Ivona

1. Diary/log - can be emotions or activity diary, has a statistics option where a user can view their behaviour patterns in sections (sleep, work, moods etc.)
2. Smartphone dashboard - consists of phone info you provide in it + general tips & tricks on how to prevent smartphone overuse
3. Smartphone blog - provides articles & quizzes about smartphone usage; quiz provides the user with articles that will fit their need (if the quiz shows that the user has sleeping issues, articles about sleeping schedule will be shown)
4. 7 days phone challenge - the solution creates personalized schedule based on your input (ex. Day 1 - be on your phone max 30 min etc.)\*\*
5. Smartphone detox - organizing all the apps you have to restrict yourself from using some; user inputs all the apps and how much time is spent on them -> restricts for certain amount of time per day; it would provide user with possible things they could do instead of being on the phone (has to achieve a certain goal)\*\*\*\*
6. Comparison - compare amounts of time you spend on phone vs work sleep etc from the imputed numbers with diagrams (visualises the phone overuse)
7. Hobbies tracking - track everything you do besides being on the phone

Moni

1. Measure the sleep
2. Show charts about the sleep(hours)
3. Turn notifications off for the apps that gets your concentration while you are training
4. Friends connections?
5. Challenges(ex. Run 3 kms every day from this week)\*\*\*\*
6. Badges/awards for achievements\*
7. Calculating BMI and if it isn’t in the norms try to fix it with training and healthy eating\*\*

Edita

1. Work schedule, task manager with “forced” breaks and boards of activities, suggestions what to do in a break (activates zen mode or monochrome when starting) aims to help with procrastination, concentration, focus and distractions)
2. Sleep diary (listing what bothers u, educates what happens before sleep in your head and body), counts the hours, shows a chart of progress, gives weekly challenges on how to improve (offers meditation, not using phone before sleep, or keeping it away for the night <badges for completion> )
3. Anti-multitasking app - educates why multitasking is not a thing and will never work long term, encourages to focus on one thing at a time by keeping a task diary (agenda).\*\*\*\*
4. Accountability Partner App <COUNTERPRODUCTIVE> links people together to help keep track of each other’s phone use.
5. Goal tracker : required amount of sleep, exercise, work tbd, social interaction etc.
6. Quality time tracker - diary of nice things and activities.
7. Soul-feeding activities suggestions (crafting, hobbies, skill learning, challenges???)\*\*
8. Simple things that promotes mindful use, like wallpapers, ringtones, suggestions of what else to do
9. Emotional diary - i.e. if bored offers activities not on smartphone, if tired offers how to rest better, if sad helps understand why and go through the emotion etc.\*

Yash

List of possible functionalities:

1. Alerts when the user has been using their phone for extensive periods of time (when the user is on their phone constantly for over a certain amount of time or over their usual time limit on the specific app)\*
2. A setting that restricts app usage (so only a certain amount of time is allowed on a specific app)
3. A setting that allows you to turn off notifications for certain apps or allow specific functionality (for example: only allow calls on social media apps rather than messages & other notifications from non-social media apps like games) - activating DND mode programmatically
4. An option to set a goal(s) for the day and if that goal(s) is/are achieved then only can you access the apps you want to use (set goals and track your daily progress to manage your habits)
5. Comparing your behavior with your friends or groups or even the world
6. Have an achievement system for reaching certain milestones
7. Receive daily notifications in the form of tips or motivational quotes\*\*
8. Showing app usage & daily reports\*
9. An app that rewards you a certain amount of points constant to the time spent on a focus/study session. You could have a character of some sort in which you can customize with the points you make. You could also have achievements that also reward you some points. Your score & points can be compared with friends or you can join groups and see how you fare on the leaderboards. This can also be done to a global scale. Time spent away from the phone can also give points, but on a lower value scale compared to focus/study hours. Goals can also bear rewards.
10. Hmmm…. 🤔

Mirela

* First suggest articles about certain problems caused by using the phone too much to raise awareness\*
* then, based on that create a diary with tasks (can be different from taking a break to turn off notifications) that the user would like to do everyday and check them after he succeeded in them and then by the end of the week/month/certain period of time he should see his progress and then set new goals and might be an idea to give trophies or smth like it in the app( maybe share it with friends?)\*\*
* Sleep diary\*\*

BEST OF BEST

* 7 days phone challenge - the solution creates personalized schedule based on your input (ex. Day 1 - be on your phone max 30 min etc.)\*\*
* Smartphone detox - organizing all the apps you have to restrict yourself from using some; user inputs all the apps and how much time is spent on them -> restricts for certain amount of time per day; it would provide user with possible things they could do instead of being on the phone (has to achieve a certain goal)\*\*\*
* Challenges(ex. Run 3 kms every day from this week)\*\*\*
* Calculating BMI and if it isn’t in the norms try to fix it with training and healthy eating\*\*
* Anti-multitasking app - educates why multitasking is not a thing and will never work long term, encourages to focus on one thing at a time by keeping a task diary (agenda).\*\*\*
* Soul-feeding activities suggestions (crafting, hobbies, skill learning, challenges???)\*\*
* Emotional diary - i.e. if bored offers activities not on smartphone, if tired offers how to rest better, if sad helps understand why and go through the emotion etc.\*
* Alerts when the user has been using their phone for extensive periods of time (when the user is on their phone constantly for over a certain amount of time or over their usual time limit on the specific app)\*
* Receive daily notifications in the form of tips or motivational quotes\*\*
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