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My App Idea

TAB (Take A Break):

- A time management app
- **Target:** Highschool to College students, though it could be used by anyone.
- You feel out some information about how a typical day looks, your emotional status, and
- This app takes your information and suggests how many breaks you should take in a day for how long you should take them for.
- It sends reminders in the form of notifications to the user, telling them when to take a break.
- This app is designed to help relieve stress and fatigue from doing school work and just life in general.
- You can even set reminders for anything important coming up like assignments, important deadlines, and many other things.
- It can even provide tips and tricks to get the most out of your rest time.
- You can adjust the rest times to your liking if you wish to. That way the breaks really do cater to your needs.