ADHD Task Manager

# Introduction

Charles Sturt University, Team 1, has commissioned the development of an innovative mobile application called ADHD Task Manager. The application is aimed at helping people with ADHD to better manage their time and organize their thoughts, enabling them to be more productive and achieve their goals.

The business problem that the application aims to address is the difficulty that many people with ADHD have in managing their daily tasks and staying focused on their goals. Traditional task management and organization tools may not be effective for people with ADHD, as they require a high level of focus and discipline.

To solve this problem, the ADHD Task Manager will offer a range of features, including a customizable task list, Pomodoro timer, habit tracker, rewards system, and insights and analytics. These features are designed to be user-friendly and accessible, providing people with ADHD with an effective tool to manage their time and stay on track.

Overall, the ADHD Task Manager will be a valuable resource for people with ADHD who struggle with time management and organization, helping them to achieve their goals and improve their quality of life.

# Positioning

## Problem Statement

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| --- | --- |
| The problem of | Poor time management and organization |
| affects | People with ADHD |
| the impact of which is | The impact of this problem includes reduced productivity, increased stress and anxiety, and a lower quality of life. |
| a successful solution would be | A successful solution would provide people with ADHD with an effective tool to manage their time and stay on track, leading to increased productivity, reduced stress, and a greater sense of control. |

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## Product Position Statement

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| --- | --- |
| For | Individuals with ADHD |
| Who | Struggle with time management and organization |
| The (product name) | ADHD Task Manager is a mobile application |
| That | Provides a comprehensive set of tools to help manage daily tasks and achieve goals |
| Unlike | Unlike traditional task management tools, the ADHD Task Manager is specifically designed to be user-friendly and accessible for people with ADHD, with features such as a customizable task list, Pomodoro timer, habit tracker, rewards system, and insights and analytics. |
| Our product | The primary differentiation of our product is its tailored approach to addressing the unique needs and challenges faced by people with ADHD. |

## Stakeholder Summary

| **Name** | **Description** | **Responsibilities** |
| --- | --- | --- |
| Project Sponsor | The Project Sponsor is the individual or group responsible for initiating the project, defining its objectives, and securing the necessary resources to complete it. They are typically senior executives or leaders within the organization commissioning the project. | As a stakeholder, the Project Sponsor has a keen interest in ensuring that the system being developed meets the needs of the organization and achieves its stated objectives. Their key responsibilities include:   * Defining the scope and objectives of the project * Allocating resources (including funding) to support the project. * Approving project plans and deliverables * Monitoring the project's progress and ensuring that it stays on track. * Identifying and managing risks and issues that may impact the project's success. * Ensuring that the final product meets the organization's needs and delivers the intended benefits. |
| Users | The primary stakeholders in the ADHD Task Manager application will be individuals with ADHD, who will use the system to manage their time and stay organized. Users will have a direct interest in the usability, effectiveness, and overall user experience of the system. | As stakeholders, users will have the following key responsibilities:   * Providing feedback on the usability and effectiveness of the system, including identifying areas where the system could be improved or enhanced. * Ensuring that the system is used in accordance with its intended purpose, and that it is used in a safe and responsible manner. * Providing input into the design of the system, including identifying features and functionalities that would be most useful and beneficial to them. * Identifying potential risks or issues associated with the use of the system, and providing feedback on how these risks can be mitigated or managed. * Participating in user testing and other activities that are designed to ensure that the system meets the needs of its intended users. |

## User Environment

The working environment of the target user for the ADHD Task Manager application is expected to be highly variable, as individuals with ADHD may have different work and study environments, routines, and schedules. However, here are some general characteristics of the working environment that the application is intended to support:

* **Number of people involved in completing the task:** Typically, the target user will be working independently, or with a small number of colleagues or classmates. However, the number of people involved in completing a task may vary depending on the nature of the task and the individual's role within a larger organization or project team.
* **Task cycle duration and time spent in each activity:** Again, this will depend on the specific task and the individual's work/study routine. However, users may be expected to complete tasks that range from a few minutes to several hours or more, and they may spend varying amounts of time on activities such as planning, researching, writing, or analyzing data.
* **Environmental constraints:** The application is designed to be used in a variety of environments, including indoor and outdoor settings. However, given the potential for distraction and other environmental factors to affect individuals with ADHD, the application is designed to support focus and concentration in a variety of contexts. For example, the Pomodoro Timer feature can help users manage their time and stay on task even in noisy or distracting environments.
* **Other applications in use:** Users may be using a variety of other applications to support their work or study, including email, messaging apps, and productivity tools. The ADHD Task Manager may need to integrate with these other applications to provide a seamless user experience and ensure that all necessary information is available in one place.

Overall, the ADHD Task Manager application is designed to support individuals with ADHD in a variety of work and study environments, and to help them stay focused, organized, and productive throughout the task cycle.

# Product Overview

## Needs and Features

*[Avoid design. Keep feature descriptions at a general level. Focus on capabilities needed and why (not how) they should be implemented. Capture the stakeholder priority and planned release for each feature.*

*Remember: a NEED is something the business needs to do – it is a business capability. Noone NEEDS a website – what they NEED is a universal way to communicate with their customers. A website is an architectural mechanism that provides the FEATURE of universal accessibility.*

*A NEED is a problem – a FEATURE is a solution. Don’t get them mixed up.*

*Needs should be consistent with the functional requirements as expressed in the Use Case Model – a document which should generally accompany the Vision document.*

*Features are characteristics of the software that support or enable those use cases to be enacted.]*

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| --- | --- | --- | --- |
| **Need** | **Priority** | **Features** | **Planned Release** |
|  |  |  |  |

# Other Product Requirements

*[At a high level, list quality characteristics and application constraints. Quality characteristics include things like security, availability and reliability requirements. Constraints include, applicable legislative or safety standards, hardware, or platform requirements; and environmental requirements.*

*Define the quality ranges for performance, robustness, fault tolerance, usability, and similar characteristics that are not captured in the Feature Set.*

*Note any design constraints, external constraints, assumptions or other dependencies that, if changed, will alter the* ***Vision*** *document. For example, an assumption may state that a specific operating system will be available for the hardware designated for the software product. If the operating system is not available, the* ***Vision*** *document will need to change.*

*Define any specific documentation requirements, including user manuals, online help, installation, labeling, and packaging requirements.*

*Define the priority of these other product requirements. Include, if useful, attributes such as stability, benefit, effort, and risk.]*

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| **Requirement** | **Priority** | **Planned Release** |
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