Daily Goals

Set or remove your goals for today.

Your goals for today:
- Create Figma Design 🗑
- Read Book 🗑

⊕

Select Apps

Select the app(s) you want to intervene. You can only select and submit them once. App selection has to be submitted to activate App functionalities and selection cannot be changed during the study.

🔵   ⚪

SUBMIT

Confirm App Selection

Are you sure you want to intervene ...?

Submit   **Cancel**
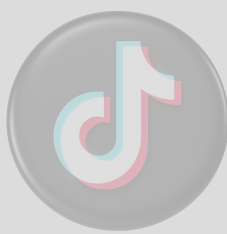
Goal Reminder
Remember your goals!

Your goals for today:
- Create Figma Design
- Read Book

Close App   Dismiss

Usage Statistics
Check your usage behavior!

Session Duration:	20 min
Today's Duration:	60 min
SM Duration:	75 min
Number of Today's Dismissals:	4

Close App   Dismiss