



FIVE STAR

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FIVE

if previously  
call.  
go directly  
to left corner  
and begin a  
new session w/  
the task in mind  
else

create comment  
"

99:99:99:99

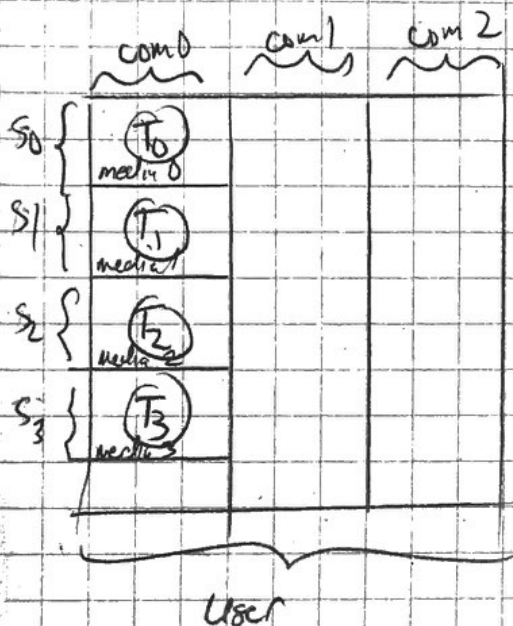
START

000

User  
Commitment  
Tasks  
Sessions

Workspace  
Project  
Directories  
Files

User  
Commitment  
Session  
Task



$T_0 \dots T_3$  may be the same or diff.

Countdowns



## Create a commitment

Commitment name : 

Start date

End date

quantity 

units

 ▾

per

units

 ▾

mark

Task type :  ▾

Listeners

☐

Keyboard

☐

Audio

☐

Mouse

 ▾☐

Use as default commitment

→ if checked, takes you directly to session window



Before start

00 : 00

Task type | Custom | ▾

☐ Keyboard

☐ Audio

☐ Mouse

will say view constraints  
if part of a constraint

START

back

Appears if they access Task in sys tray.

00 : 32...

Task type

| ▾ ← greyed out

☐ KB

☐ Aud

☐ Mse

can be changed  
task

stop

After task is over: Stats for This quick-session

Productive time 65%	Unproductive time 35%
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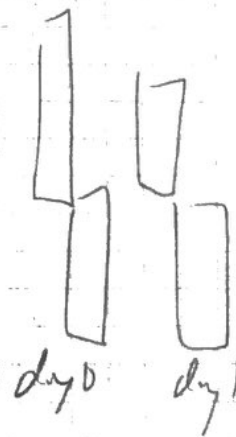
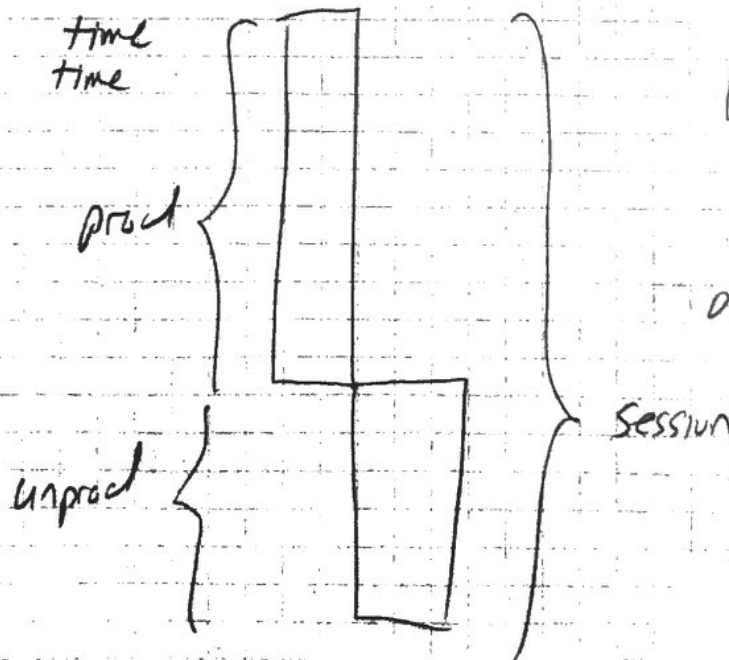
Comment to this task

Do another quick session

Session shd be as long as task

Prod time  
Unprod time  
Keyb. Key strokes

productive time  
unproductive time



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- Name of commitment  
Start date - end date  
Task name, type

FIVE STAR ★★★★★

Commitment Name:

Start Date

End Date

Task type

☐ Keyboard

☐ Audio

☐ Mouse

Writing

Cycling

Audio / music

Custom

only appears if they select custom

see backpage

Clear

Create commitment

Back

FIVE STAR ★★★★★

You have no preexisting commitments coming up.

Create commitment

Quick Session

100 100 100

title

see  
backpack

qty

units

unit

1...\*

min/hr/

per

per day/wk/mo

4

hrs

per

wk

30

min

per

day

from

until

10

10

current date

future

time

indefinite

currently selected  
comment  
unit expand  
& show  
start gutter

IF create commitment

③ Add commit

Commitment 0

commitment

Commitment 0

Session 0

01/01/00

06:00 - 06:00

Prod

Unit

Notes

Pics

Audio

00/00/00 - 00/00/00

Session 1

00/02/00

00:00 - 00:00

\* default

Prod

Unit

Notes

Pics

Audio

Start session

Commitment 1

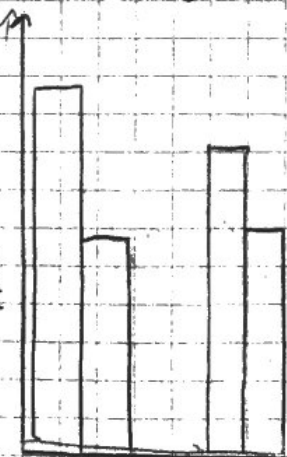
00/00/00 - 00/00/00

Commitment 2

00/00/00 - 00/00/00

Commitment 0 starts

Time



Session 0

Session 1