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**Technological Institute of the Philippines  
Quezon City**

**College of Information Technology Education**

**PomoDo - A Task List Pomodoro Application**

In partial fulfillment for the course

**CS409 - Mobile Computing**

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**NOVEMBER 2022**

## I. App Name

The Pomodoro method created by Francesco Cirillo in the 1980s inspired the app name. In an effort to emphasize the "Do" in Pomodoro, the developers devised the name PomoDo based on its main feature involving Pomodoro Timer.

## II. App Overview

The study led by Alejandro Lleras, a psychology professor at the University of Illinois, explained that the mind tunes out after working consistently on one project. Which explains why many people struggle in finishing tasks that require a big amount of time. The problem is, due to the overwhelming amount of work to complete, they often end up procrastinating. And studies suggest that approximately 15% - 20% of adults procrastinate.

PomoDo is an application that aims to solve this problem. It is a mobile application where users are able to be productive with managing tasks with the use of a digital task list that directs them into accomplishing each one with the use of the Pomodoro method. Through the Pomodoro method, users are given a fixed timer to focus on the task for 25 minutes straight and take a 5-minute breather after completing each session. This timer loops until the task at hand is completed.

## III. Why Use the App







The application will surely help users who want to manage their tasks effectively, may it be their own errands, grocery list, chores, work deadlines, academics, and so much more. This helps users deal with procrastinating by consistently being productive throughout the busy schedules they have each and every day with a user-friendly interface. PomoDo mainly assists and arranges the tasks of the user to make them more achievable by pushing users to work on each one through the use of a Pomodoro timer which helps them become focused and less exhausted with each task dealt with.


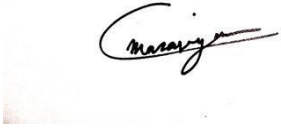



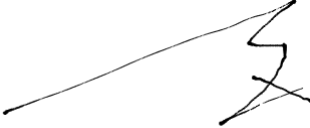
## IV. App Features

- Simple interface - PomoDo presents an easy-to-navigate application through having a simple interface that will let users easily understand the flow of how the application works without complications.
- Dark mode support - PomoDo will feature a dark mode interface that will help users reduce their visual fatigue through a dimmer and easy-to-read screen interface.
- Task creation - PomoDo will enable users to add a task to their application's list together with its details.

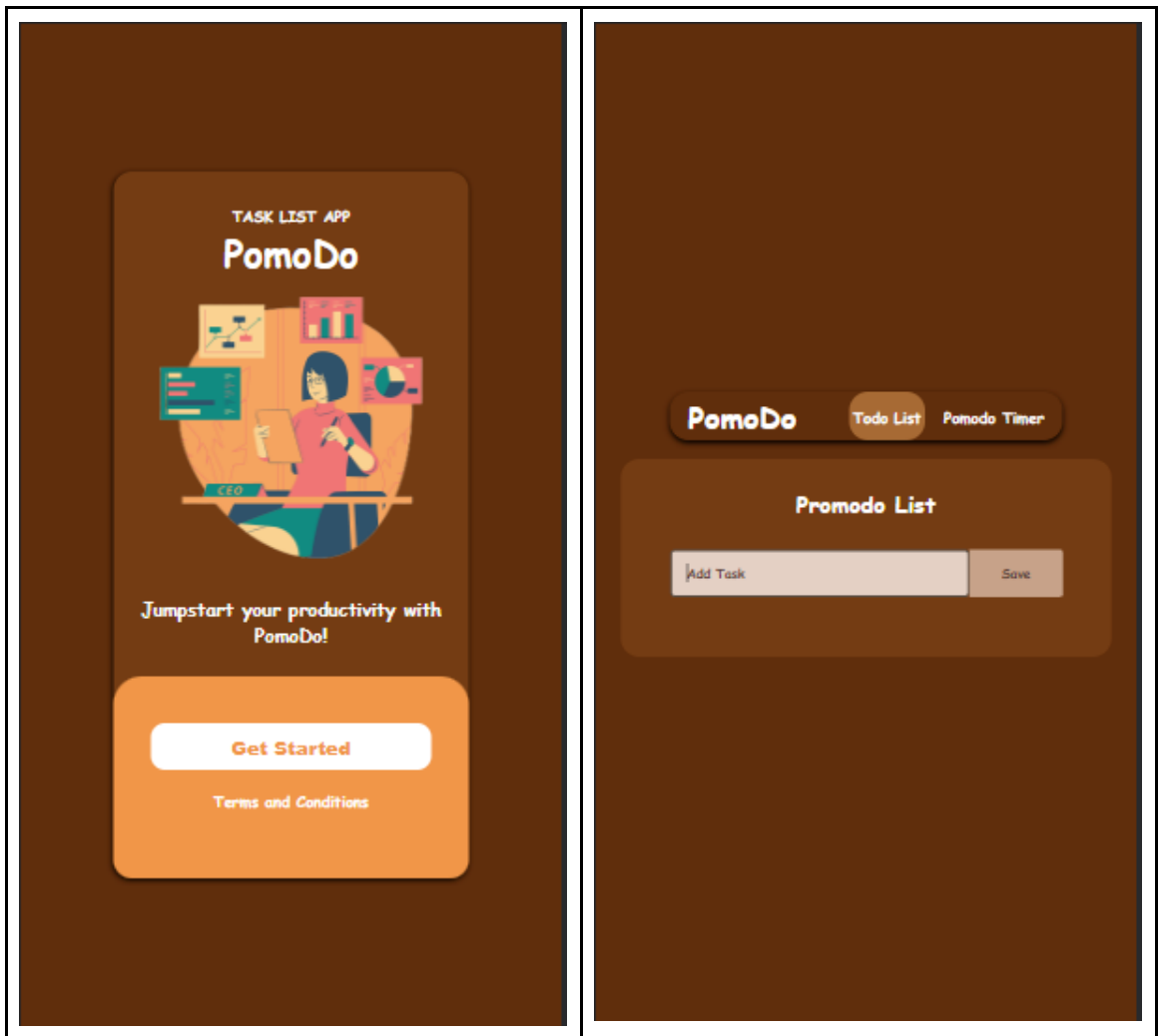
- Task completion mark - PomoDo features a checkmark on the interface for when a user's task is completed. This completed task will be grayed out with a line through.
- Task deletion - PomoDo will allow users to delete a task that was previously created by tapping the task to see its details and the delete button which will permanently remove the task on the list.
- Task list view - PomoDo will feature a home screen where users are able to see all the tasks they have created along with the status of whether it's completed or not.

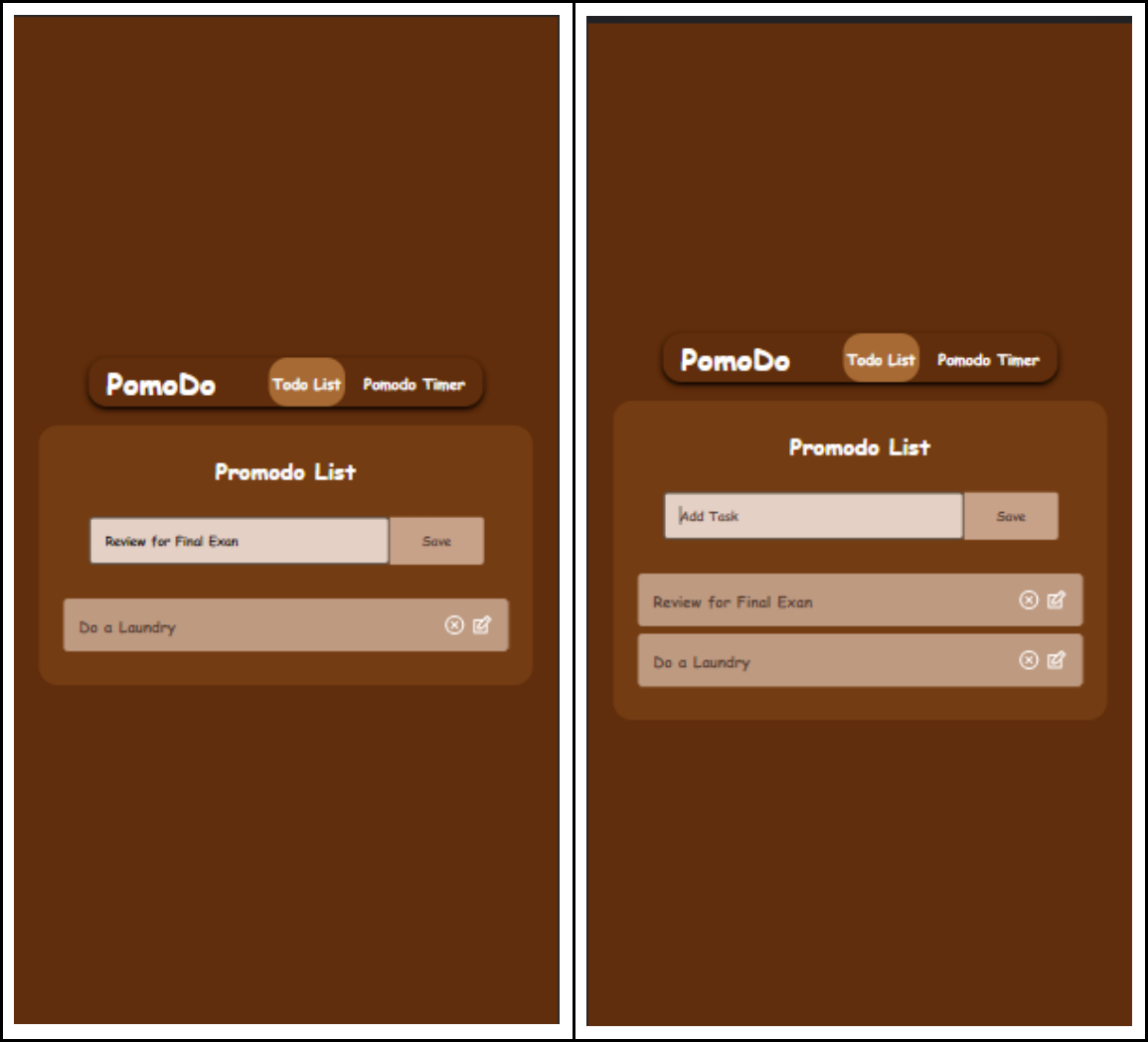
## V. The Team

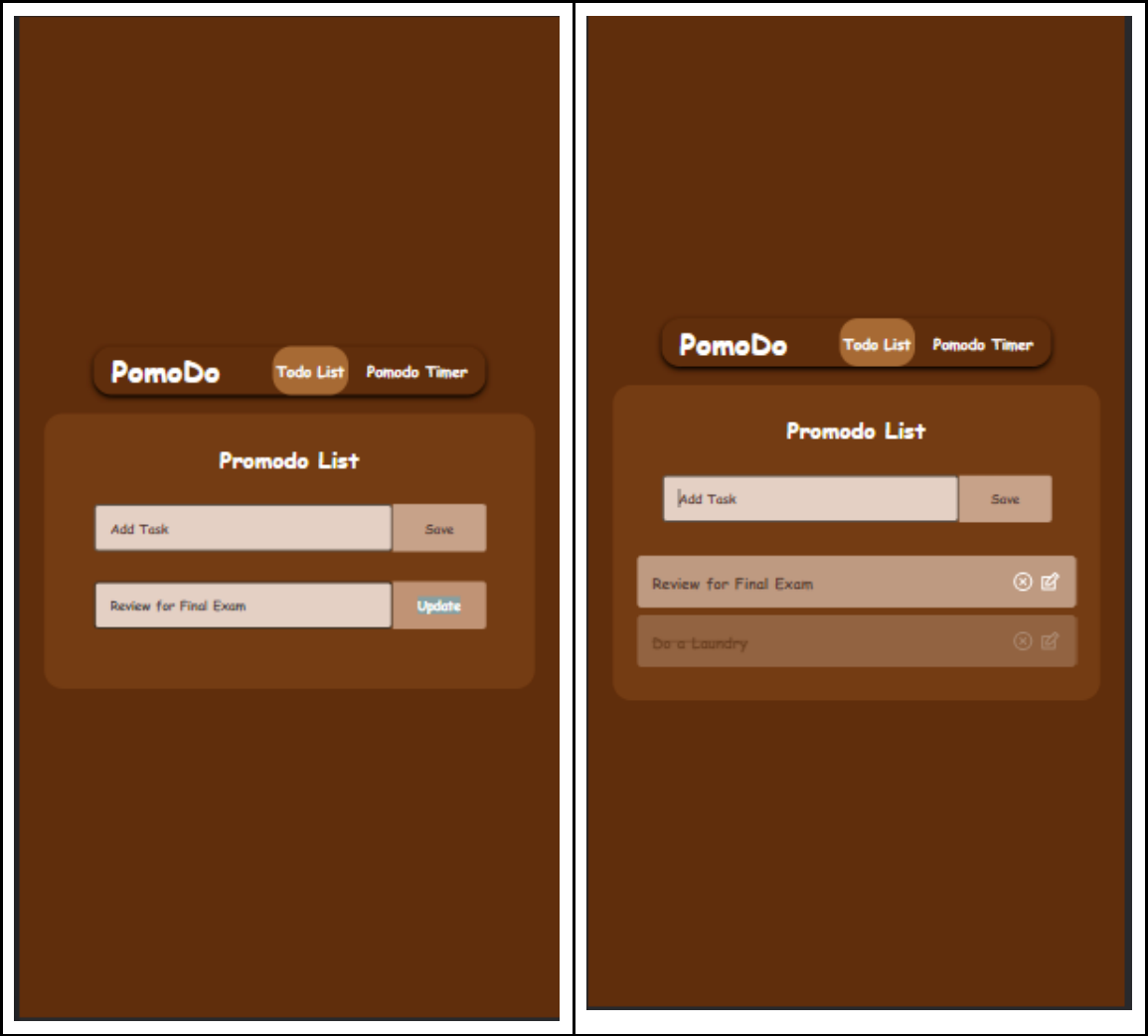
Name (LN, FN, MI)	Picture:	Detailed Contributions/Assigned Tasks:	Signature
<u>Member 1:</u> Bañez, Roxanne		Documentation, Presentation Designer	
<u>Member 2:</u> Cayetano, Shandeloh		System Designer, GUI Designer, Documentation, Pitch Reporter	
<u>Member 3:</u> Laddaran, Agravaine Aevon Loraine		App Tester, Pitch Reporter	

<p><u>Member 4:</u> Marasigan, Ma. Clarissa</p>		<p>App Developer, Documentation</p>	
<p><u>Member 5:</u> Molina, Gabriel</p>		<p>App Developer, Documentation</p>	
<p><u>Member 6:</u> Naz, Bien Robie</p>		<p>App Developer, App Tester</p>	

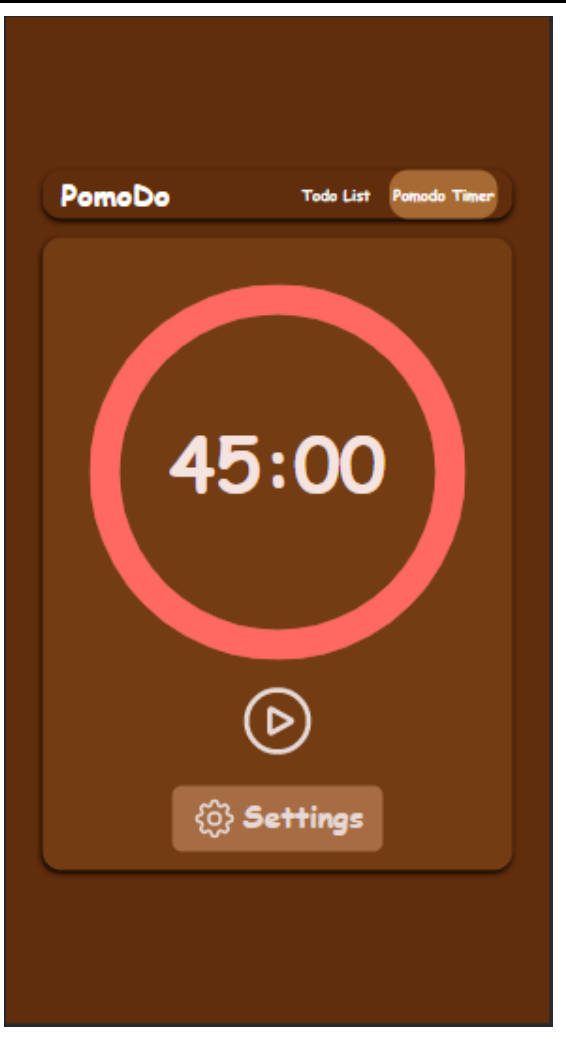
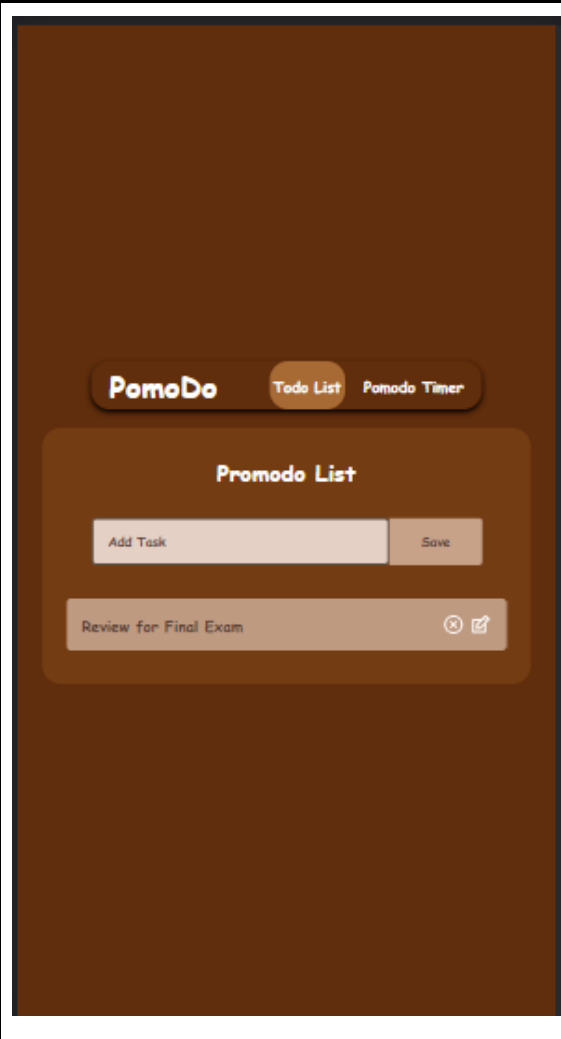
## VI. Screenshots

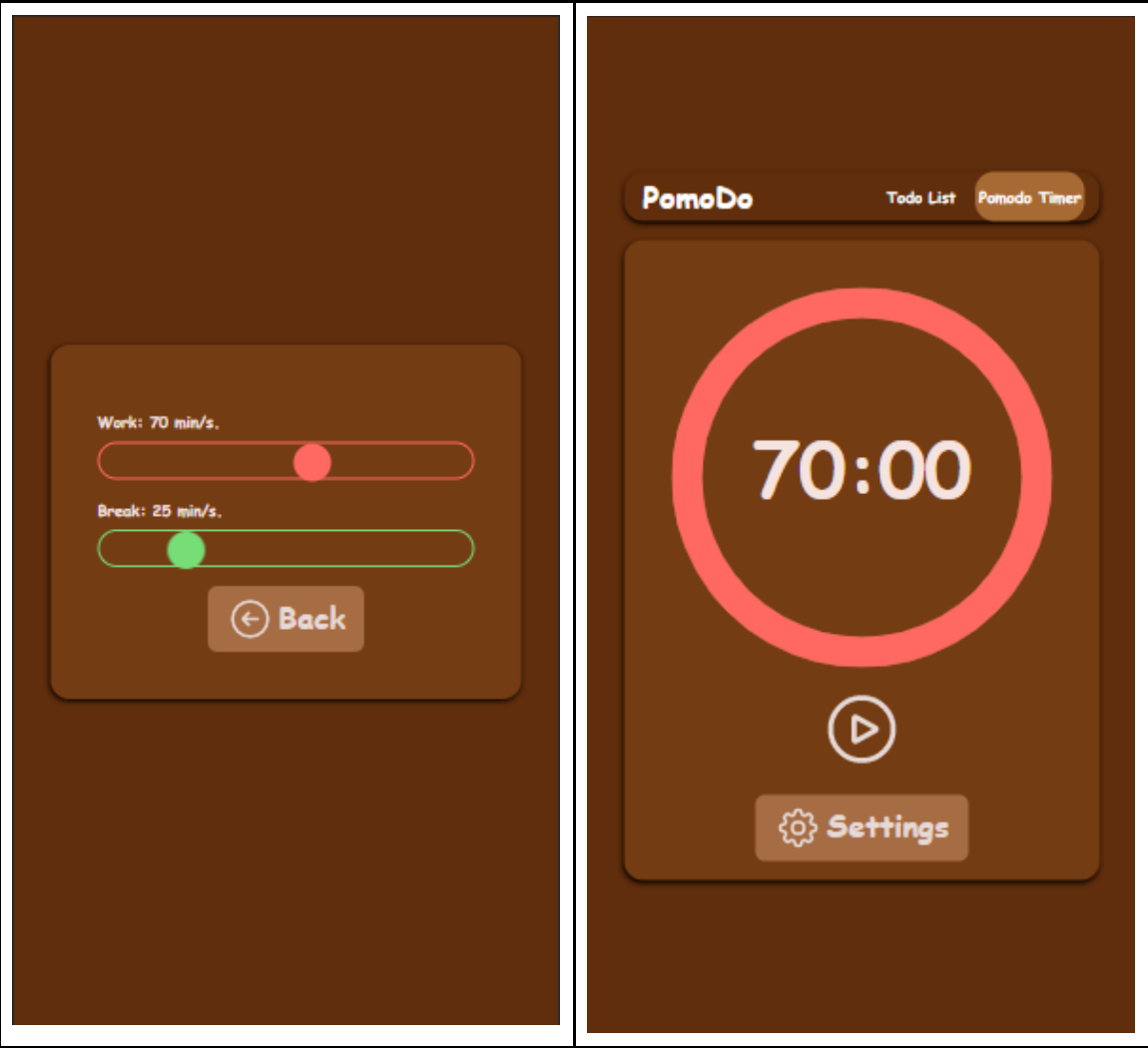












## VII. References

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- American Psychological Association. (n.d.). Procrastination or 'intentional delay'? American Psychological Association. Retrieved October 30, 2022, from <https://www.apa.org/gradpsych/2010/01/procrastination>
- To Do List: <https://www.youtube.com/watch?v=E1E08i2UJGI&t=183s&fbclid=IwAR15caetqXzFdsPJFVAWkxIZqGq3zeXEQ7gmsDhWUT3V3J0ZwBbm2QSOI48>
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- Navigation Bar: <https://www.youtube.com/watch?v=SLfhMt5OUPi&t>