

Rafa Run / On Track.

Screen shots and navigation

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Welcome screen

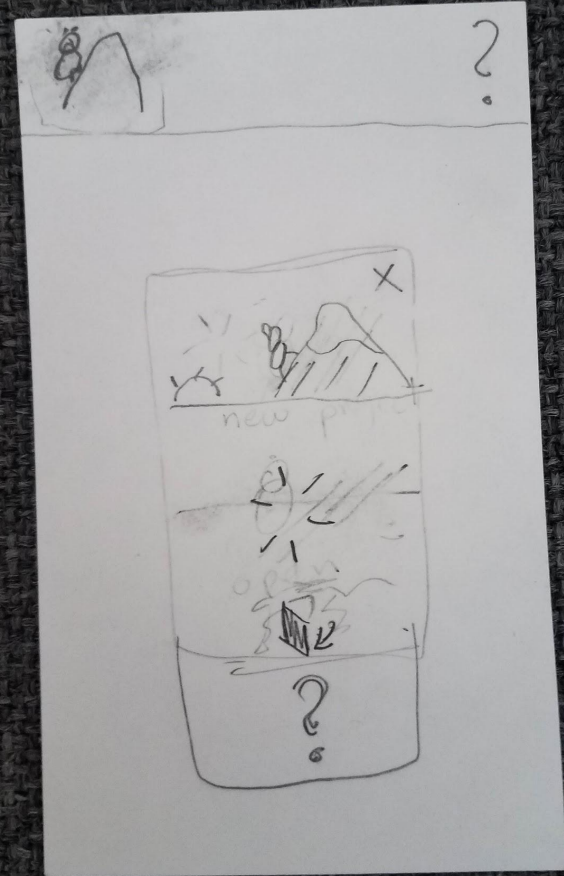
New Project or Open Existing Project (from
Local, Sheets or Cloud)

Note that we try to severely limit the number of
words

And keep them simple, preferring to use icons
instead.

Because we want young users (age 7 onwards)
and also non-English users to feel at ease.

Select an option in the popup dialog

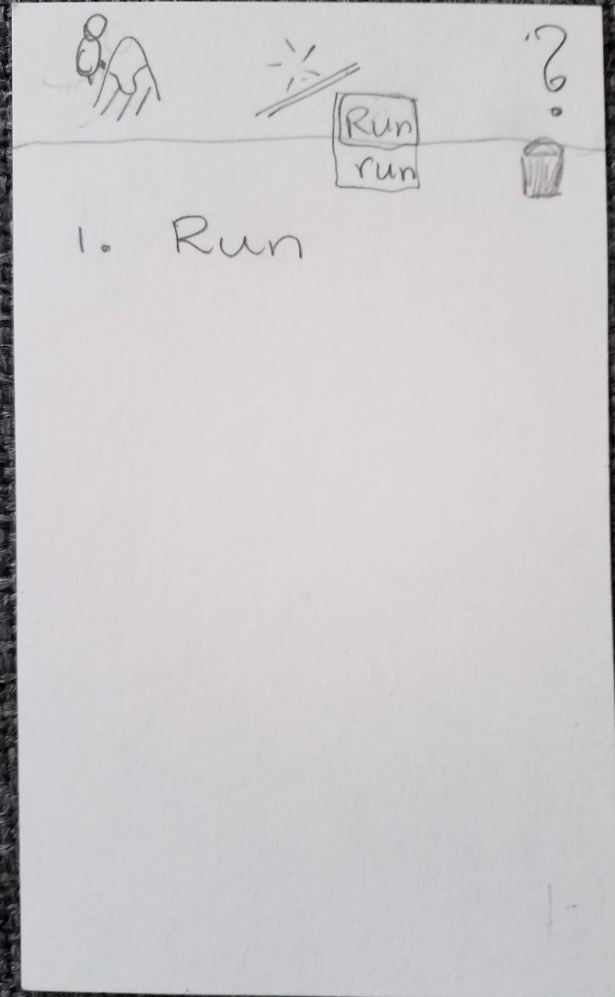


Create a new Run or run

A Run is a main task and a run is a sub-task.

Press the New icon in the taskbar.

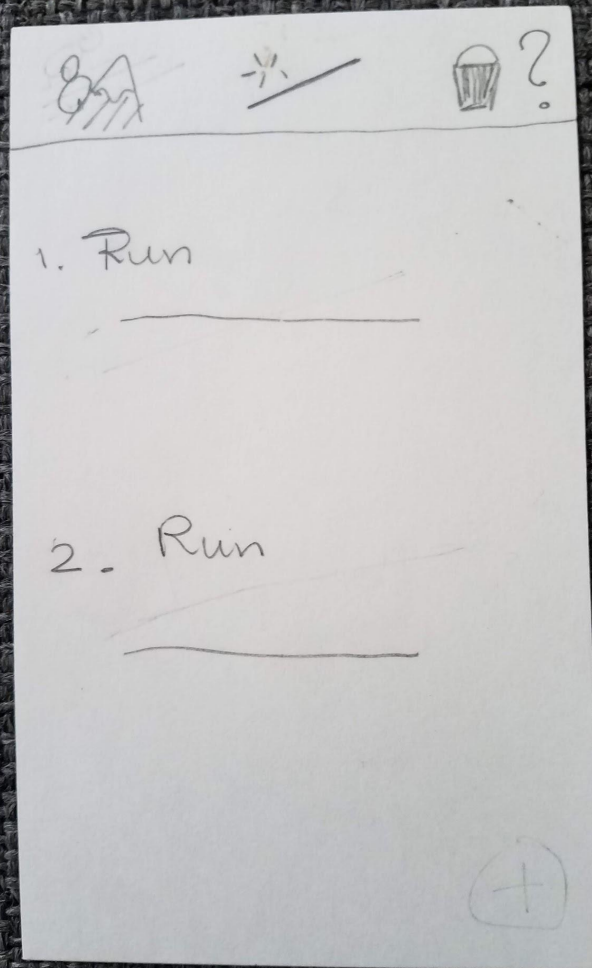
A project is a collection of Runs. In project management terms, a Project is a Work Breakdown Structure (WBS) or backlog and runs are the Activities.



Created a Run

Examples of a Run or main task for a young child:

1. Do Math homework
2. Do Math review lesson for test tomorrow
3. Read for 20 minutes



Created a run

Examples of a run or sub-task for a young child:

1. Do Math review lesson for test tomorrow

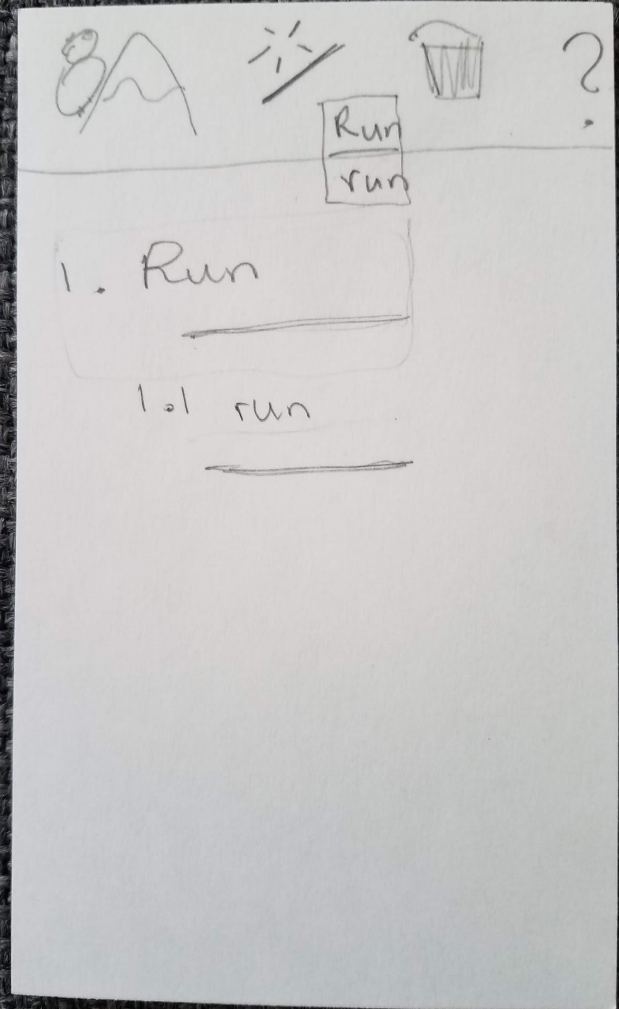
1.1 problem #1

1.2 problem #2

1.3 problem #3

1.4 problem #4

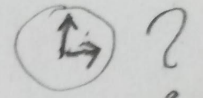
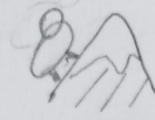
1.5 problem #5



Select duration of run

A Run need not have runs (subtasks) under it.

Clock icon blinks. *Press it to set duration of selected run.*



1 Run

1.1 run

1-2 run

2 Run



Pick Optimistic, Pessimistic, Most Likely times for the run.

The Most Likely time is calculated using PERT from the other two estimates and populated as a suggestion. When there are more than two runs completed, then the trend is used from the actual times of earlier runs.

The trend can be a least squares formula from machine learning.

Again, only simple words to be used. *Click the checkbox when done.*

1 Run

1.1 run

Smiley Face	Neutral Face	Frowny Face
<div>▲ ▲</div> <div>0 30</div> <div>▼ ▼</div>	<div>▲ ▲</div> <div>0 45</div> <div>▼ ▼</div>	<div>▲ ▲</div> <div>1 00</div> <div>▼ ▼</div>
	<div>☑</div>	

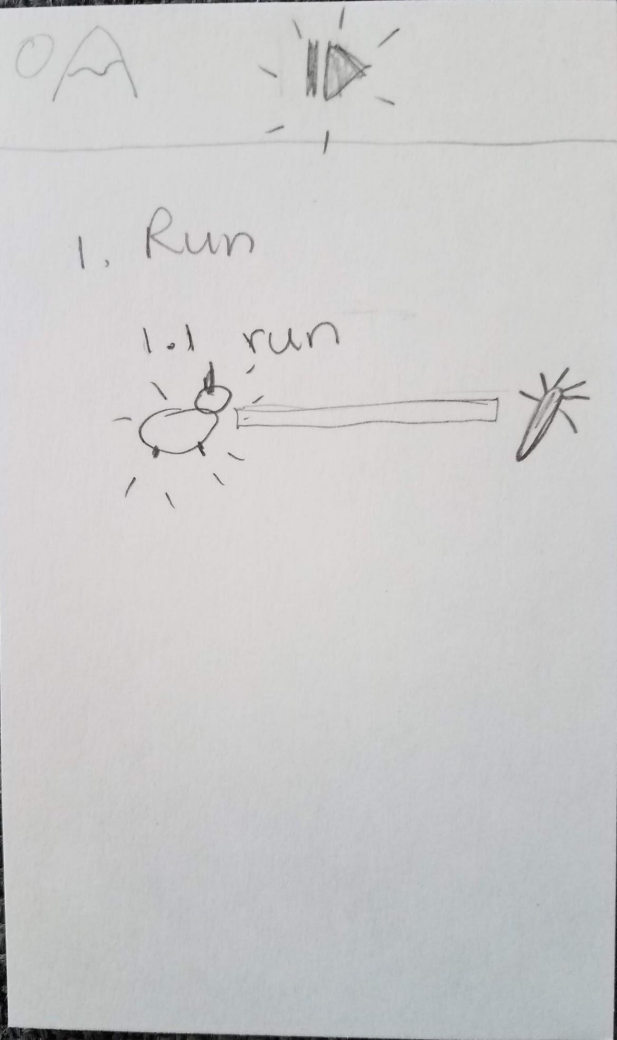
53-112

Rafa the rabbit runs to the carrot

Press the play button.

The rabbit icon moves slowly along the run to reach the carrot after the Most Likely duration.

Press the pause button for short interruptions like a bathroom break, drink of water, phone call, stretching exercise.

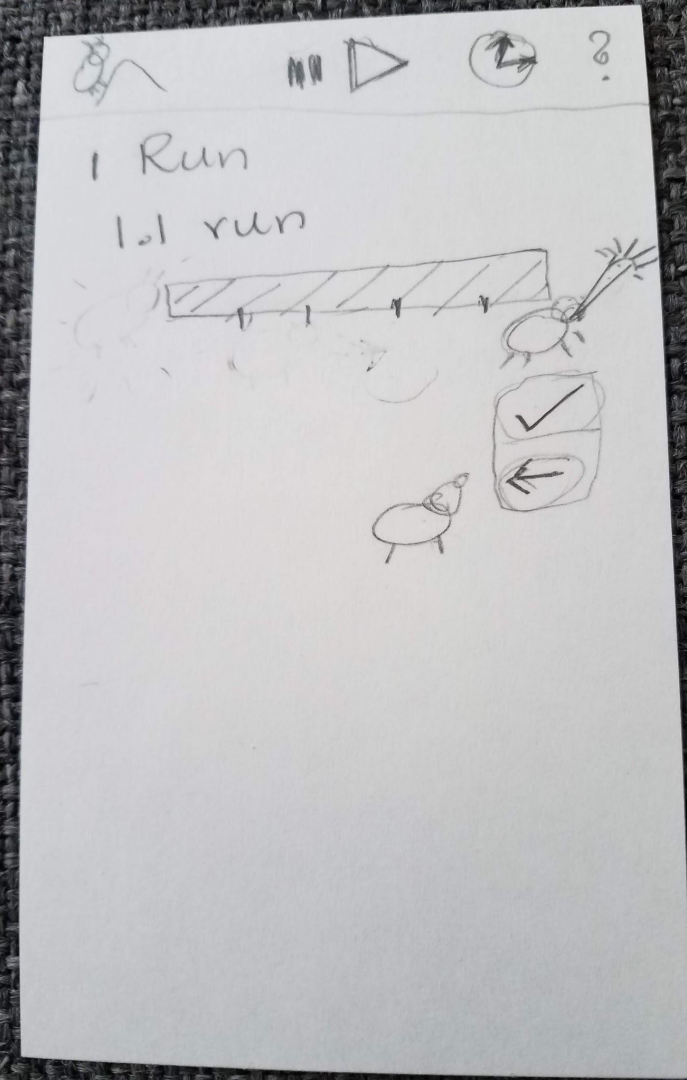


Accountability and Reporting of Progress

Did you finish the run (task) when the rabbit reached the carrot?

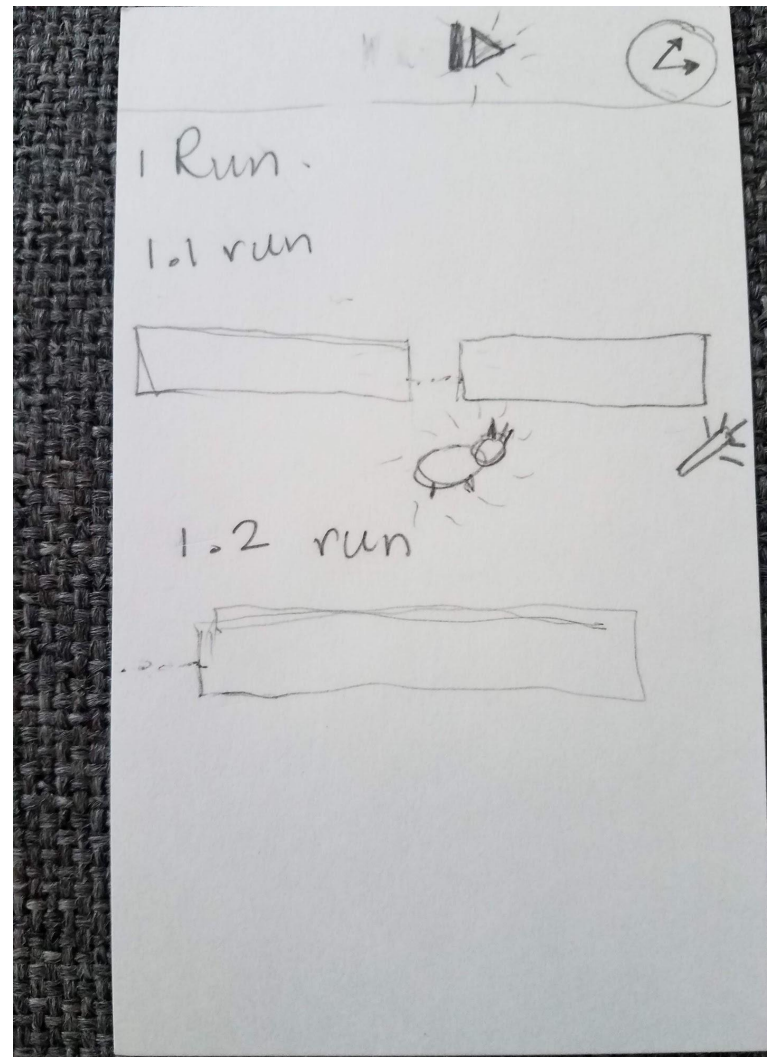
Press the check box if task is complete, or press the back arrow to drag Rafa back to approximately how much was completed.

There are only 5 segments because we want an approximation.



Taking a break between runs

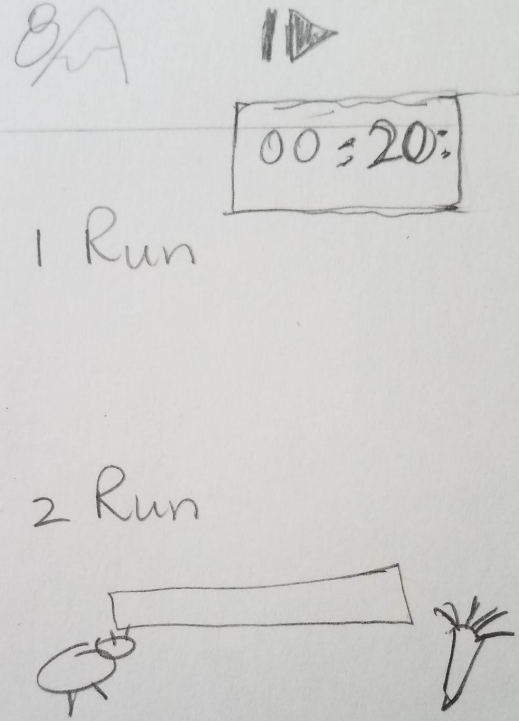
The dotted line shows the gap between runs. It is approximate. A longer line shows a longer break up to a limit. Mousing over or long pressing the dotted line shows the exact duration of break.



During a break

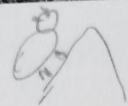
The time away from the run shows in a dialog box. This makes you aware of the break duration.

Press the play button to resume the run.



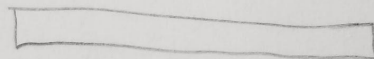
Multitasking

Runs or runs can be done in any order and you can multitask by dragging Rafa to another run.

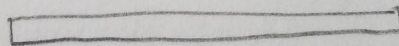


1 Run

1.1 run



1.2 run



Storing

Store locally into a Room database.

or

Store to the Cloud via Google Sheets

