

# Touch Focus

## Stay on Target

You live in the age of distraction. You don't have time to waste time.

You need a don't-do list, not a to-do list.

Forget the milk and focus on your most important, immediate goal.

I will...



Enter Goal

enter my goal here

START NOW



Press Start

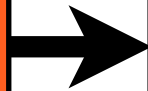
# Study

Work on goal while  
timer counts down.



# until break

Press if done early.  
Next screen loads  
automatically when  
timer hits zero.



I'M DONE

Rate your  
performance:

