Reminders	Punishmen System	Sco : O Con	f	Reward system	Productivity	Apps		Customization
Motivational reminders	Warning	S	me nit	Incentives	To-do list	instagram		Types of apps
Work Updates how close	Lose	Par	ents	Friends	Calender	tik tok		Optional for games too, focused for social media
you are to rewards	Cutting off a			competition		twitter		Sharing information
Time spent on tasks	owner/user discretion	Tea	chers	Point System	Schedule	snapchat		Notifications
reminder that you should	Notifying parent, teacher,	Bus	iness ners	better rewards when you're more	Task	tinder		option to restrict usage of streaming
stay on task due date	etc.			consistently on task reward point	Break up big	Sports apps		services Optional
reminder	Parents can change time restrictions	e III	me mes	bar so user can track how close they are to next reward	projects / assignments	shopping apps	for mus	for music