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Project Description

Re-Track Yourself is a time management application that is used when studying/researching. It helps with time blindness, ADHD or even procrastination.

It allows you to create a to-do list to set goals, set reminders to get up and take short breaks and a timer that is always in your peripheral vision.

The aim of this project was to allow the user to do short sprint study sessions where the user only works and finishes on the goals they have set in the Todo list.

Re-Track Yourself

Sarah Mitchell

Bachelor of Engineering (Honours) in Software
and Electronic Engineering
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<https://github.com/SarahMATU/ReTrackYourself>



Technologies

The technologies used within this project are Electron, React, HTML, CSS and JavaScript for my code.

Electron is a JS framework which is helping us to create native applications via Web based technologies like HTML, CSS, JS etc. Using this I created and customised multiple desktop windows to my liking. With Electron, I can also package and build an executable to run the program on any system i.e. Windows, Mac, Linux.

Jira was used for my project planning and management and updated it with my goals and work that had to be done.

GitHub was used for my repository and code management where I could access it from any computer.



Features

Timer:

Allows you to set an allocated timer for your study session. You can study up to 6 hours with this program.

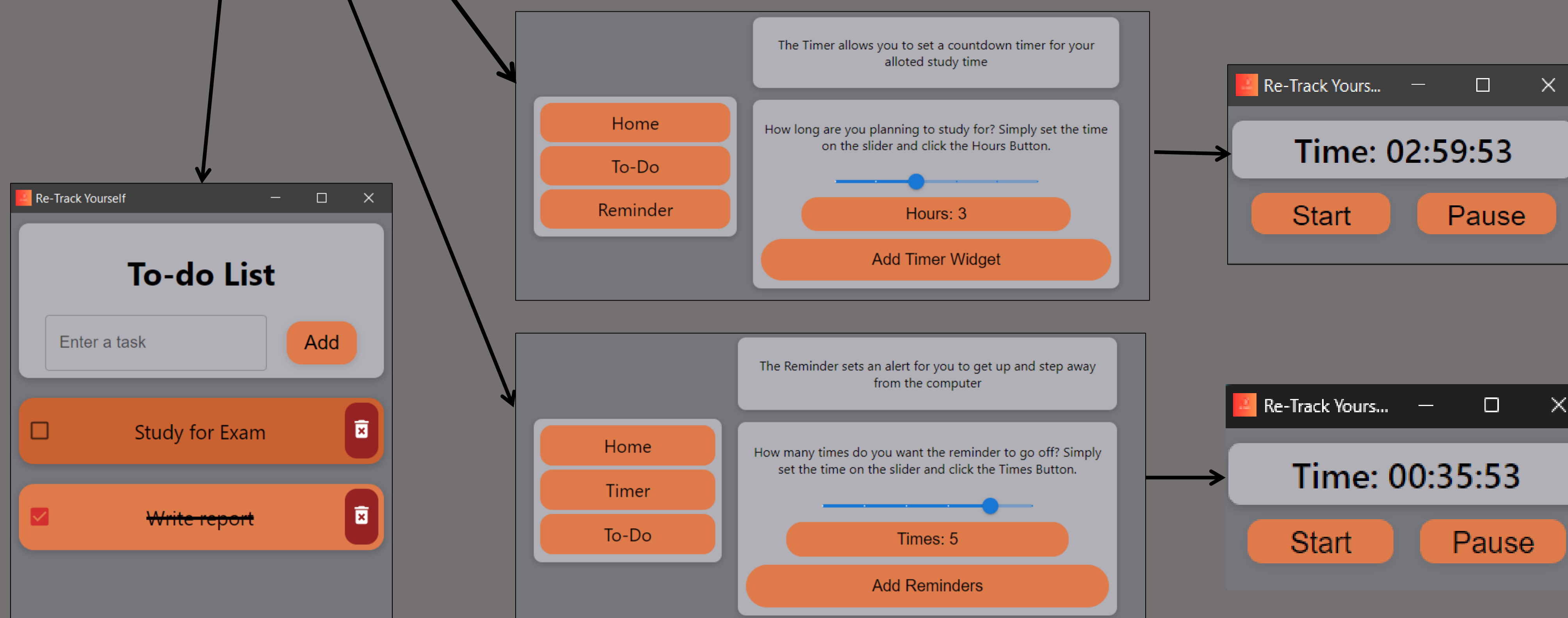
To-Do List:

With the To-do List you can set goals that you hope to achieve during the session.

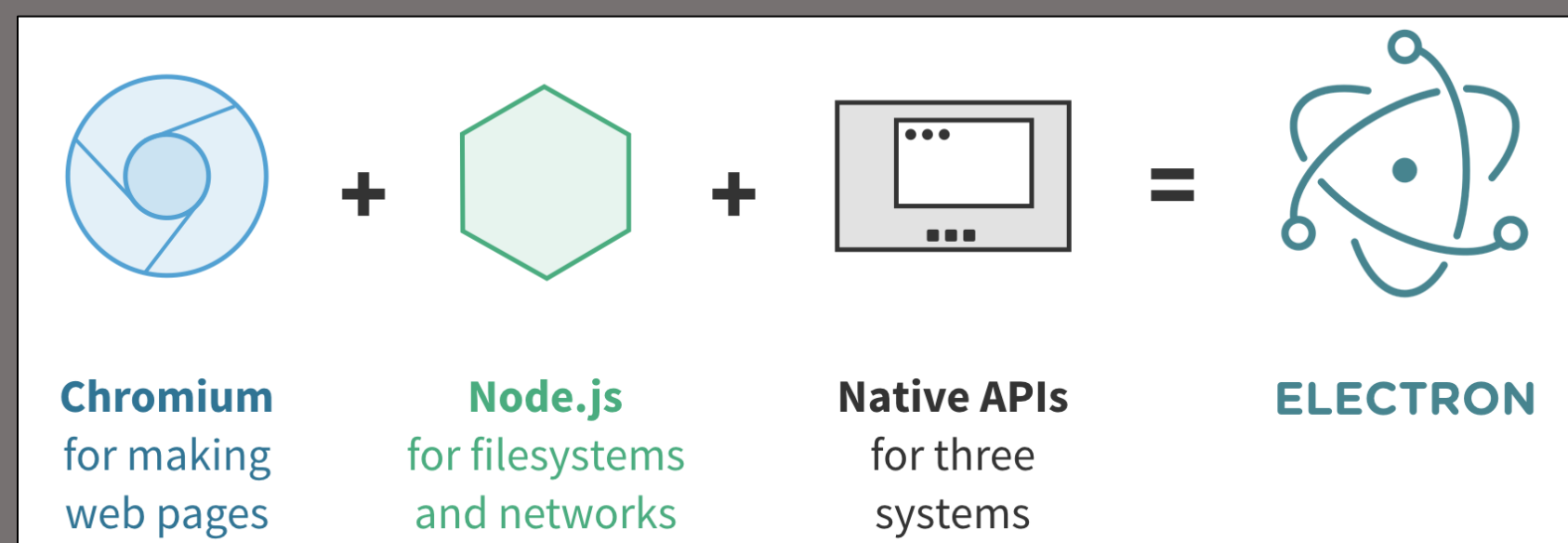
Reminder:

This feature will remind you after a certain amount of time to get up and take a short break.

User View



How Electron Works



Results

The user can set their desired length of study time (up to 6 hours) and set how many breaks they wish to have. Once the time for the reminder is up, a break modal will appear telling the user to take a break.

Research shows that taking more breaks frequently in a long study session improves productivity.