FocusBot

Michael Pang, Ajay Seethana,
Matthew Topping, Elijah Tynes

Problem Statement

Maintaining a high level of output over a long period of time remains a challenge in the software engineering field. Health factors such as vitamin intake, sleep, and energy levels play a huge role in the overall efficiency of software engineers. Creating a way for developers to know when they should take a break to hydrate, go for a walk, or stretch is essential for improving efficiency. This is what our solution attempts to solve.

Proposed Solution

- FocusBot web/mobile application to monitor software engineer productivity
- Tells user to take a break when productivity decreases or after a long duration of time
  - Monitors user activity (keystrokes, clicks, etc.)
  - Provides a lockout timer to ensure the user takes a sufficient break to reset
- Integrate health metrics from smart watches to advise moving / stretching
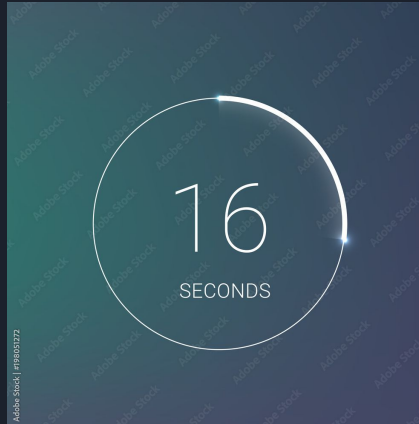
Proposal Relevance

- More efficiency
- Higher quality of life for employees, as they receive as-needed breaks
- Help employees adopt a healthier lifestyle while working remotely

Requirements Elicitation (Survey)

What are your primary goals when using the system?

1 response

I want to make sure that I don't stay sedentary for too long while I am doing work. It would also be nice to be able to track my activity while I'm at work.

What problems do you face that this system should solve?

1 response

One problem is that I don't know how to effectively take breaks to reduce fatigue and loss of focus. It is easy for me to lose focus on the task at hand and procrastinate, so it would be nice to have semi-scheduled breaks to make the most of my time.

How do you currently perform this task or process?

1 response

Usually, I just try my best to complete a task from start to finish without a break because I know that once I take a break, it will be hard to get back into the flow state that I had before.

How do you currently perform this task or process?

1 response

Usually, I just try my best to complete a task from start to finish without a break because I know that once I take a break, it will be hard to get back into the flow state that I had before.

What do you like or dislike about the current system/process?

1 response

There is nothing wrong with my current process, but it would be nice to have something more systematic to help maximize my personal productivity.

How often would you use the system (daily, weekly, monthly)?

1 response

Daily

Requirements Elicitation Results

What are your primary goals when using the system?

- Avoid being sedentary for too long while doing work
- Get tasks done efficiently while not being distracted by the tool itself
- Figure out how to pace oneself while working
- Limiting screen time and reduce prolonged sitting

What problems do you face that this system should sove?

- Don't know how to effectively take breaks to reduce fatigue/loss of focus
- Easy to lose focus on the task and procrastinate

What specific features/functions would you like to see in the new system?

- Features to track and promote productivity
- Feature that splits up tasks into chunks to complete portions in a specified period of time before taking a break
- Do Not Disturb/Meeting mode functionality

Q+A:)

Any Questions?