

Comprehensive User Manual: ADHD Task Manager

Welcome to the ADHD Task Manager, an innovative mobile application designed to help people with ADHD manage their time and tasks more efficiently. The app is intuitive, easy-to-use, and offers a myriad of features tailored to enhance productivity.

Getting Started

1. **Installation:** Install the ADHD Task Manager from Google Play Store on your Android device. Open the app once it's successfully installed.

Home Screen

The home screen is the command centre of the application. It displays a list of all the tasks you have created.

1. **Task Overview:** Each task card shows the title of the task, description, scheduled date and time.
2. **Deleting a Task:** To delete a task, click on the 'trash' icon next to each task. A prompt will appear asking for confirmation before proceeding with the deletion.

Task Management

The core functionality of the ADHD Task Manager is centred around efficient task management.

1. **Creating a Task:** Click on the '+' button located at the bottom right corner of the home screen to add a new task. This action brings up a pop-up form asking for the following details:
 - *Title:* Enter a short, descriptive title for your task.
 - *Description:* Provide a more detailed explanation or list of steps for the task.
 - *Date and Time:* Set a due date and time for your task.
2. **Editing a Task:** Click on a task card from the home screen. This action opens up the task details screen where you can edit the title, description, due date, and timer settings. Remember to save your changes.
3. **Task Progress and Completion:** Upon Completion a checkbox is available for the user to be able to update their task list. Completing a task enables the user to increase their points and also their rewards.

Header menu

1. This menu enables users to see multiple pages to control and view the outcomes of their tasks.

Leaderboard Screen

1. The leaderboard screen is shown to users to compare results to other users of the app. Here you will see your rewards final count at that point in time.

Rewards Screen

1. Through use of the task completion points system, every time a user completes a task, the rewards page is updated with a score reflecting how many tasks the user has completed.

Settings and Help

Access more options by clicking on the hamburger icon (three horizontal lines) located at the top left corner of the home screen.

1. **Settings:** Here, you can view and update your profile information, including your name and profile picture. You can also see a list of all your completed tasks and the points you've earned. Additionally, this page allows you to control your preferences for the global leaderboard and app notifications. To opt out of either, toggle the switch to 'Off.'
2. **Help:** If you're unsure about how to use any feature or encounter any issue while using the app, visit the Help section. It provides detailed guides and troubleshooting steps to assist you.

Notifications

To ensure that you don't lose track of time while working on a task, the app will send a reminder for due tasks and completion dates.