

My Time



Overview

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Vision & mission

Vision:

To redefine digital calendars by bringing self-care into every schedule

Mission:

To help people reclaim time for themselves by designing an app that balances productivity with emotional well-being

Research and Analysis

Identified Issue: challenges in user-device interaction

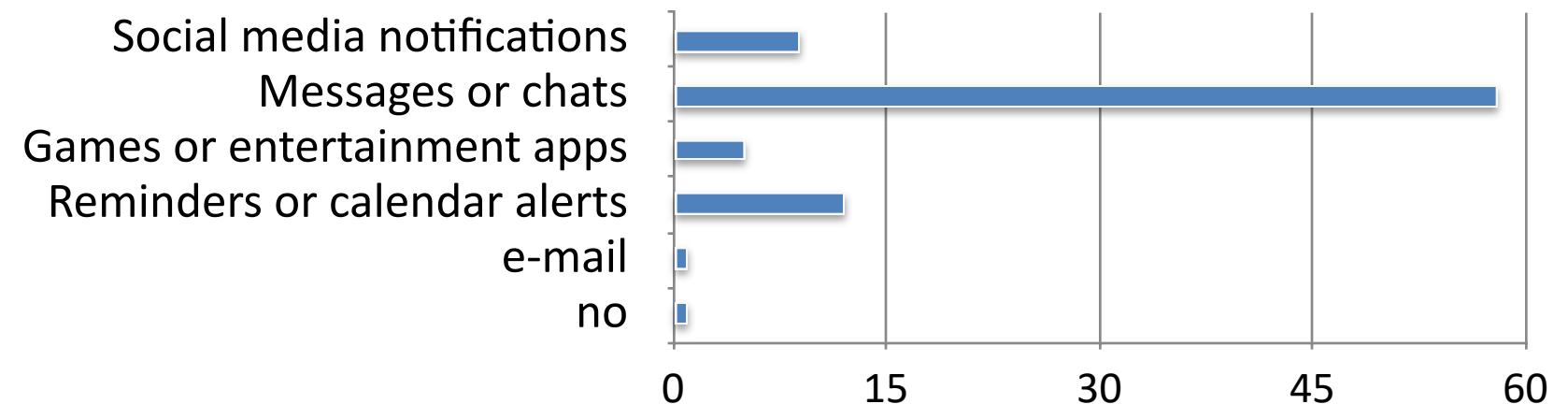
Objective: identify functional solutions to enhance the user experience

Survey administered to the target sample, structured into 4 key areas:

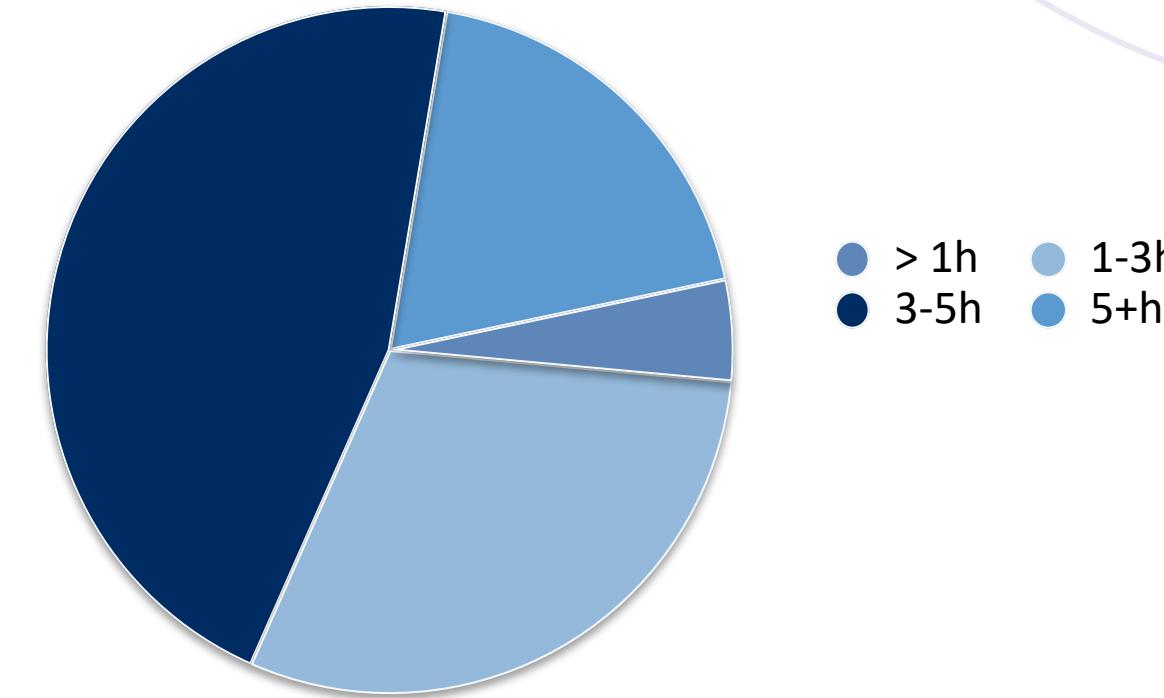
- **Most commonly used app types**
- **Smartphone usage frequency and habits**
- **User awareness in device usage**
- **Preferences and expectations regarding app suggestions**

Research and Analysis

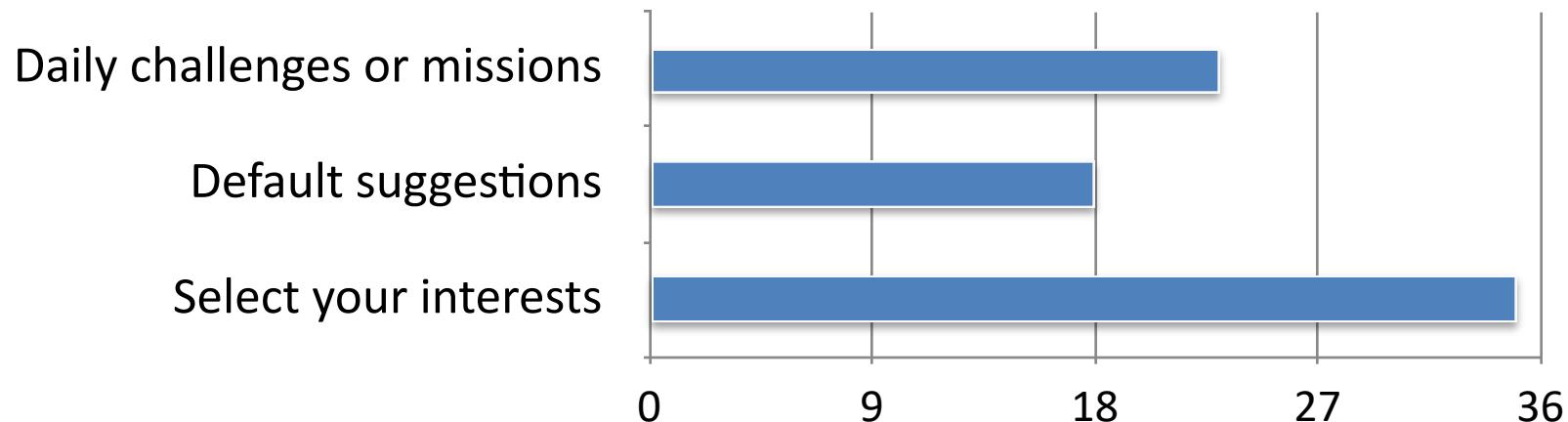
Have you noticed if certain notifications make you pause what you're doing? If so, which ones?



How many hours a day do you use your smartphone?



What kind of suggestions would you like to receive from the app?

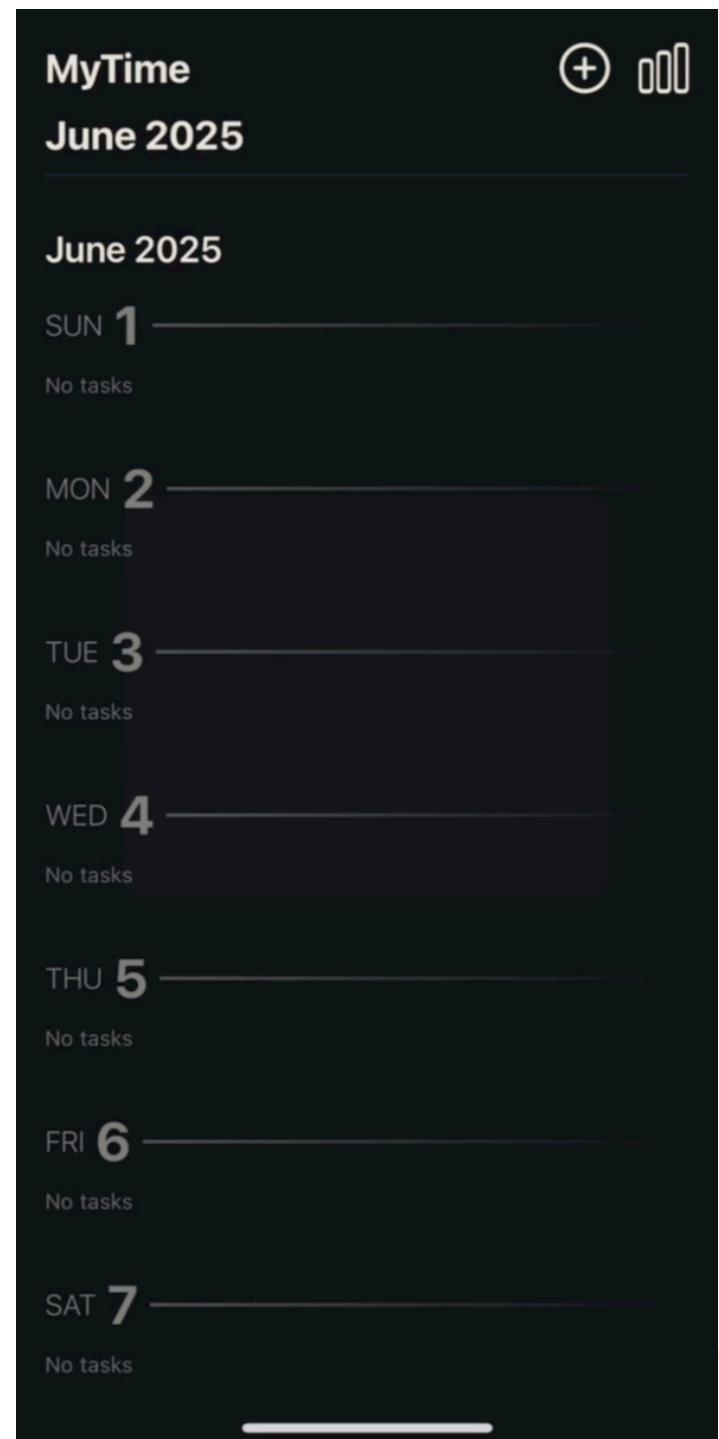


Note:

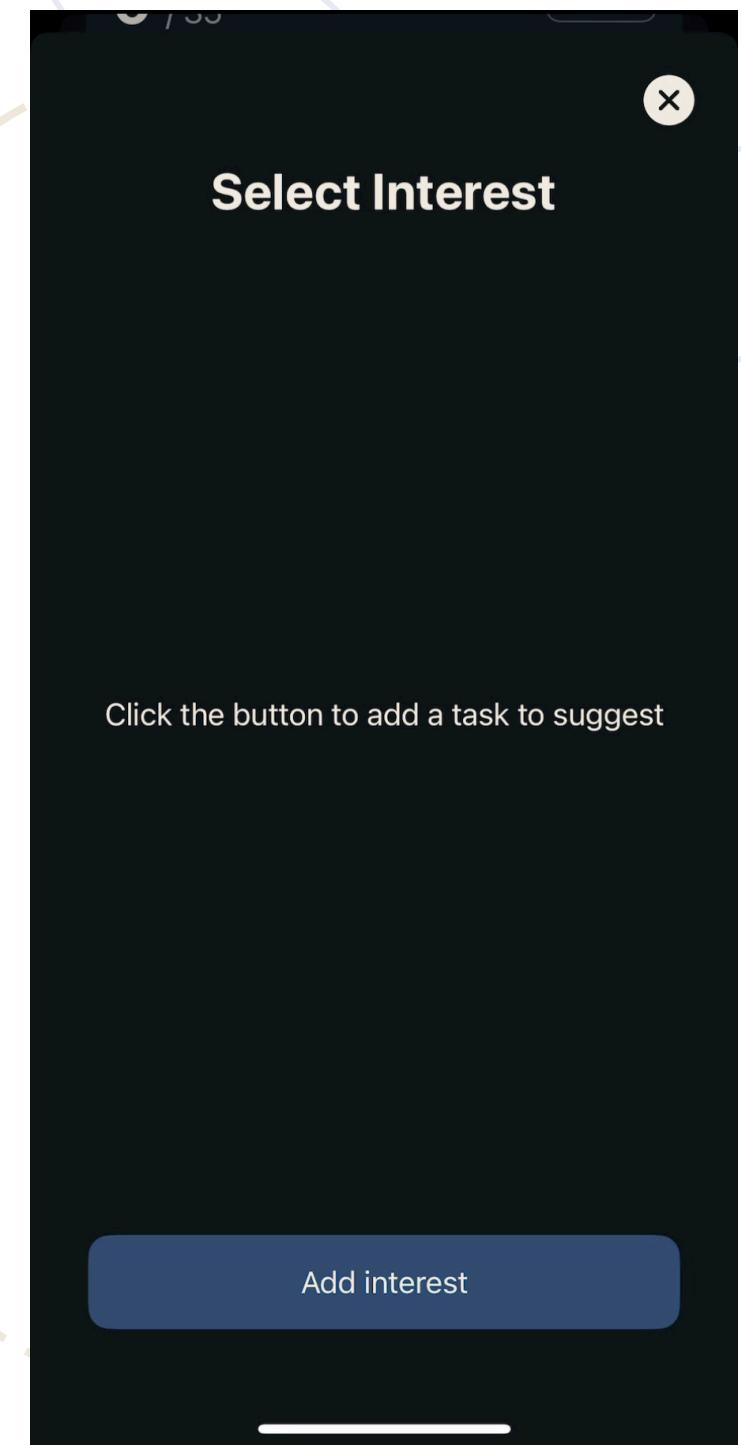
The results presented were obtained from a survey conducted on a sample of 63 people aged between 18 and 30 years.

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Key Features

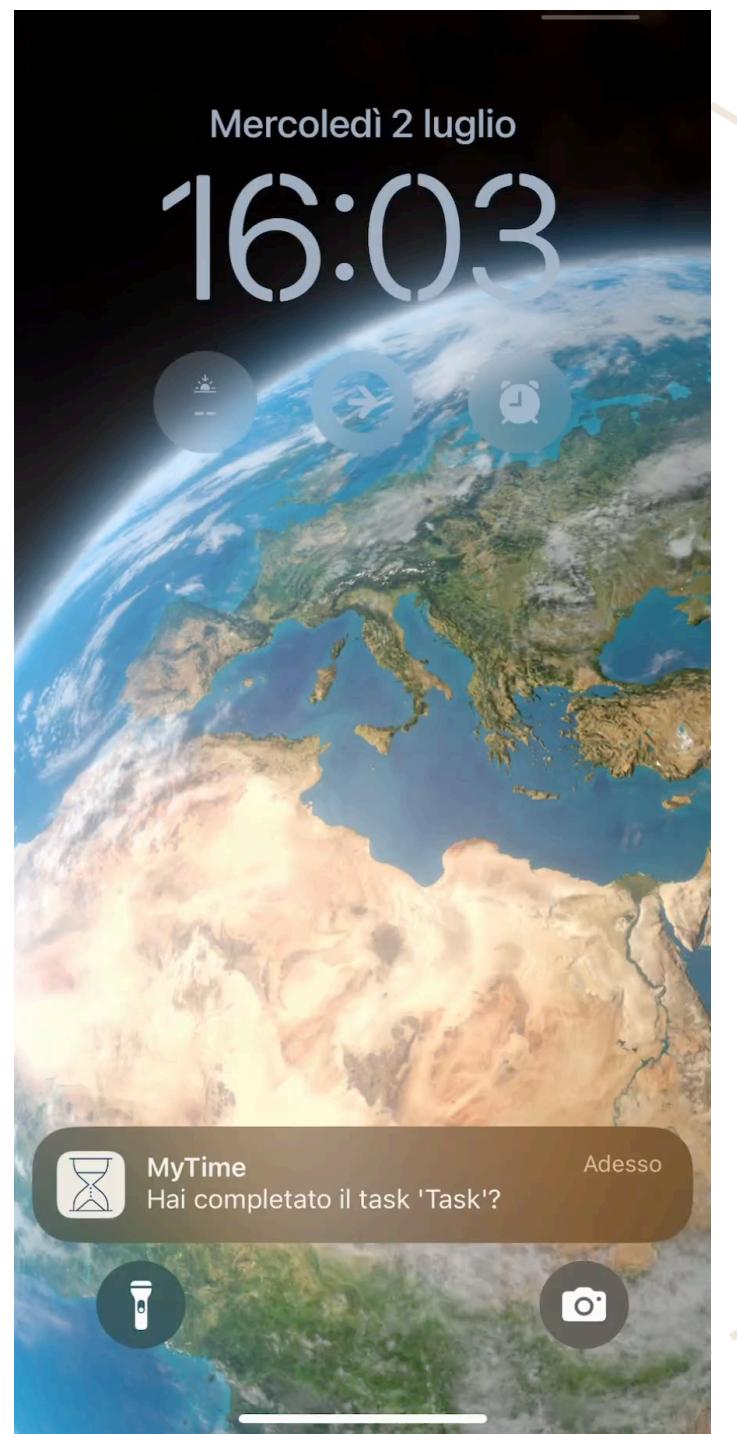


Infinite scroll
for hourly and weekly views



Smart task
input and personalized suggestions

Key Features



Intelligent notifications
(start/end, self-care reminders)

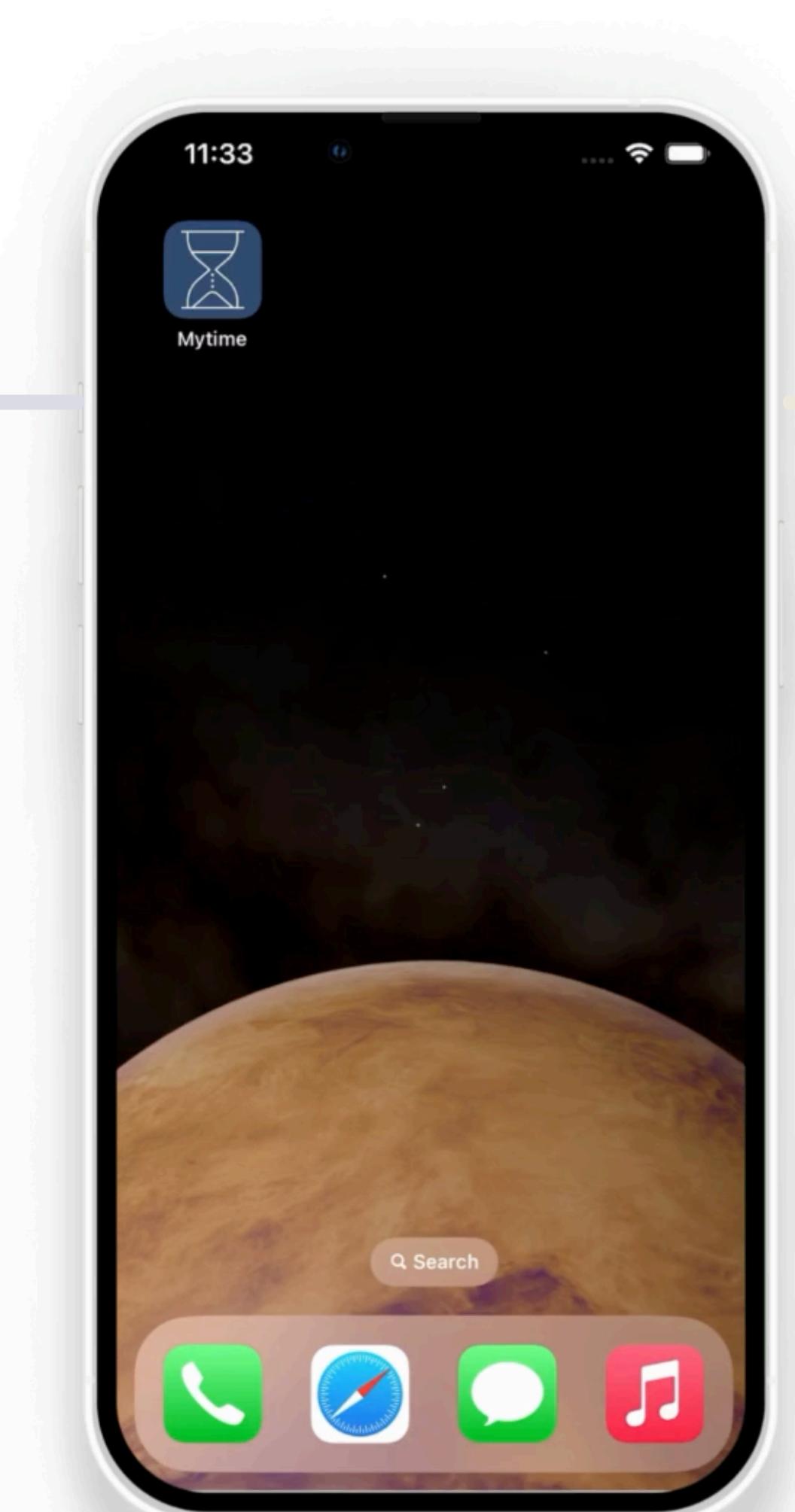
Progress tracking

MyTime	
July 2025	
TUE	1
	No tasks
WED	2
15:47	15:52 Task
18:00	18:45 Running Suggerimento basato sui tuoi i...
18:45	19:30 Running Suggerimento basato sui tuoi i...
19:30	20:15 Running Suggerimento basato sui tuoi i...
THU	3
	No tasks
FRI	4
	No tasks

MyTime

Demo

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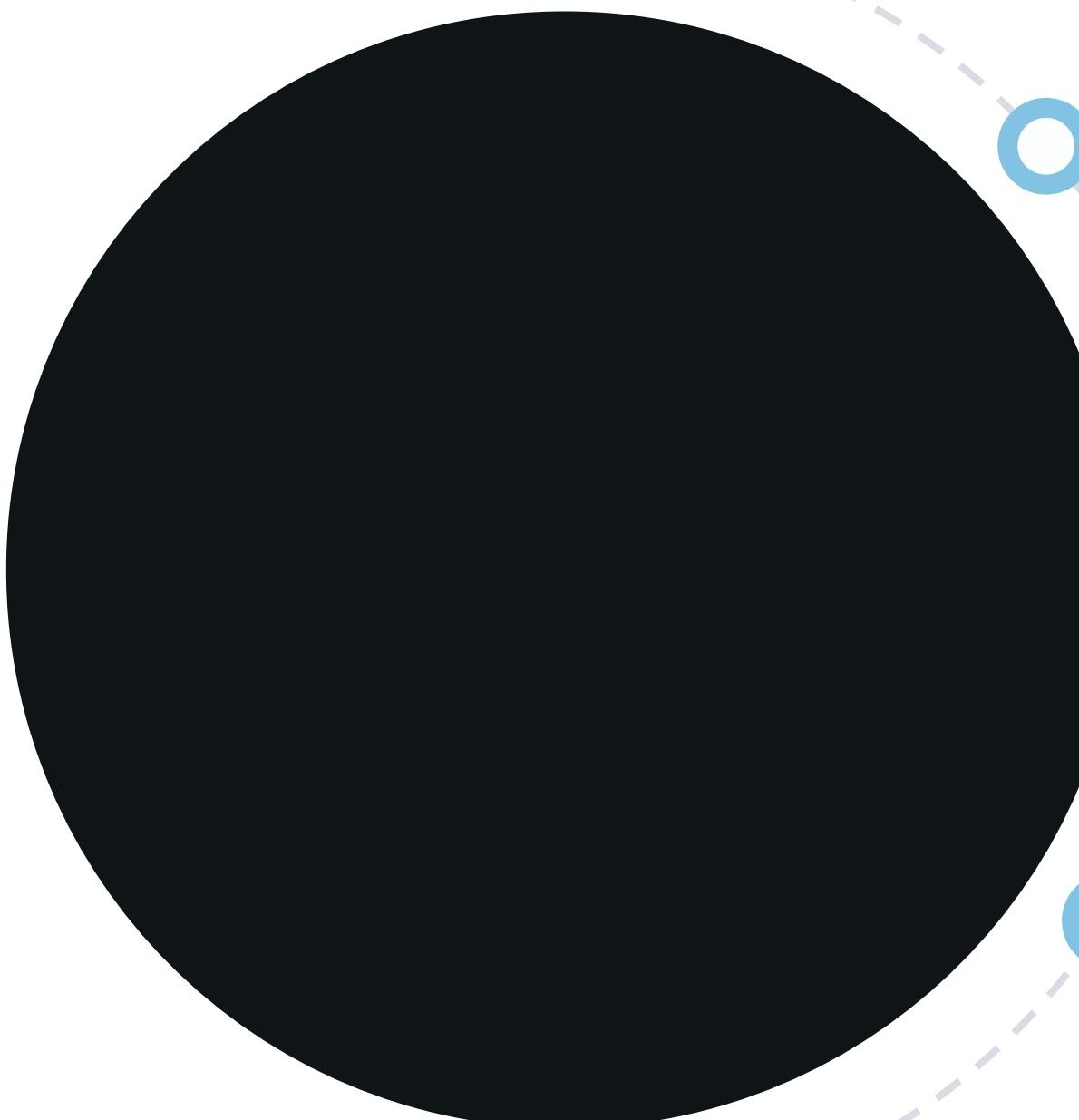


Competitor

App	One Gesture Scroll	Start/End Notifications	Self-care Reminders	Activity Suggestions
Calendar	✗	<i>Start only</i>	✗	✗
Structured	✓	<i>Start only</i>	✗	✗
TickTick	✗	<i>Optional</i>	✗	✗
Fabulous	✗	<i>Guided routines</i>	✓	✓
TimeBloc	✓	✓	✗	✗
MyTime	✓	✓	✓	✓

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Future Implementations



- Tracking recurring activities to improve in-app contextual suggestions
- Receiving notifications about time spent on **time-wasting** apps
- Ability for users to manually configure and select **time-wasting** apps
- Monitoring the usage time of third-party applications

Our Dream Team



Galante Angelo

Head developer

Computer Engineering



La Mantia Flavia

Designer

Industrial Design



Musso Gabriele

Developer

Computer Engineering

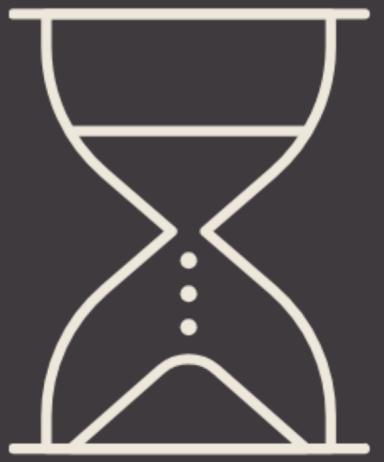


Picone Marialessandra

Researcher

Innovation Engineering

Thanks For Your Attention



My Time

More than a calendar,
my personal care
companion.