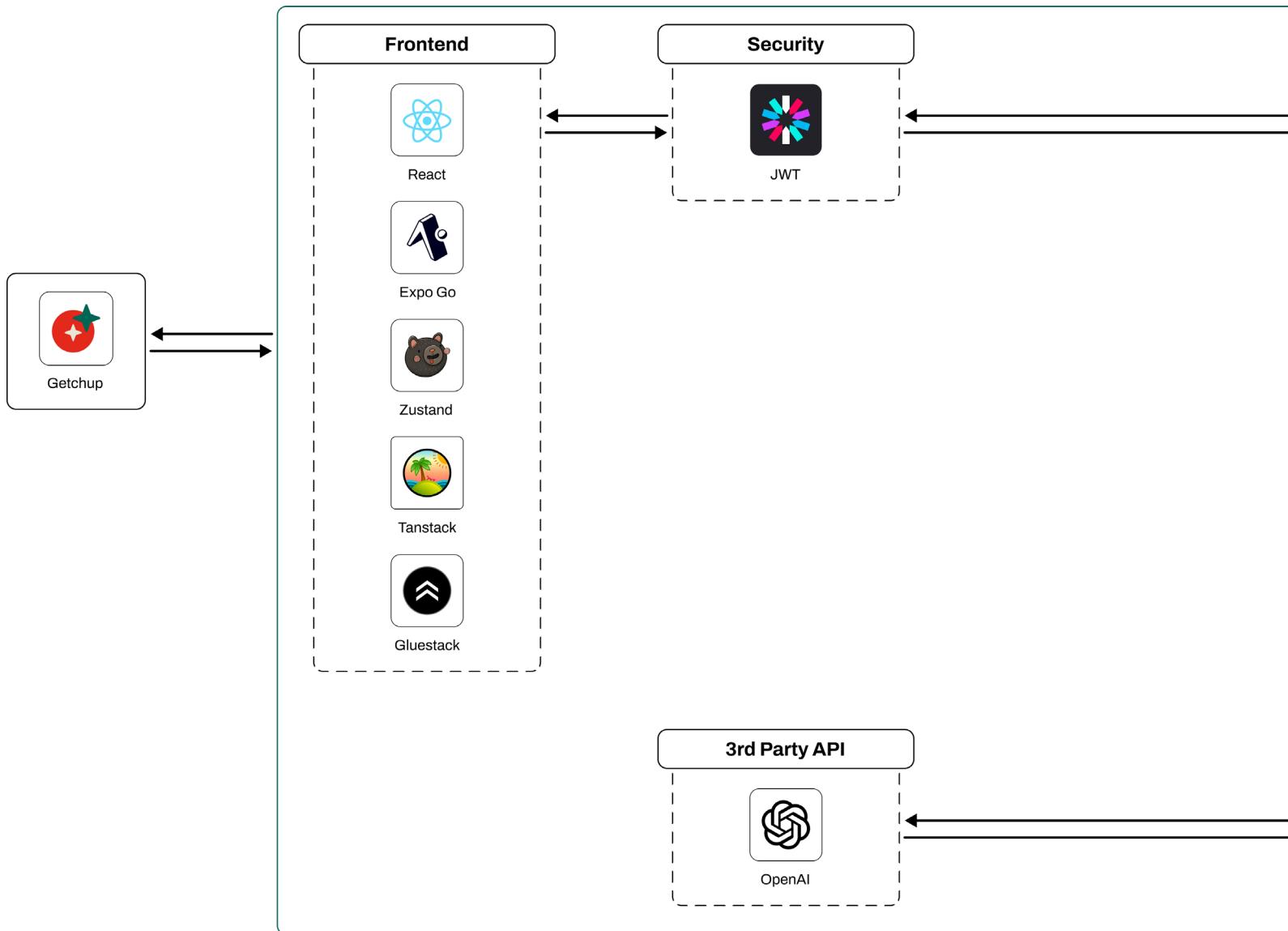
## Data Model



# System Architecture



# Tech Stack

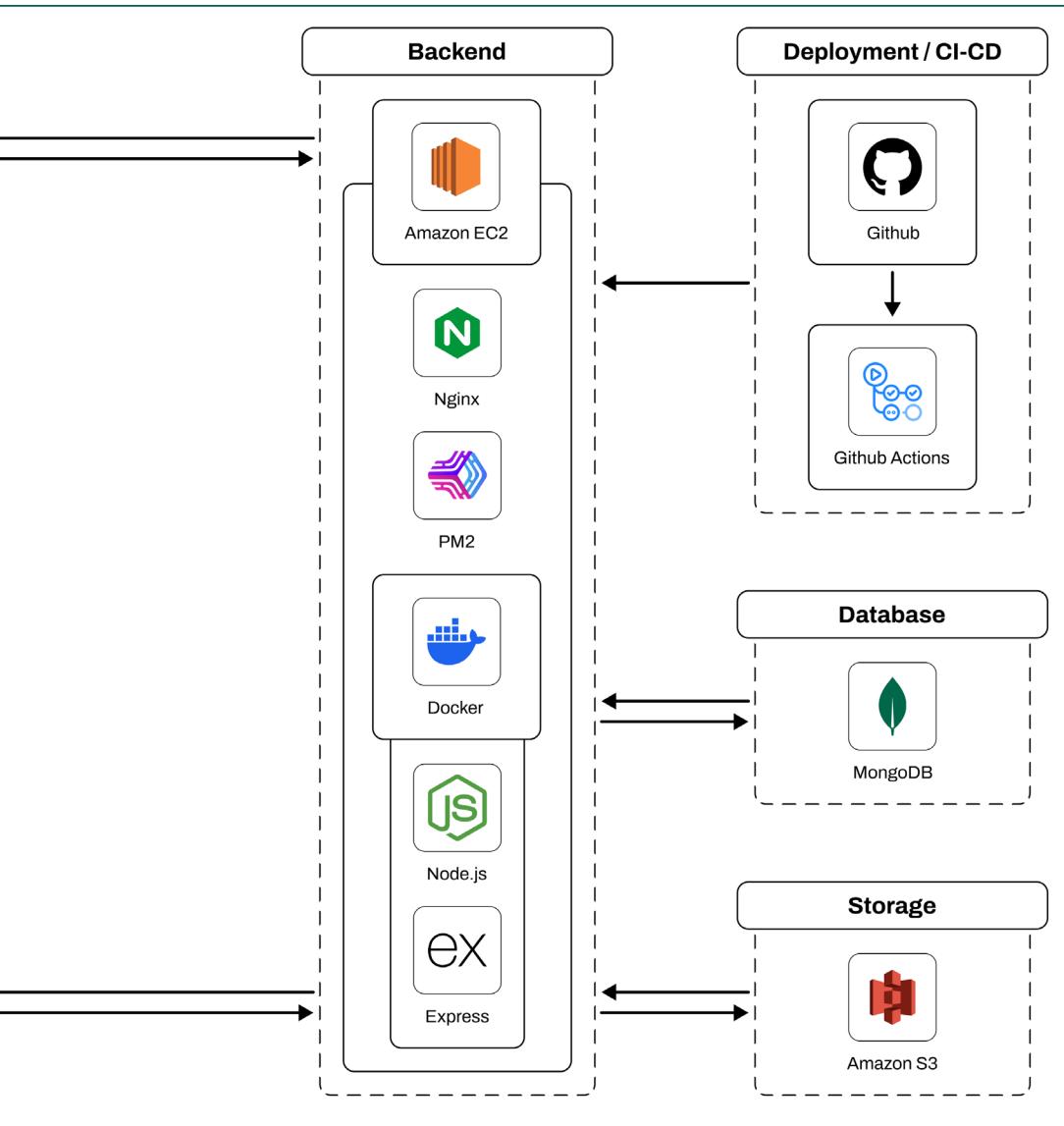


## Design



Figma was used for creating mockups, wireframes, and prototypes for Getchup, it was also used as a collaboration tool for other members.

The illustrations and pictures were made with the use of the Adobe tools.



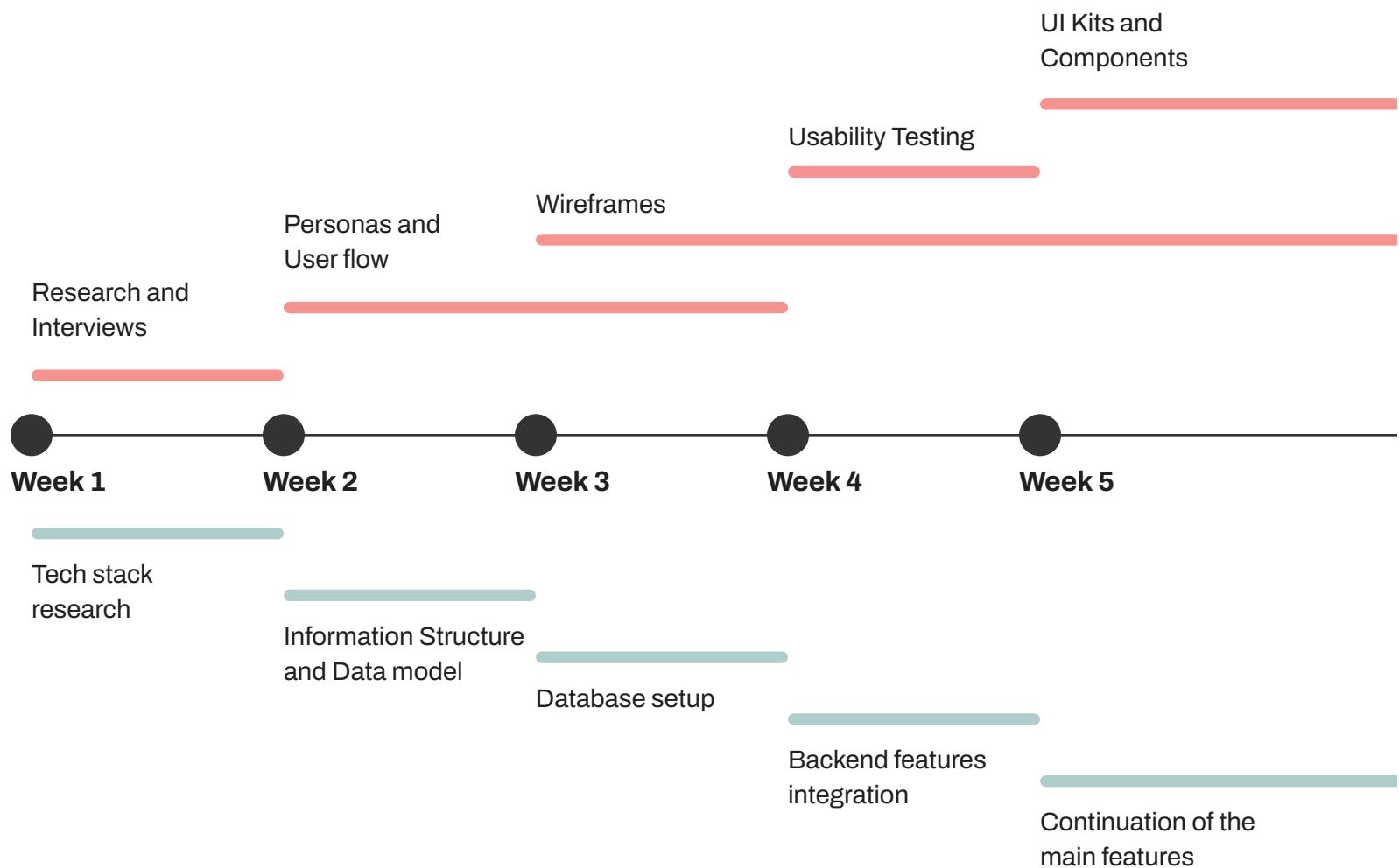
## Management



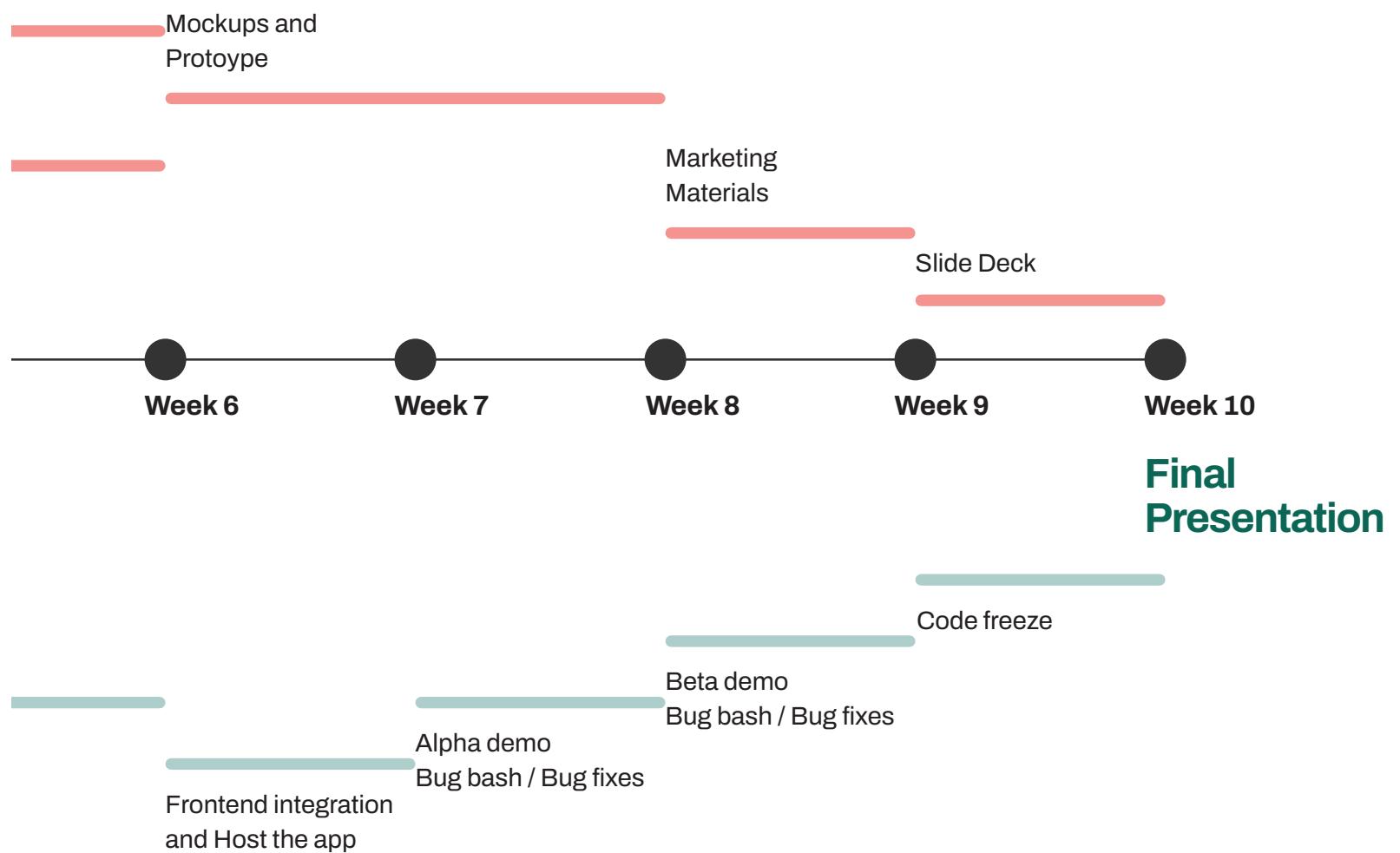
Slack was used as the communication for meetings with designers, and developers, and combined having their channel. Google Drive is where the documents are being kept for the group to give every member easy access.

Jira was utilized for tracking and managing the progress of the project and tracking issues. For Github it was the version control of the team.

# Design Milestone



# Development Milestone



# Our Team

Getchup was developed by Team Butterfly, a group of 4 designers and 5 developers from Langara College. Our goal is to address real-world challenges by leveraging the knowledge and technology we have acquired over the past year.



## Kim David Camaongay

Product Designer / Project Manager

I'm the friendly helper who guides the team and simultaneously tackles web and mobile application design problems. With an appetite for learning and exploring problem-solving in design, I would also like to discover new stuff relating to tech and design.

 [/kim-david-camaongay](#)

 [/kimdavidcamaongay](#)



## Natcha Phaibharamee (Nam)

Product Designer / UI Lead

Problem Solver and Product Designer with Graphic Design experience. Eagerly explore new things, whether it's picking up new skills, diving into interesting topics, or trying out new experiences.

 [/natchaph](#)

 [/natchaph](#)



## Hong Ngoc Tran (Celine)

Product Designer / UX Lead

Design is about problem-solving and clear communication. With defined goals and a responsible team, anything is possible. Passionate about user-centric solutions, I simplify complex challenges to create intuitive experiences. Committed to team success, I bring innovation and excellence to service delivery.

 [/celine-ngoc-tran](#)



## Akhil Jayakumar

Product Designer

I'm a supportive team player who addresses both web and mobile application design challenges. With a strong desire to learn and solve design problems, I strive to make complex tasks simple. I'm enthusiastic about exploring new trends in tech and design, consistently delivering innovative and high-quality solutions.

 [/akhilj285](#)



## Beatriz Doneux

### Lead Front End Developer

I am a full-stack developer driven by curiosity and skilled in enhancing customer experience. I consistently seek innovative solutions to address unique project requirements and have a strong passion for learning new technologies. Collaborative and deadline-oriented, I excel in team environments and am committed to delivering high-quality results on time.

/beatrizdoneux

/beatrizdoneux



## Greeshma Dharmapalan

### Full Stack Developer

I have honed my skills in HTML, CSS, JavaScript, React, Node.js, and React Native through my journey as a full stack developer. I specialize in creating responsive interfaces, integrating front-end with back-end services, and optimizing performance. My projects demonstrate a strong commitment to delivering high-quality and user-friendly web and mobile applications.

/greeshma-dharmapalan

/greeshma017



## Farhang Eradi Alvandi

### Full Stack Developer

I'm passionate about full stack development and aim to become a top-tier developer. My Web Application Development program at Langara College has provided me with practical skills. Through my capstone project, I gained the best experience and now have a clear career path. I am determined to succeed.

/farhangalv

/farhangalvandi



## Harleen Kaur

### Full Stack Developer

I'm a full-stack developer with 2 years of experience in Java Spring Boot. With a passion for tackling complex web and mobile application challenges, I bring a problem-solving mindset to design and development. Eager to learn and explore new technologies and design practices, I enjoy working in a collaborative manner while continuously discovering innovative solutions in tech and design.

/harleenk-sekhon

/harleen251



## Tin Zar Paing

### Full Stack Developer

With over ten years of experience in Microsoft technologies such as ASP.Net, C#, VB.Net, and SQL Database, I have a solid foundation in software development. I enjoy managing project lifecycles and multitasking. In my capstone project, I work on front-end and back-end development, database management, and deployment.

/tin-zar-paing

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# References

## Market Research

- \* [https://www.thestar.com/business/untreated-adhd-costs-canada-billions-of-dollars-a-year-here-s-how-business-owners-can/article\\_442f56f8-ad55-5e48-9671-de527101fbb5.html](https://www.thestar.com/business/untreated-adhd-costs-canada-billions-of-dollars-a-year-here-s-how-business-owners-can/article_442f56f8-ad55-5e48-9671-de527101fbb5.html)
- \* [https://caddac.ca/about-adhd/#:~:text=Attention%20Deficit%20Hyperactivity%20Disorder%20\(ADHD,the%20country%20has%20the%20disorder.](https://caddac.ca/about-adhd/#:~:text=Attention%20Deficit%20Hyperactivity%20Disorder%20(ADHD,the%20country%20has%20the%20disorder.)

## Competitors

- \* Finch: <https://finchcare.com>
- \* Me+: <https://enerjoy.life/>
- \* neurolist: <https://neurolist.app>

## iPhone Bezels

- \* <https://developer.apple.com/design/resources/#product-bezels>

## Created in association with

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