We have brought you together today to have a discussion about an application we are developing called “Illo”. It’s a health and wellness app focused on the pomodoro studying technique, along with built in stretches, exercises, calendar, and milestone systems to keep you motivated and focused.

Question 1: The pomodoro technique is used to split up studying time and break time to better help you focus and retain more information from studying. Would you consider using a phone application to assist and streamline this process? Please discuss your thoughts on the pomodoro technique.

Question 2: Do you feel that stretching periodically would help you study?

Question 3: Can you see yourself using an application like this? Please discuss why or why not.

Question 4: Do you feel that a daily streak and milestone features would motivate you to use this application daily?

Question 5: If you could change one thing about our application, what would it be?