

# Good Morning, Sarah

"Focus on progress, not perfection"



Focus Timer

25:00

Start Focus

## Today's Tasks



Complete Project Presentation

High

Deadline: 2:00 PM



Review Team Updates

High

Deadline: 4:00 PM



Morning Stand-up

High

Deadline: 2:00 PM

## Daily Progress

Focus Timer

2h 15m / 4h

Tasks Done

4 / 7



Search tasks.

# Focus Mode

Stay focused, achieve more

25:00

minutes remaining



Start Session

# Search



Search tasks.

**Urgent**

Important

Optional

Completed

## Q4 Financial Report Review

Today

Review and approve Q4 financial statements before board meeting



## Client Presentation Preparation

Tomorrow

Prepare slides and demo for the new product launch presentation



## Team Performance Reviews

This week

Complete quarterly performance reviews for development team



## Website Redesign Project

Next week

Kick off meeting for the website redesign project with design team



Tasks



Focus



Break



Insights



Profile

# Break Zone



## Quick Stretch

Simple desk stretches for neck and shoulders

## Deep Breathing

47-8 breathing calm

## Current Break

5:00 min break

04:23

Start Break

Take a moment to refresh and recharge

## Your Progress



5-Day Streak

Keep it up

+2 Today



Early Bird



Consistent



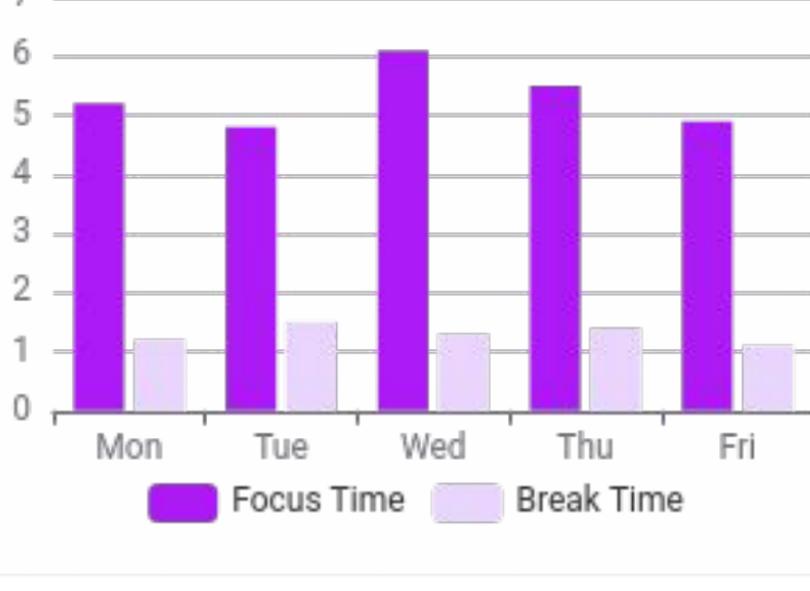
Champion



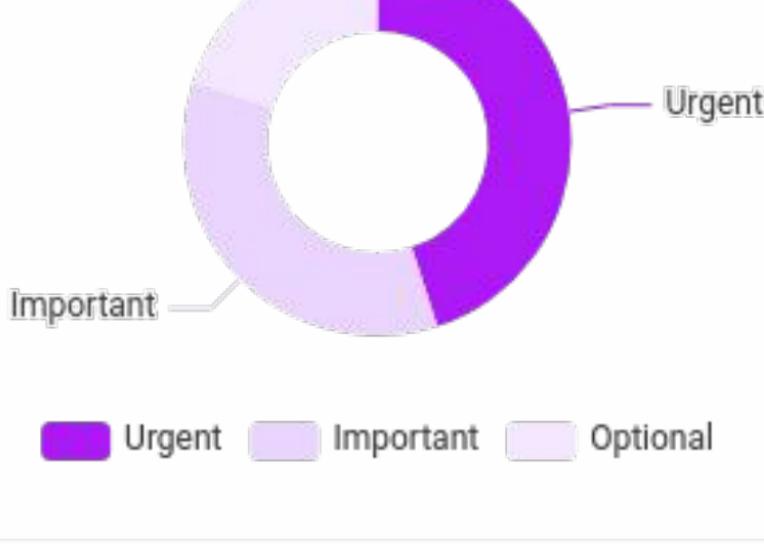
Locked

# Insights

## Daily Focus & Breaks



## Task Completion



## How are you feeling?



Great



Okay



Not Good

## Personalized Tips



### Peak Performance Time

Your focus peaks between 9-11 AM.  
Schedule important tasks during  
this



### Break Pattern

Consider taking shorter, more frequent



Tasks



Focus



Break



Insights



Profile

# Settings

## Work Schedule

Work Hours

09:00  to 17:00 

Break Interval

Every 30 minutes 

## Theme

Switch between light and dark mode



## Sound Settings

Focus Sound

White Noise 

Volume



## Notifications

Task Reminders

Get notified about up



Break Reminders

Get notified when ITs



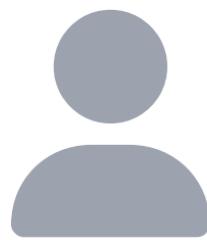
End of Workday

Get notified wrtn



## Profile





# Sign in



Email or User Name



Password



[Forget Password ?](#)

[Sign in](#)

Or sign in With



Don't have account ? [Sing Up](#)

 Back

# Sign Up



Full Name



Email



Password



Confirm Password



**Sign Up**

Already have an account ? **Sing In**