

Goals of Application

- Increase productivity and efficiency
- Reduce distractions
- Minimize User Input while working

Start Here

Do this | x x x x x  
Do that | x x

Pomodoro's Complete: 6

POMO Technique

What is the POMO Technique?  
1. Break up time into work and break sessions  
2. One Pomodoro = One Work Session = 25mins; Then take 5 min break  
3. After 4 Pomos take a 15-30min break

5 Stages

1. Planning  
- When - Start of Day  
- Why - Decide day's activities  
- identify how many Pomos you would like to complete  
- Table:  
    a. Task Name  
    b. Estimated # of Pomos  
    c. Actual # of Pomos  
2. Tracking  
- When - Throughout the Day  
- Why - Gather Data on metrics  
- Metrics Recorded:  
    - Sessions Completed  
    - Distracting Thoughts  
    - External Distractions  
3. Recording  
- When - At the end of the day  
- Why - Compile archive of daily observations  
- Compile Data into a sheet  
4. Processing  
- When - End of the day  
- Why - Transform raw data into info  
    - Data manipulated, processed, and transformed to get insights  
5. Visualizing  
- When - End of the day  
- Why - present the information in a format that facilitates  
    - Create Visualizations from Data  
    - Analyzing your habits:  
        - when you work best  
        - when you don't work best  
        - Find optimum conditions



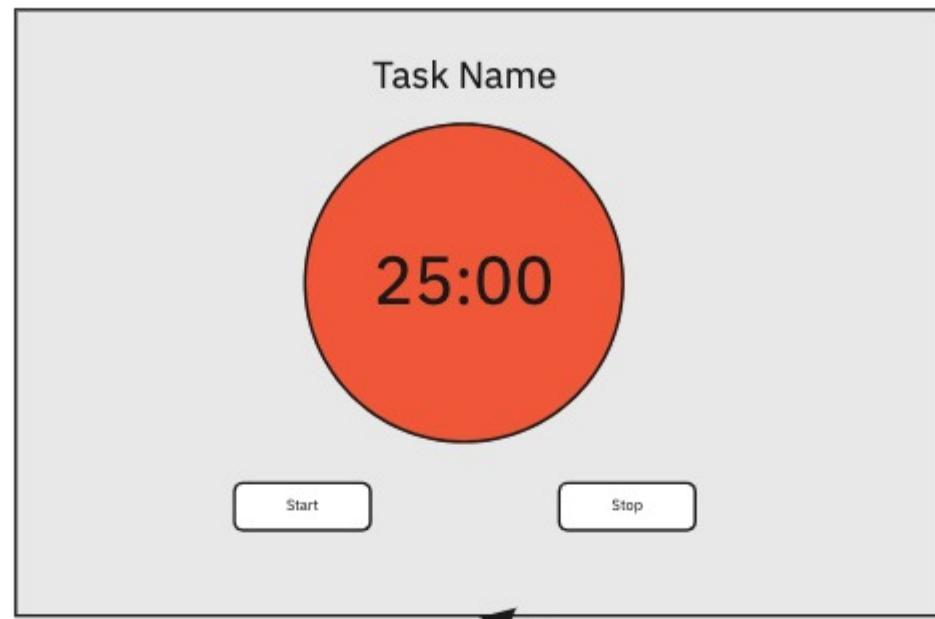
Brain-Storming Assignment (Introductory Ideas)



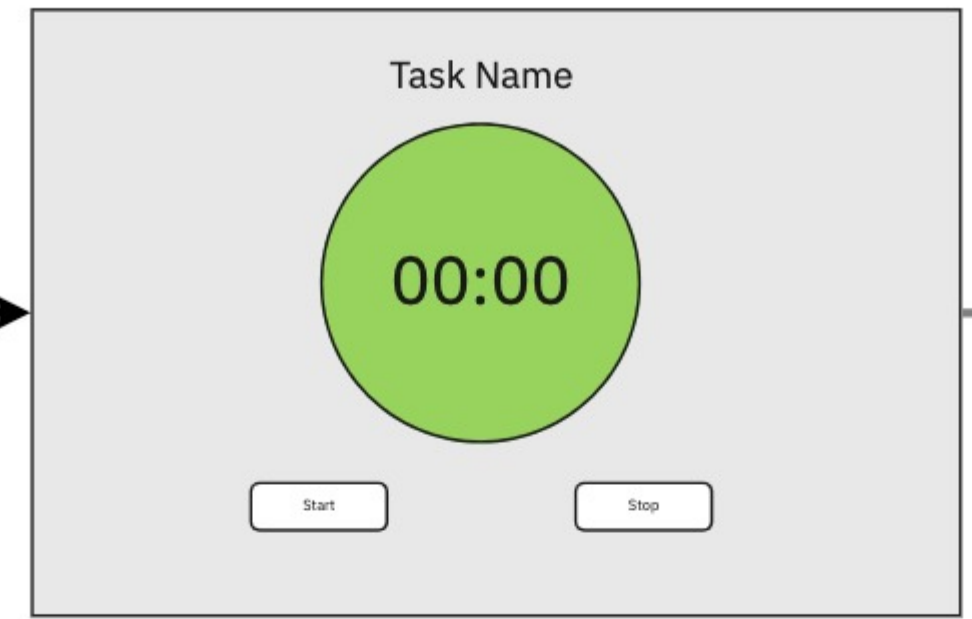
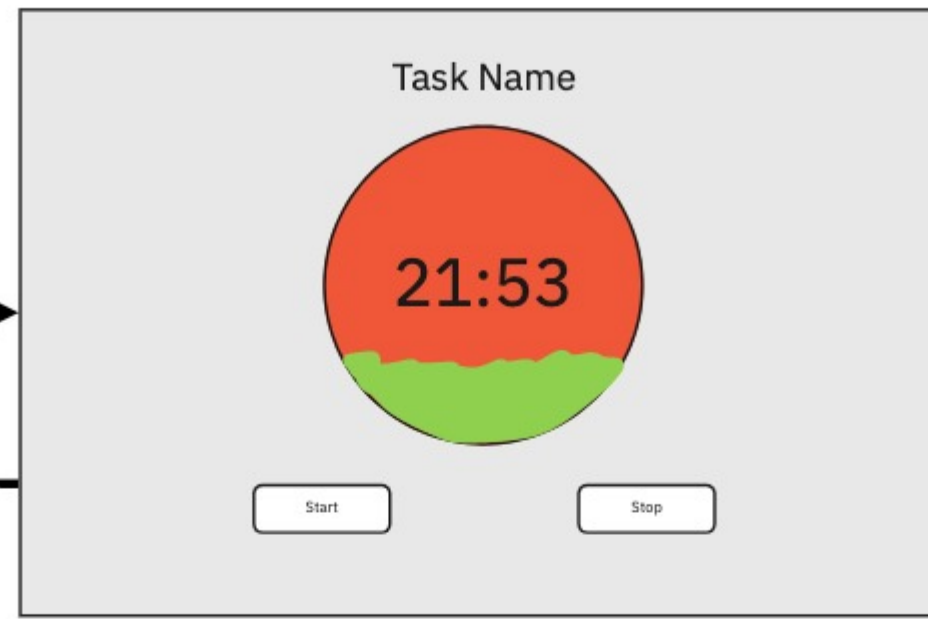


# Design Ideas

## Basic Timer (Website)

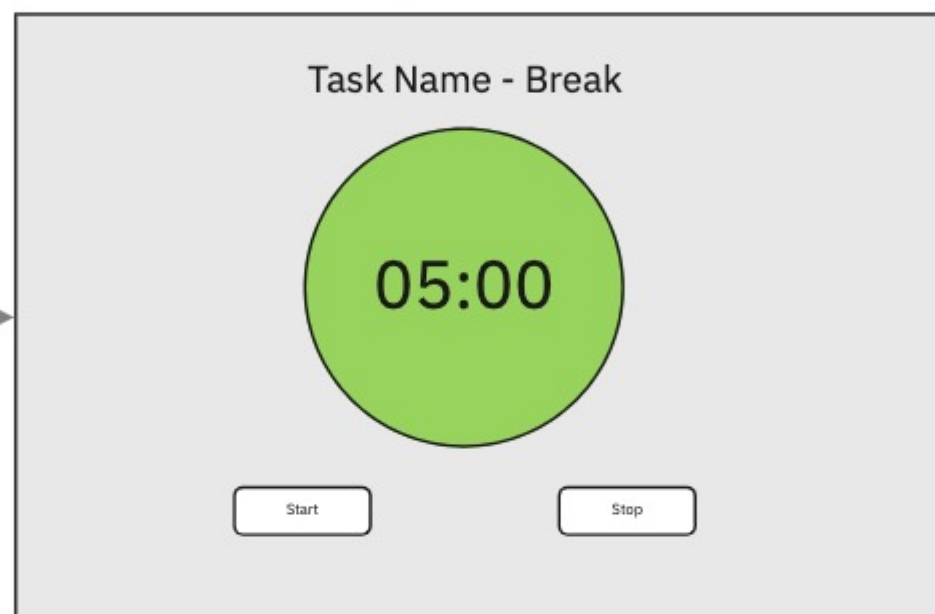


## While Timer is ticking



When Break is done

Automatically start 5 min break



BOTW  
stamina  
bar instead  
of circle?

Trees?

Tomatoes?

Growing  
tomato?

## Scheduler/Main Page Idea



## Schedule

