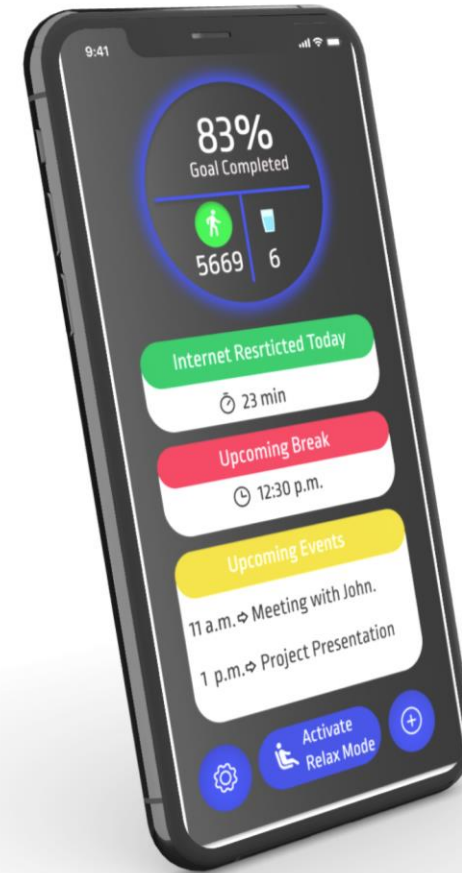


AIC – DESIGNBOAT

BY:- ATHARWA PANDEY



PROBLEM

- In this fast paced life, people tend to take a break to relax themselves from their work. This often turns into self-burnout and results in lowering their performance in every aspect of life.
- Mental and physical health gets affected and can lead to major problems in future.



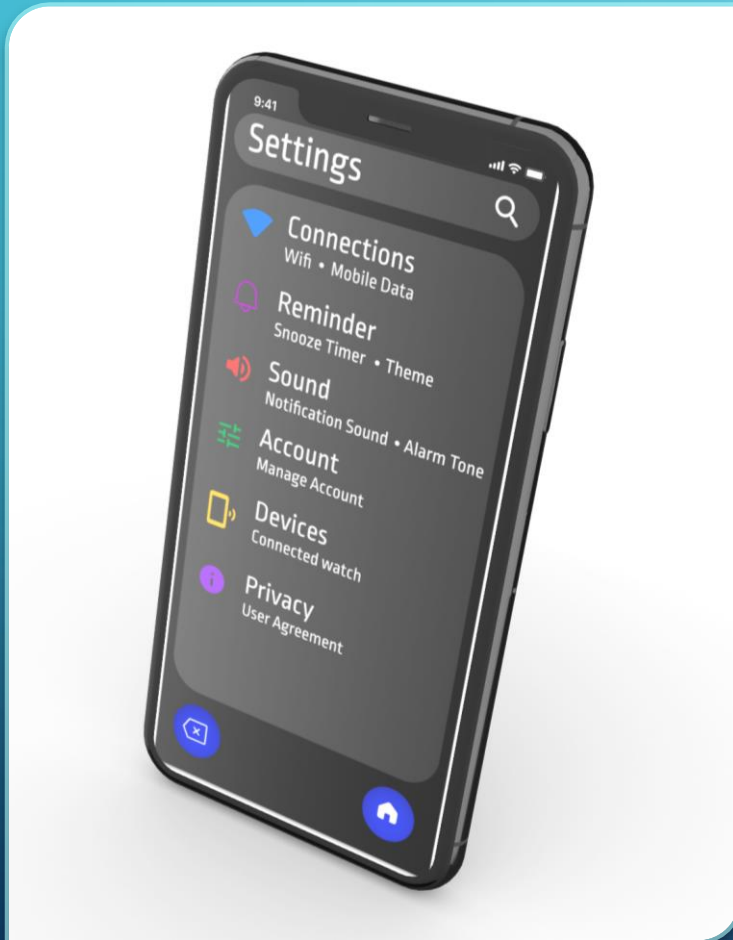
WHAT IS THE PROPOSAL?

- Proposal of the above problem can be deduced to a mobile application which can restrict the usage of phone and remind them some basic but important practices. This can have a great positive impact on the users and can increase their performance to a great extent.

RAW INSPIRATION OF SOLUTION

- It has been observed that internet plays an important role in ones life, being a student or a professional. After Covid-19, internet has become a necessity in everyone's life. It can be used almost everywhere and anytime.
- But this boon is also a curse for the inner peace and physical health. Now any work can be directed at anytime which takes away the relaxing time and mental peace.

POSSIBLE MVP (MOST VIABLE PRODUCT)



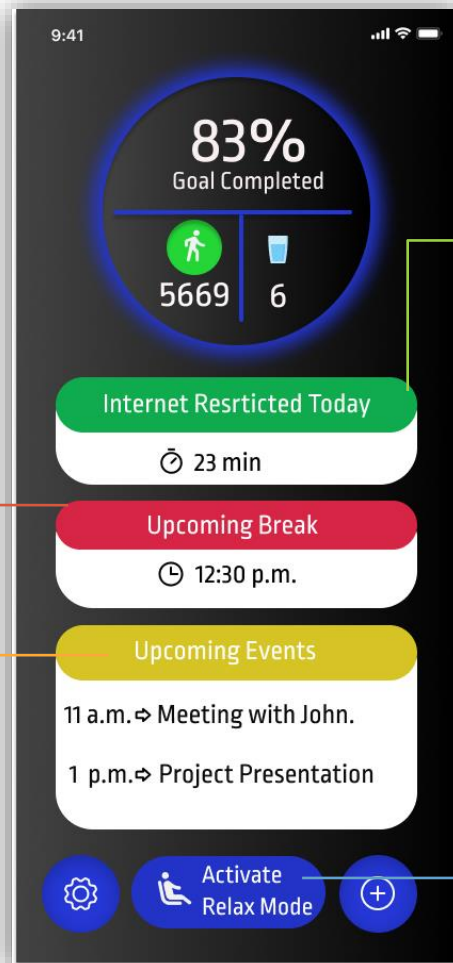
- The possible MVP could be a mobile application which encourages user to take a break from normal routine life, providing opportunity for relaxing the body and the mind.
- The application reminds the person to take a break and during the break, **cuts off the internet** from the mobile. Most of the work and social media requires internet for the use and hence restricting it, helps the person to take out time for themselves.
- This application allows the user to develop self control and brings up self will to remove addiction of internet.
- A smartwatch if connected can give accurate results.

MVP FEATURES IN DETAIL

- Restricts internet during breaks.
- Reminds all the meetings/classes before hand which gives time to get prepared.
- Keeps the record of daily steps covered by the user.
- Remind the user to drink water in every interval and keeps the record for it too.
- Also gives the record of the calories burned during the day, excluding the workout done by the user.
- Allows to call and text message during the break in case of any emergency during the break time, so that the user doesn't feel helpless.



HOME PAGE

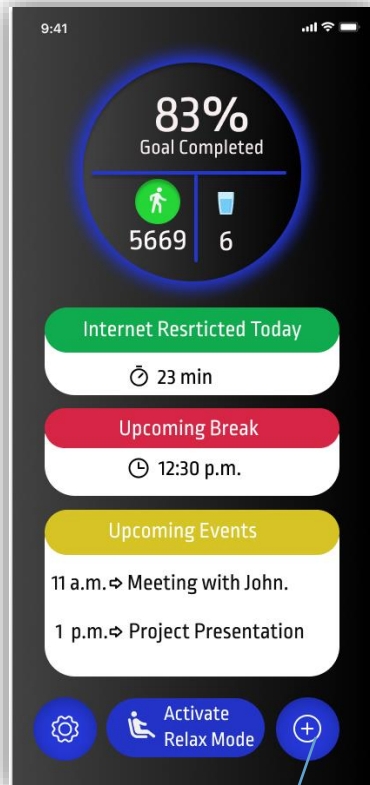


2. Tells about the next break in coming.

3. Tells the upcoming events for today.

1. Tells the time for which internet was off by the application for today.

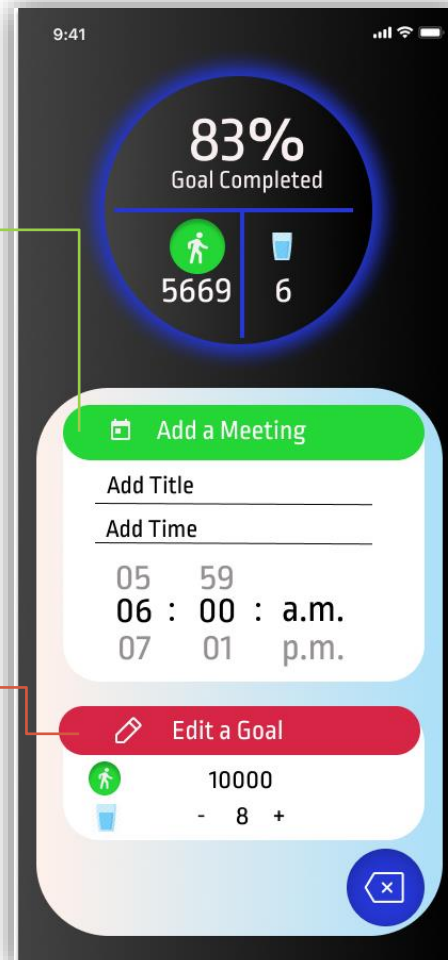
4. If one needs to relax immediately, this can be done through this



To proceed
to additon
page.

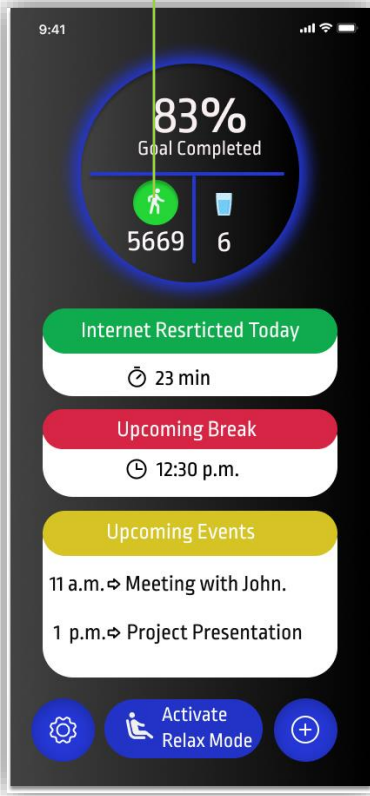
1. To add a
new meeting.

2. To edit the
goal, i.e to
change the
goal of daily
steps or
number of
glasses of
water that
should be
taken.



TO EDIT GOAL OR
ADD A MEETING

To proceed to steps page.



1. Total steps done today.

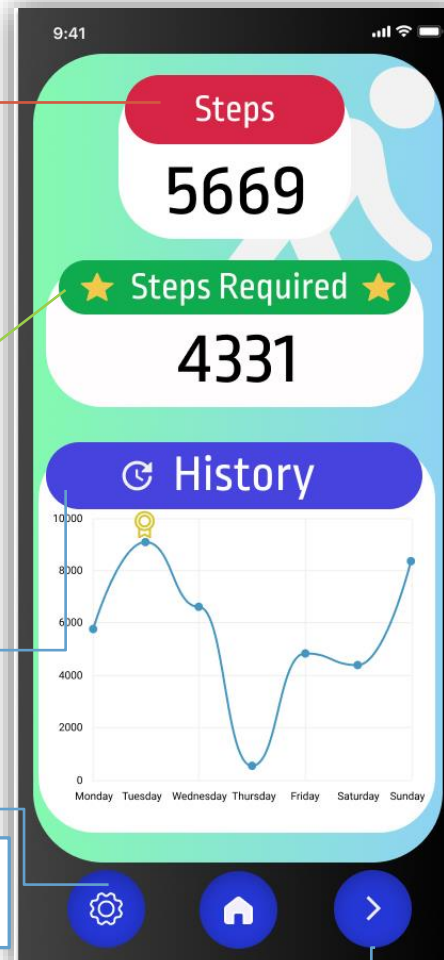
2. Steps more required to achieve the goal.

3. History of last 1 week of steps completed to motivate user.

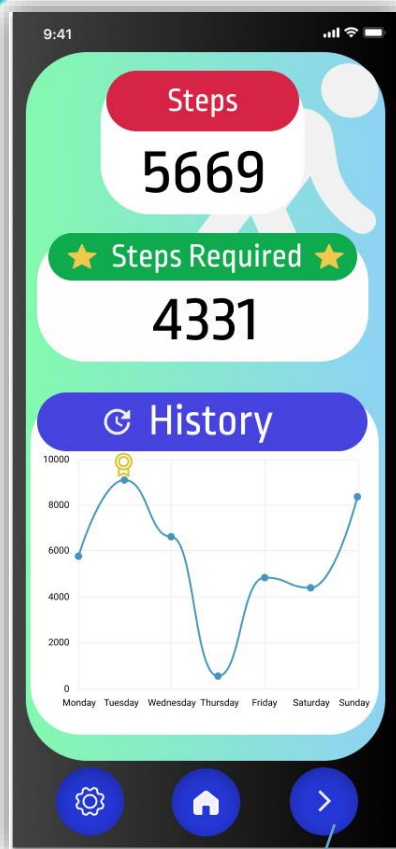
4. To go to settings.

5. To go to home page.

6. To proceed to next page.



PAGE WITH FULL DETAILS RELATED TO STEPS



To proceed to
calories page

1. Calories
burned today.

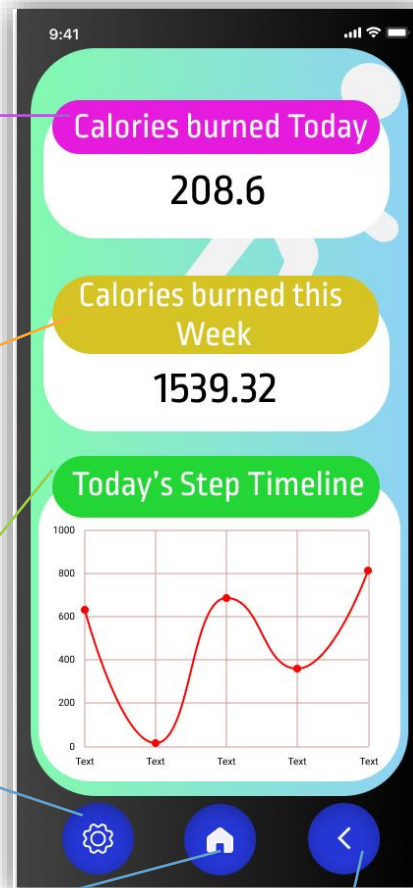
2. Calories
burned this
week

3. Steps covered
vs time today.

4. To go to
settings.

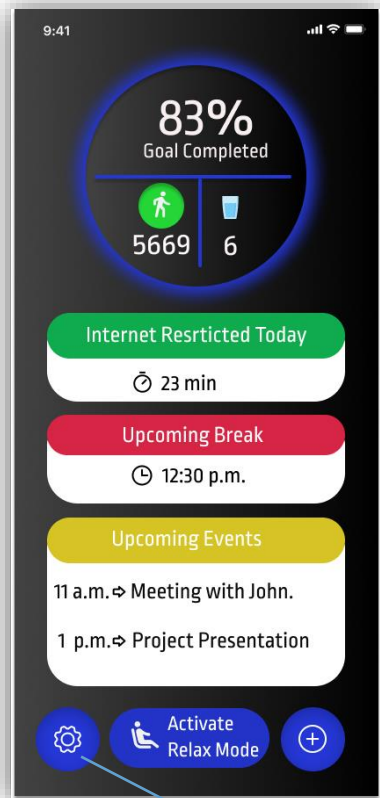
5. To go
home page.

6. To go back to
steps page.

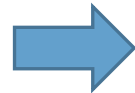


PAGE RELATED TO
CALORIES

SETTINGS



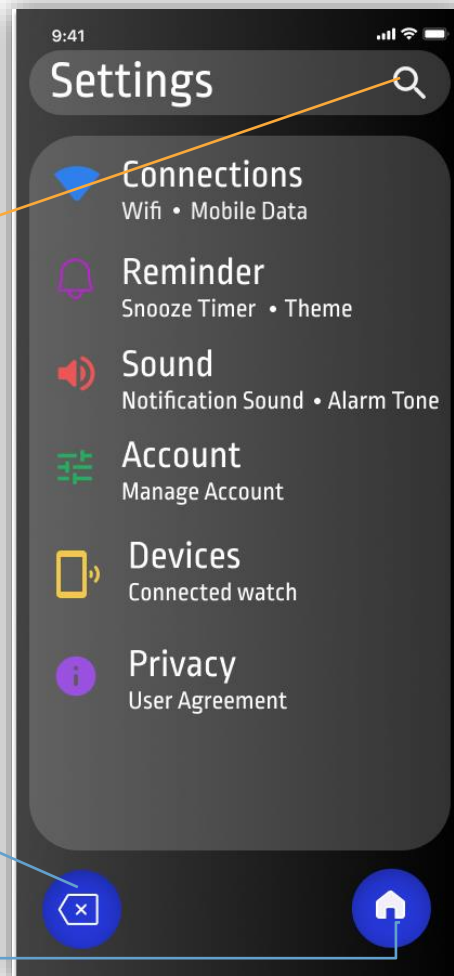
To proceed towards settings page.



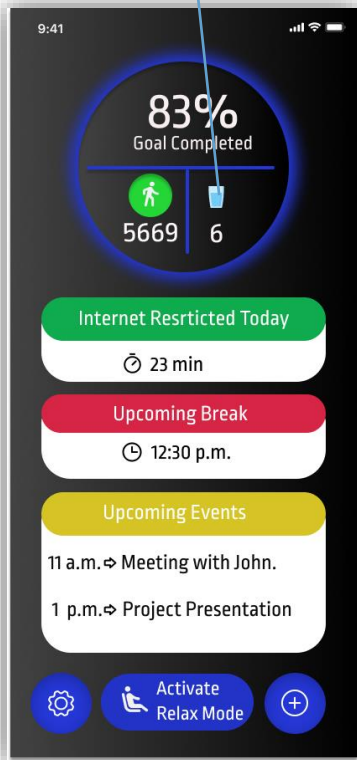
1. To search any setting option.

2. To go back to last page from where setting was accessed.

3. To navigate to home page.



To access page related to water.

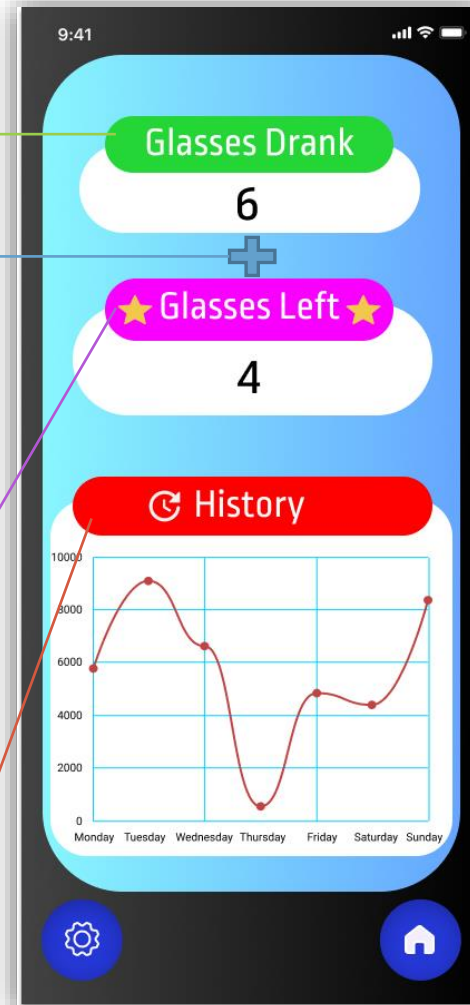


1. Water glasses drank today.

2. To add a glass when drank without reminder.

3. Glasses required to complete today's goal.

4. Last week history.



PAGE RELATED TO WATER DRANK BY USER

12:30 p.m.

Monday, 15 March

Water Break

Skip

Drink

— Snooze +
5 min

Dismiss if
can not
afford right
now.

Snooze if
something
important
going on

12:30 p.m.

Monday, 15 March

Break

Dismiss

Activate

— Snooze +
5 min

REMINDER PAGES

CONCLUSION

- This application could be useful for the people who do not have self control but wants to decrease the toxic internet life.
- It can also monitor the basic but necessary requirements of the body which are needed to keep body healthy.
- The internet cut off feature can help many people to take a break and activate zen mode without losing call connectivity.
- This may not be the final product , many improvements can be done but raw idea could be derived by this.