A program which’s goal would be monitor, and give suggestion how to spend the individuals time to achieve an equilibrium between studying, playing and sleeping after school in the weekdays.

The student would have the option to leave the study session if they feel that they are too tired or want to relax a bit more, the system would store this information, the goal is to first start from the time when the student can comfortably study and try improving it slowly to achieve better concentration levels and reduce stress from proximation and screen time.

If the students spend too much time playing, it would notify them to study a bit.

It would notify the student who is studying to hold brakes so they can have a better overall performance.

It would notify the student to drink water when they are playing games in regular intervals to prevent dehydration.

It would give positive feedback if the student completed the things he needs to do.

**What if question:**

When the student gets home could choose what he wants to do and for how long, and the thing would plan his schedule accordingly (How much and long the student studies usually, what time is it right now – available time, what the students want to do first)

It would have a settings option where you could reduce the time spent on breaks when you are studying and it would give when you would finish that day, would it be a positive change and how much more you could play.