



## **User Introduction**

Thank you for consenting to participate in our prototype development! Today you will be testing two prototypes of an application that aims to curb harmful and distracting tech usage.

Your instructions are to go about using your technology as you normally would, and we will periodically interrupt you depending on what you do, simulating the app's functionality. You are free to leave or end your study session at any time.

To make these tests as beneficial as possible, there are a few things to keep in mind:

1. *We are evaluating the prototypes, not you.* If something is unclear, then it's a fault in the prototype
2. *Don't be afraid to think out loud*
3. *Just be yourself!* The data we collect is far more valuable that way

Thank you once again for your support!