

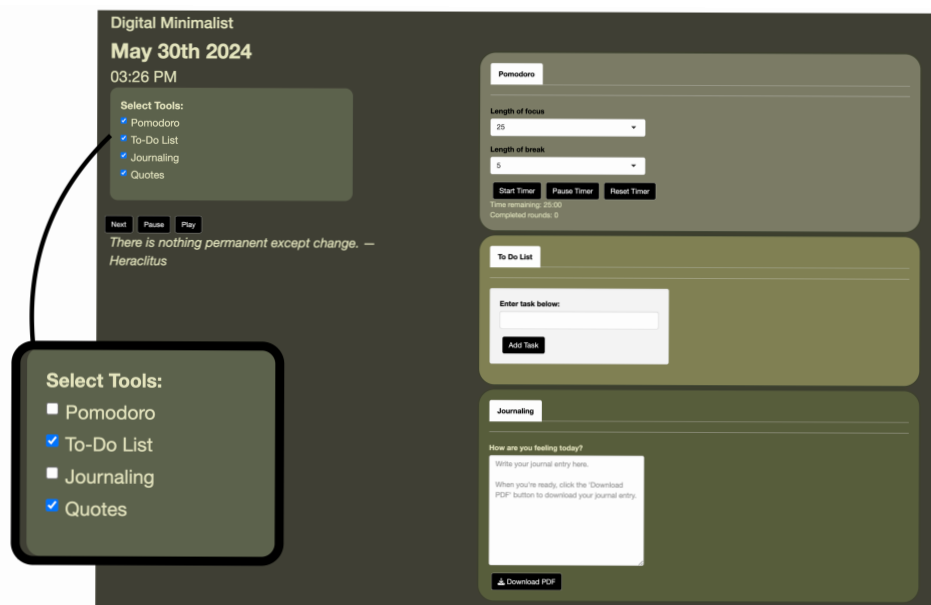
Programming the Next Step: Final Report

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Purpose & Description

This package aims to help people be more practical in their use of technology, by reducing distraction with the number of apps they need to have installed, as well as developing more intentional use of screens.



Example use

A user wants to journal about their day for about an hour, with a break in between. After they journal they would like to create a to-do list for their day ahead. This user can load the interface, use the Quotes tool to get inspired for their journal prompt, and set a Pomodoro timer for 25 minutes, with a 10 minute break. The user journals for about 25 minutes, followed by a 10 minute break, and then goes back to journaling for another 25 minutes. Once complete, the user downloads their journal prompt as a PDF into their selected folder. They write up their to do list for the day, which includes journaling and checks that off of the list. The checked item automatically moves to the bottom of the list.

To open the interface users must run the function below:

```
shiny_app()
```

Dependencies

In order for all the functions and interface to function seamlessly, it is recommended to install and/or load these libraries:

```
library(shiny)
library(shinyjs)
library(lubridate)
library(beepr)
library(stringr)
library(devtools)
```

Downloading dependencies

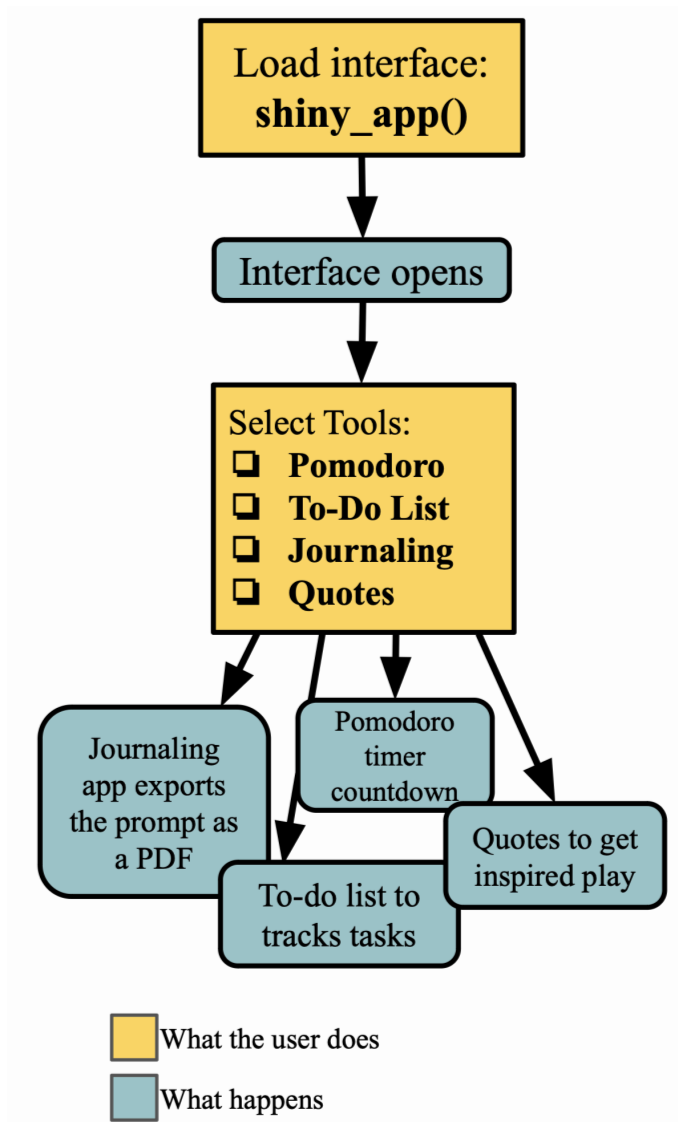
The user can also choose to easily download all necessary packages using the function built into the package below:

```
required()
```

Scenario

1. The user opens the GitHub interface for digital.minimalism.
2. The user checks the README file for how to download the package.
3. The user runs the code from the README file: `devtools::install_github("https://github.com/asarafoglou-ptns/digital.minimalism")`
4. The user loads the digital.minimalism package: `library(digital.minimalism)`
5. The user runs the function `shiny_app()` to load the interface.
6. The user selects each app they want to view on the interface.
7. The user selects the Quotes tool.
8. A new quote generates every 10 seconds.
9. The user selects "Pause" in the Quotes tool to avoid generating a new Quote.
10. The user selects "Play" to resume the generation of new quotes.
11. The user selects the Pomodoro tool.
12. The user sets the work length to 25 minutes from the drop-down menu.
13. The user sets the break length to 5 minute from the drop-down menu.
14. The user select "Start Timer" to begin the timer countdown.
15. After the 25 minutes are up, the timer countdown switches to the break length timer countdown.
16. After the 5 minutes are up, the timer stops and the pomodoro count increases by 1.
17. The user begins the timer again, but decides to reset the timer 5 minutes in by clicking "Reset Timer".
18. The pomodoro resets the timer to the original specified work and break length, and pauses the timer countdown. The completed pomodoro count is also resets back to zero.
19. The user selects the to do list To-Do List tool.
20. The to-do list tool opens
21. The user inputs the task into the text box.
22. The user adds the task to the to-do list by clicking "Add Task".
23. The user completed the task, and checks it off the box.
24. The user selects the Journaling tool.
25. The user write a journal prompt inside the text box.
26. The user finalizes the journal prompt and clicks "Download".
27. The user selects the location where they want to save their journal prompt as a PDF.
28. The user wants to hide all the tools except the Quotes app so they deselect them from the tools list.

Flowchart



Equipment

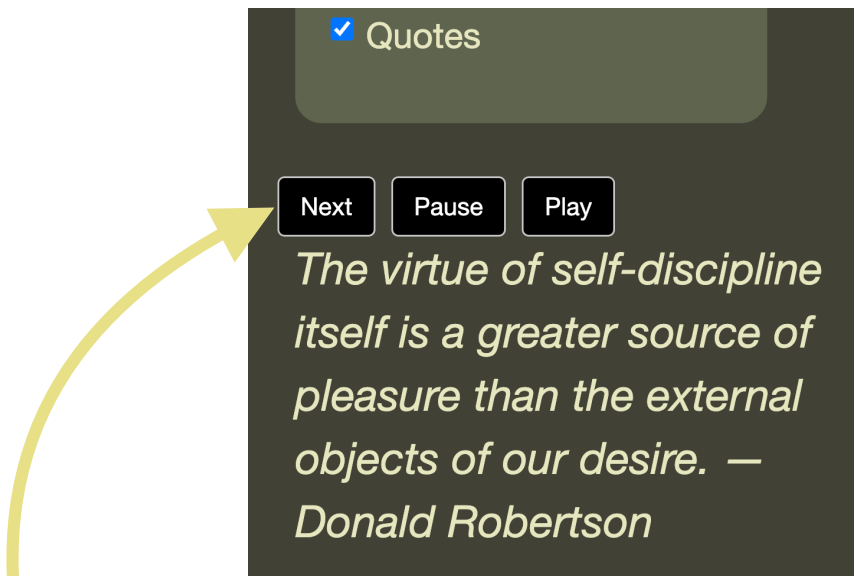
In order for this interface to be used, it is recommended that the user has the latest version of R downloaded, as well as the most up to date version of the package. A computer or desktop is required in order to run this application. To download the package directly from GitHub, please copy and paste the code below into the console of R Studio.

```
# install.packages("devtools")
library(devtools)
devtools::install_github("https://github.com/asarafoglou-ptns/digital.minimalism")
```

Tools

Quotes Tool

The quotes tool is activated by default when users load the Shiny interface. The displayed quote changes every 10 seconds to another one. The theme of the quotes revolve around philosophical and psychological concepts.



“Next”

Users can press “Next” as many times as they like to skip to the next quote.

“Pause”

Users can halt the generation of the next quote and must then press “Play” in order to resume the generation of new quotes every 10 seconds.

“Play”

When first loading the interface, new quotes are automatically in playing (generated) every 10 seconds. Users can click “Play” to resume the generated quotes after pausing them.

Sampling quotes function

If users are not interested in the Shiny app interface, they can still decide to use the quotes sampling tool, using the function below. When running this function, a new quote is randomly sampled from all the available quotes in the Shiny interface.

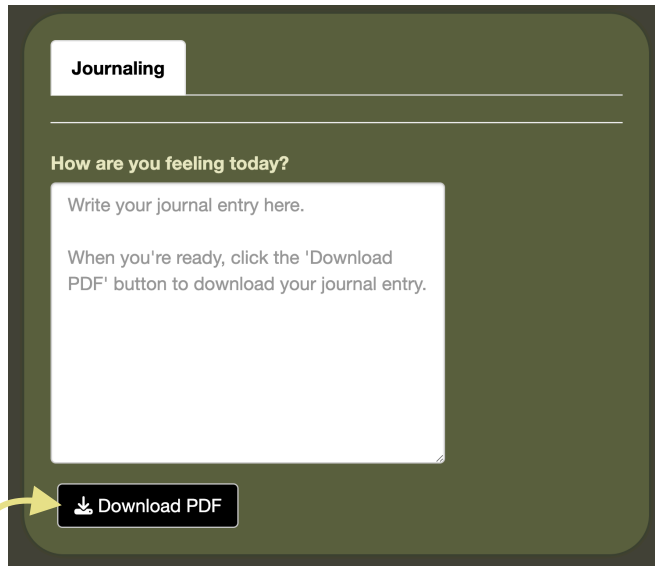
```
quotes_sample()
```

```
## [1] "Self-control is just empathy with your future self. -Unknown"
```

Journaling Tool

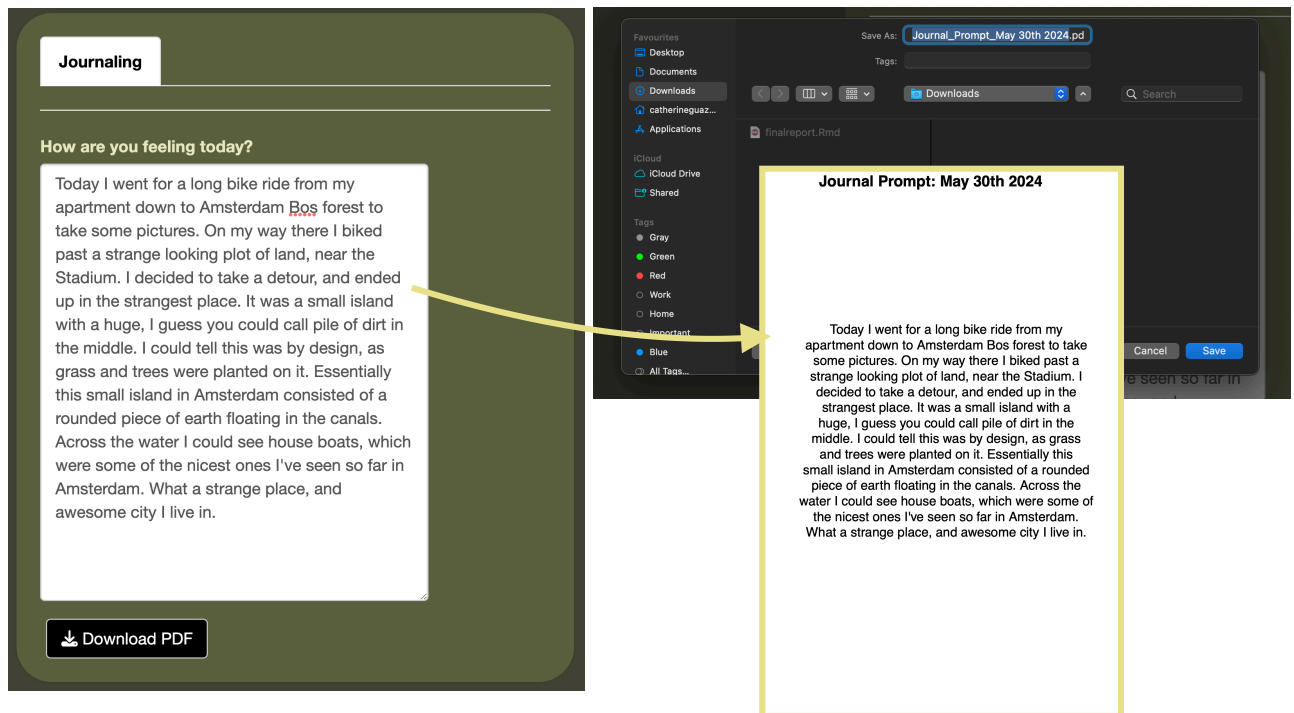
Text box

Users can write a text prompt inside of the designated box, and export this prompt as a PDF that automatically formats the title as “Journal Prompt” followed by the current date.



“Download PDF”

Users can specify where the PDF file is saved, and the text prompt can be as long as they desire, as the PDF page number is automatically adjusted to the word count.



Pomodoro Timer Tool

This tool allows users to make time for focused work or study that includes breaks. Users can specify differing work and break lengths.

Pomodoro

Length of focus

25

Length of break

5

Start Timer Pause Timer Reset Timer

Time remaining: 24:33

Completed rounds: 0

“Start/Pause/Reset Timer”

“Start” automatically begins the Pomodoro timer countdown. “Pause” prevents the timer countdown from advancing, and “Reset” turns the timer back to the original specified work and break time. Once the work length is completed, a “work complete” sound plays and a message pops up telling the user to take a break. When this occurs, the specified break timer automatically begins. Once the break time is complete, a “ping” sound plays, and a “time to work” message pops up.

“Completed rounds:”

Once a work and break cycle is up, the completed pomodoros count increases by 1.

“Length of focus”

Users can select 15, 25 and 60 minutes of focused work.

“Length of break”

Users can select 5, 10 and 30 minutes for breaks.

Length of focus

25

15

25

60

Length of break

5

5

10

30

To-Do List Tool

This tool allows users to input specified tasks, which then populate to the right side of the screen. Users can check off finalized tasks, which automatically move down to the bottom of the task list.

The screenshot shows a web application titled "To Do List" in a white box on a dark olive green background. Below the title is a horizontal line. On the left, a light gray box contains the text "Enter task below:" above a white input field. Below the input field is a black button with the text "Add Task". To the right of this box is a list of four tasks, each with a checkbox: "grocery shopping" (unchecked), "studying" (unchecked), "finishing programming the next step final report" (unchecked), and "call mom <3" (checked with a blue checkmark).

“Add task”

This button adds the inputted text to the list of tasks to complete.

Checkboxes

The checkbox for each task is used as a marker to signify if the task is complete or not.

This diagram illustrates the relationship between the task list and the input form. On the left, a dark olive green box contains a list of four tasks with checkboxes: "grocery shopping" (unchecked), "finishing programming the next step final report" (unchecked), "call mom <3" (unchecked), and "studying" (checked with a blue checkmark). On the right, a light gray box contains the text "Enter task below:" above a white input field. The input field contains the text "call mom <3". Below the input field is a black button with the text "Add Task". A yellow arrow points from the "Add Task" button to the input field, and another yellow arrow points from the input field to the "call mom <3" task in the list on the left.