

Extension Documentation:

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Overview:

This Chrome extension aims to promote healthy work habits by encouraging users to take regular breaks, manage their tasks, and track their online activity. The main features include a default alert system for rest reminders, customizable reminders, a to-do list app, and a dashboard for monitoring work time and website usage.

Features:

Default Alert for Rest:

- **Description:** By default, the extension will display an alert after long hours of continuous computer use, reminding the user to take a break.
- **Functionality:**
 - Trigger an alert at regular intervals (e.g., every 4 hours).
 - Provide options for the user to click "OK" or "No".
 - Save the user's response (whether they acknowledged the alert or dismissed it).

Customizable Reminders:

- **Description:** Users can set custom reminders to alert them at specific times or after a specified duration.
- **Functionality:**
 - Allow users to set reminders for specific times (e.g., 8 AM) or intervals (e.g., every 2 hours).
 - Trigger alerts based on user settings.
 - Provide options for the user to snooze or dismiss the reminders.

To-Do List App:

- **Description:** Users can manage their tasks using the integrated to-do list app.
- **Functionality:**
 - Add, edit, and delete tasks.
 - Mark tasks as completed.
 - Categorize tasks by priority or type.
 - View a summary of completed and pending tasks.

Work Time Tracking:

- **Description:** The extension tracks how long users work without taking breaks.
- **Functionality:**
 - Monitor active computer usage.
 - Record work sessions and break times.

- Display a summary of work and break duration's on the dashboard.

Website Usage Tracking:

- **Description:** Users can see how much time they spend on different websites.
- **Functionality:**
 - Track and record time spent on various websites.
 - Categorize websites by type (e.g., work-related, social media, entertainment).
 - Display a summary of website usage on the dashboard.

Implementation Plan:

Phase 1: Core Features

- Implement the default alert system for rest reminders.
- Develop the customizable reminders feature.
- Create the to-do list app.

Phase 2: Advanced Features

- Integrate work time tracking.
- Develop the website usage tracking feature.
- Build the dashboard to display summaries and manage settings.

Phase 3: Testing and Optimization

- Perform thorough testing to ensure all features work as expected.
- Optimize the extension for performance and user experience.
- Gather user feedback and make necessary adjustments.

Phase 4: Launch and Maintenance

- Publish the extension on the Chrome Web Store.
- Regularly update the extension with new features and improvements.
- Provide user support and address any issues promptly.

Conclusion:

This Chrome extension aims to enhance productivity and promote wellness by encouraging regular breaks, managing tasks, and tracking online activity. By following this detailed documentation, the development process can be structured and efficient, ensuring a high-quality product that meets user needs.