

What are your primary goals when using the system?

5 responses

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.

Being able to get tasks done efficiently, not being distracted by the tool itself, and other external tasks. Maybe adding functionality that reminds user to be productive. Also figure out a way to pace out tasks for users that have tunnel vision.

Limiting screen time and reducing prolonged sitting.

As a software developer, I want to be able to improve my health and not allow working on projects to distract me from taking necessary breaks.

To remember to touch grass more often and reduce eye/hand strain.

What problems do you face that this system should solve?

5 responses

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.

Being distracted while trying to work. Ex. looking at texts and notifications. Occasionally forget to eat/drink for an unhealthy period of time while in deep focus.

I tend to get too focused with work and forget to move around or stand.

Sometimes, I can get sucked into the work that I'm doing that I forget to do basic health maintenance tasks, such as drinking water, walking around, and resting my eyes from lengthy periods of looking at backlit screens.

I tend to get sucked into my work too much.

How do you currently perform this task or process?

5 responses

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.

Sit down to do some task/work and don't leave until it is completed.

I remind myself to get some steps in, or move around my room for every hour or two of work I get done sitting.

Right now, I just take breaks whenever I feel like it. For example, even though I don't specifically set reminders for myself, if I look at the clock and it's been a while since my last break, I'll take one.

I take my lunch break, but I don't use any alarms or a focus mode.

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

5 responses

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

One dislike in my current process is that I tend to start tasks too late, and end up working on them for too long. Essentially procrastination. Like the fact that I can get my tasks done in a single effort as opposed to stretching them out.

I like that this system would remind me to take breaks every so often.

Long stretches of deep work may be technically productive but can wear down developers in the long run.

Can't say, I've never used it.

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

5 responses

Daily

Multiple times a week

I could see myself using this system regularly if the app has great functionality.

If it was effective, I would use it daily.

3 days a week (when I work from home)

Would this make your work easier or more efficient?

5 responses

Probably

yes, I can see this making my work more efficient

It would make my work more efficient, by being reminded to walk around it gets the blood flowing.

Yes, it could indirectly help out with my work by regularly making me take a break, which would refresh my mental state, relieve stress, and become more focused afterward.

Yes, it would allow me to focus more during work periods and be less distracted overall.

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

5 responses

I would like to see a way to track my productivity as well as features that would help promote productivity and focus.

Maybe a feature that would split up a given task into chunks and would not disturb for a period of time. Also a general Do not Disturb / Meeting mode would be nice. Also similarly to iOS focus modes, maybe a system similar to this

Being able to choose specific times to be reminded to stretch or varying notification sounds for different reminders.

I would want something that is easily visible or noticeable that I would recognize even while in the depths of work so that it doesn't go unnoticed and I miss my break. I also want the device to not be too intrusive to my workspace or myself.

Automatically starting the system on my work computer's startup.

What additional platforms should we cover?

5 responses

Having functionality with mobile devices would be a plus. I easily get distracted by my phone.

No

Since it already covers iOS, Android, smart watches, along with laptops to monitor user activity, I believe that's adequate.

Maybe cameras could also be used to track facial expression and bodily posture

Samsung Fridge, the KFC game console, and the Epic Games Store