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Isles of Life

...

By Happy Little Trees

Overview

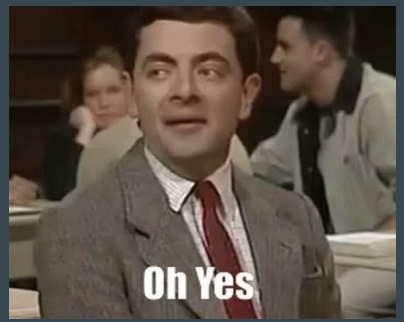
- Why users need our application?
- Why existing solutions do not sufficiently address the requirements?
- Three main functions of our App:
  1. Create new tasks
  2. Create new islands
  3. Upgrade islands and personal customization

Why users need our application?

Do you spend a lot of time on your phone?

Excessive cellphone use is defined as a form of technology addiction in the paper ‘Discipline Yourself Before Life Disciplines You: Deficient Self-Regulation and Mobile Phone Unregulated Use’. This 2012 study showed that 36.4% of people used their phones excessively, and 62.8% of them had negative consequences.

Can we make ‘addiction’ good for us ?

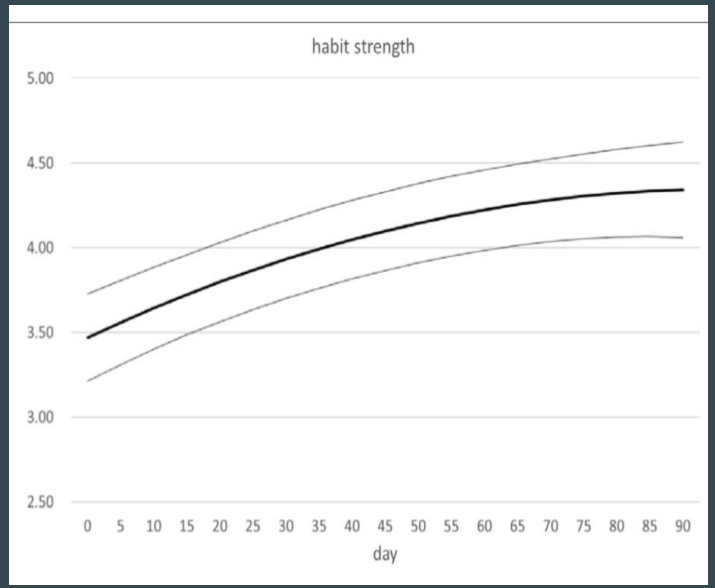


Users are expected to be "addicted" to making and completing plans.

‘Isles of Life’ provides the most simple and happiest way to make it as a habit.

Just like playing a video game, completing the plan and enjoying the happiness of creating a new life.

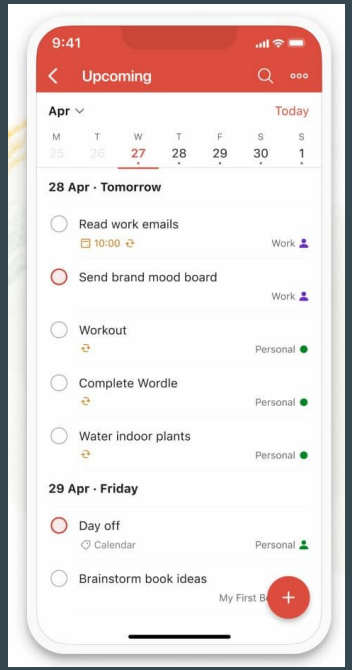
The longer you hold on, the habit will be stronger

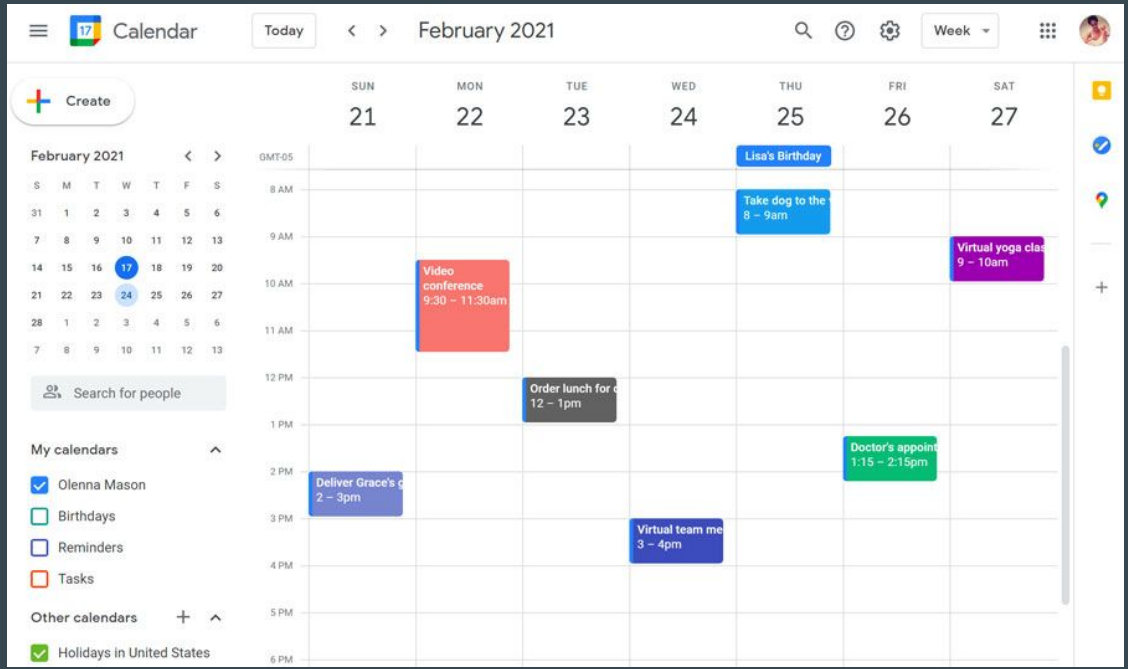


Habit Formation Techniques include Context-dependent repetition, Action planning, Set behavioral goals, Self-monitor behavior, and Self-monitor outcomes of behavior.

Our App integrates all of these methods. Users can set plans and goals and monitor themselves. Comparing the biodiversity and beauty of the island with other users can help determine the outcome of the behavior.

Todo List / Calendar

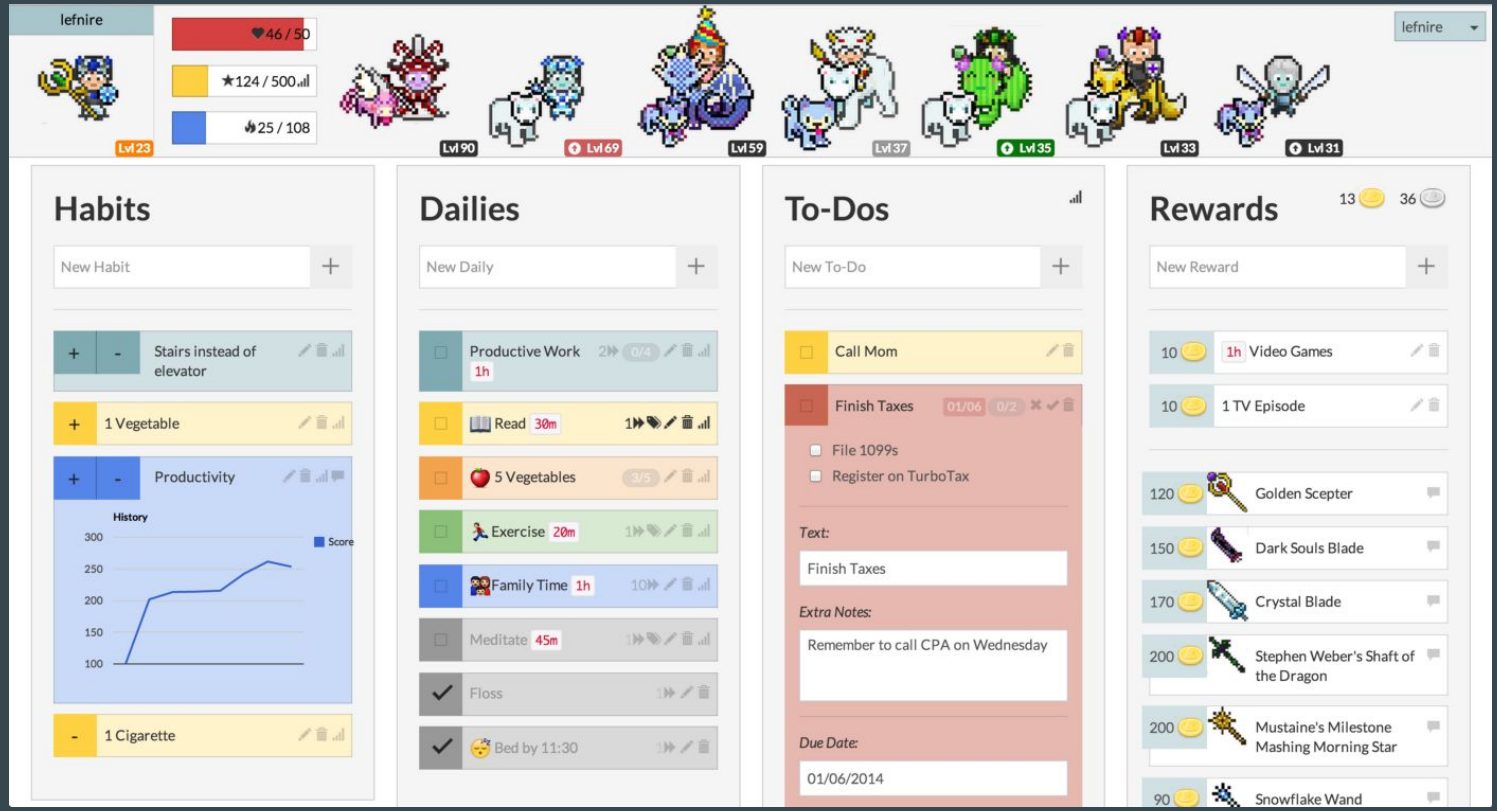




Forest

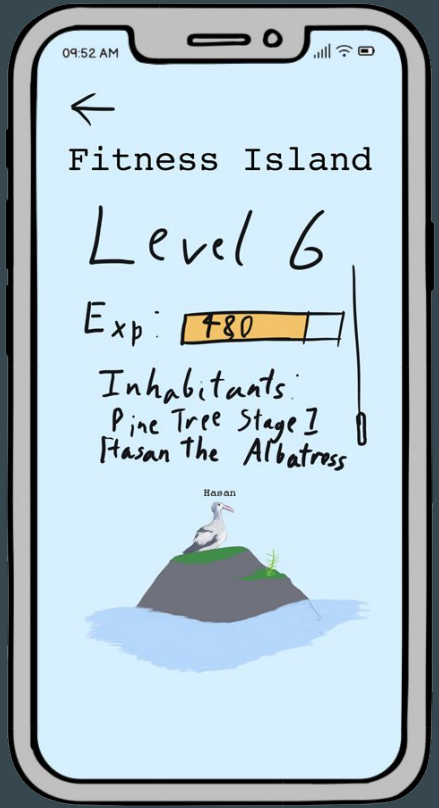
Verizon 8:26 PM 90%
Stop phubbing!
09:53
Cancel (4)
Verizon 11:26 PM 86%
Plant a tree and
get your things done.
11:28
Give Up
Verizon 11:34 PM 85%
Put down your phone.
04:12
Give Up
Verizon 10:41 PM 88%
171
Start planting today!
25:00
Plant

Habitica


lefnire
46 / 50
124 / 500
25 / 108
Lvl 23
Lvl 90
Lvl 69
Lvl 59
Lvl 37
Lvl 35
Lvl 33
Lvl 31
lefnire
Habits
New Habit
Stairs instead of elevator
1 Vegetable
Productivity
History
Score
300
250
200
150
100
1 Cigarette
Dailies
New Daily
Productive Work 1h
Read 30m
5 Vegetables
Exercise 20m
Family Time 1h
Meditate 45m
Floss
Bed by 11:30
To-Dos
New To-Do
Call Mom
Finish Taxes
File 1099s
Register on TurboTax
Text:
Finish Taxes
Extra Notes:
Remember to call CPA on Wednesday
Due Date:
01/06/2014
Rewards
13
36
New Reward
10 1h Video Games
10 1 TV Episode
120 Golden Scepter
150 Dark Souls Blade
170 Crystal Blade
200 Stephen Weber's Shaft of the Dragon
200 Mustaine's Milestone Mashing Morning Star
90 Snowflake Wand

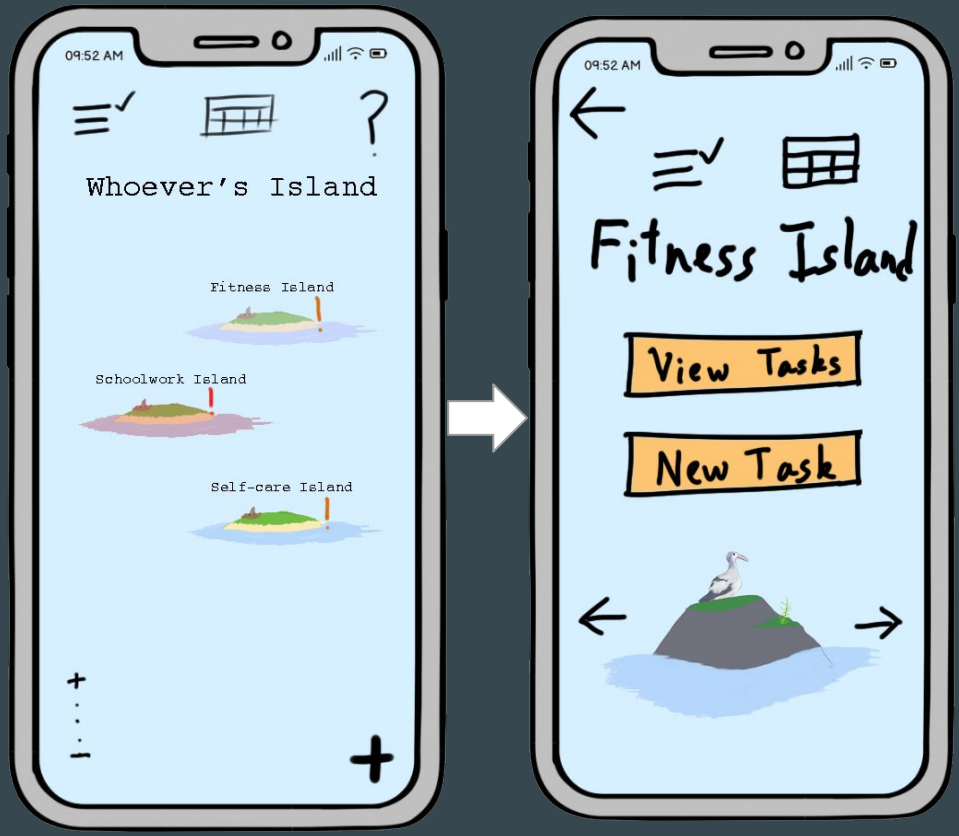
Introducing Isles of Life Lo-Fi Edition

- Make task management a bit less stressful with an island theme
- Categorize tasks by island
- Watch your islands grow as you complete tasks
- Easily check upcoming tasks

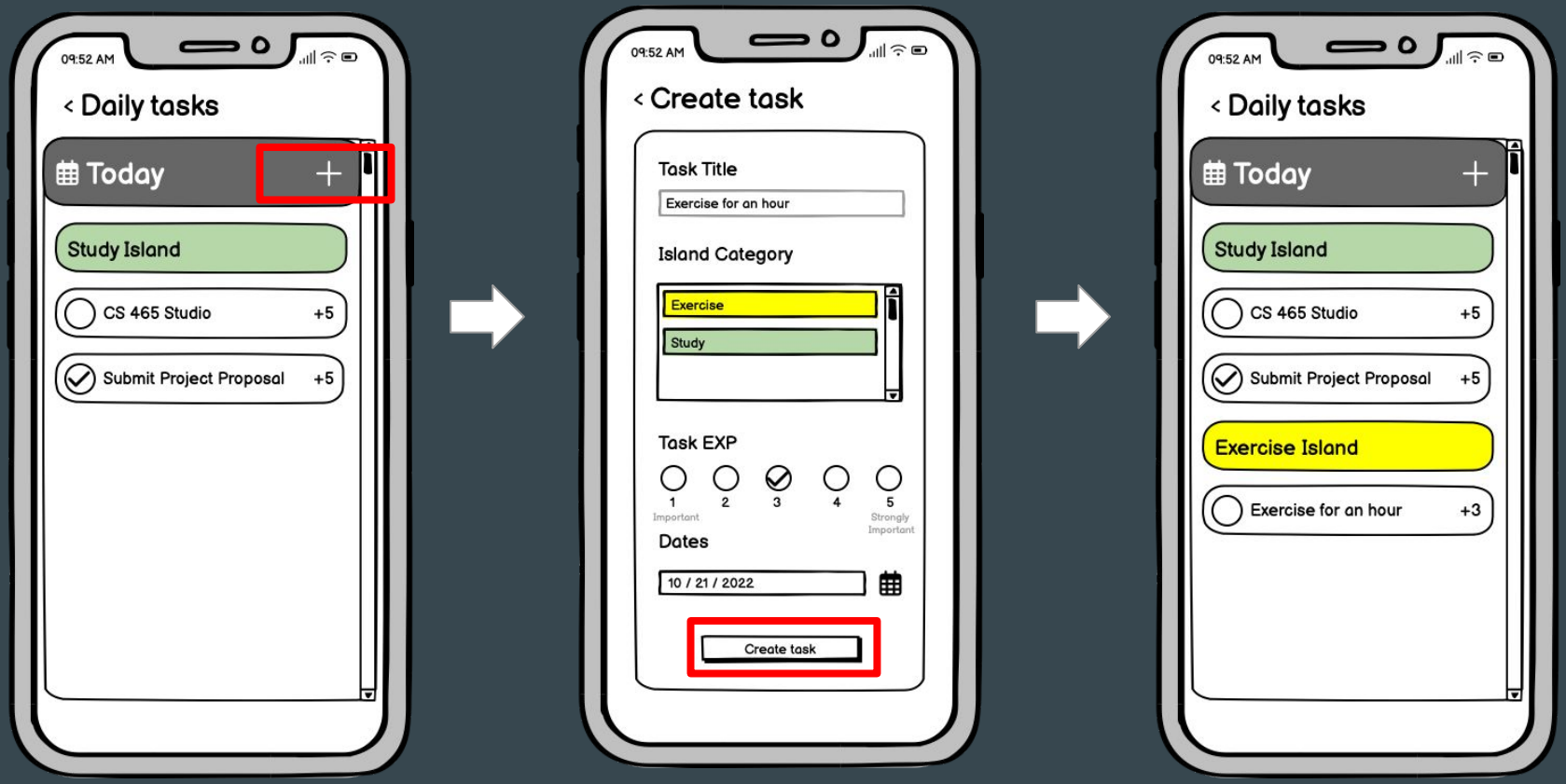


Key Features

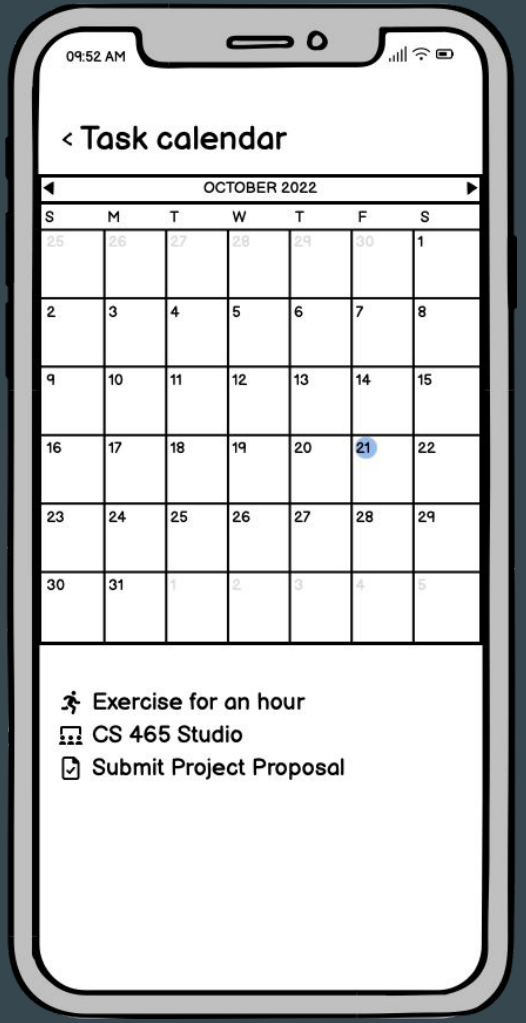
- View daily tasks
  - Can also view tasks due this week or month
- View calendar
- Create new tasks
- Create new islands
- Completed tasks give certain amounts of experience
  - More exp for self-selected important tasks
- Islands grow on level up, at certain levels you get to select reward



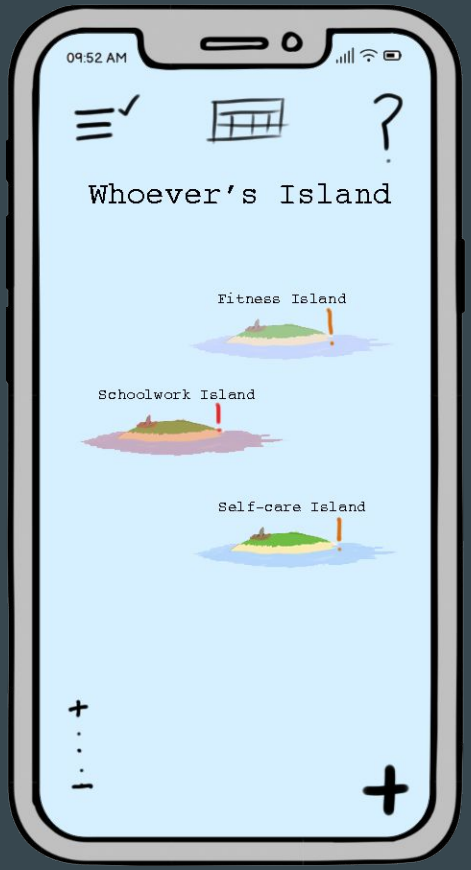
Task 1 - Create New Tasks

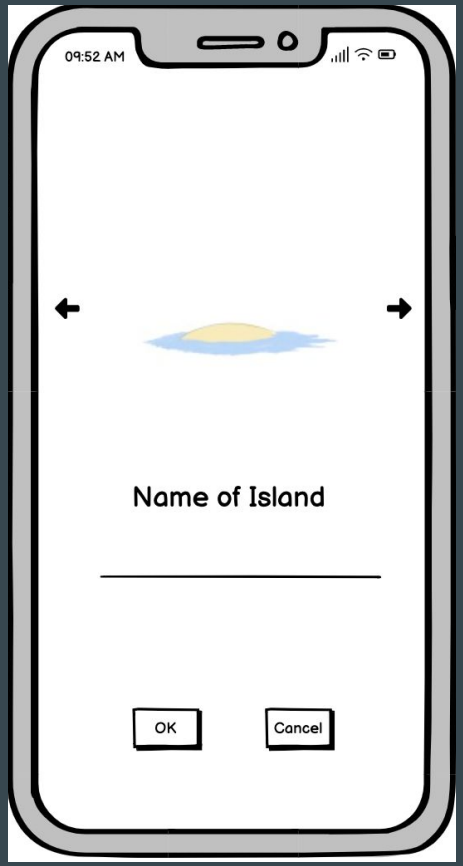
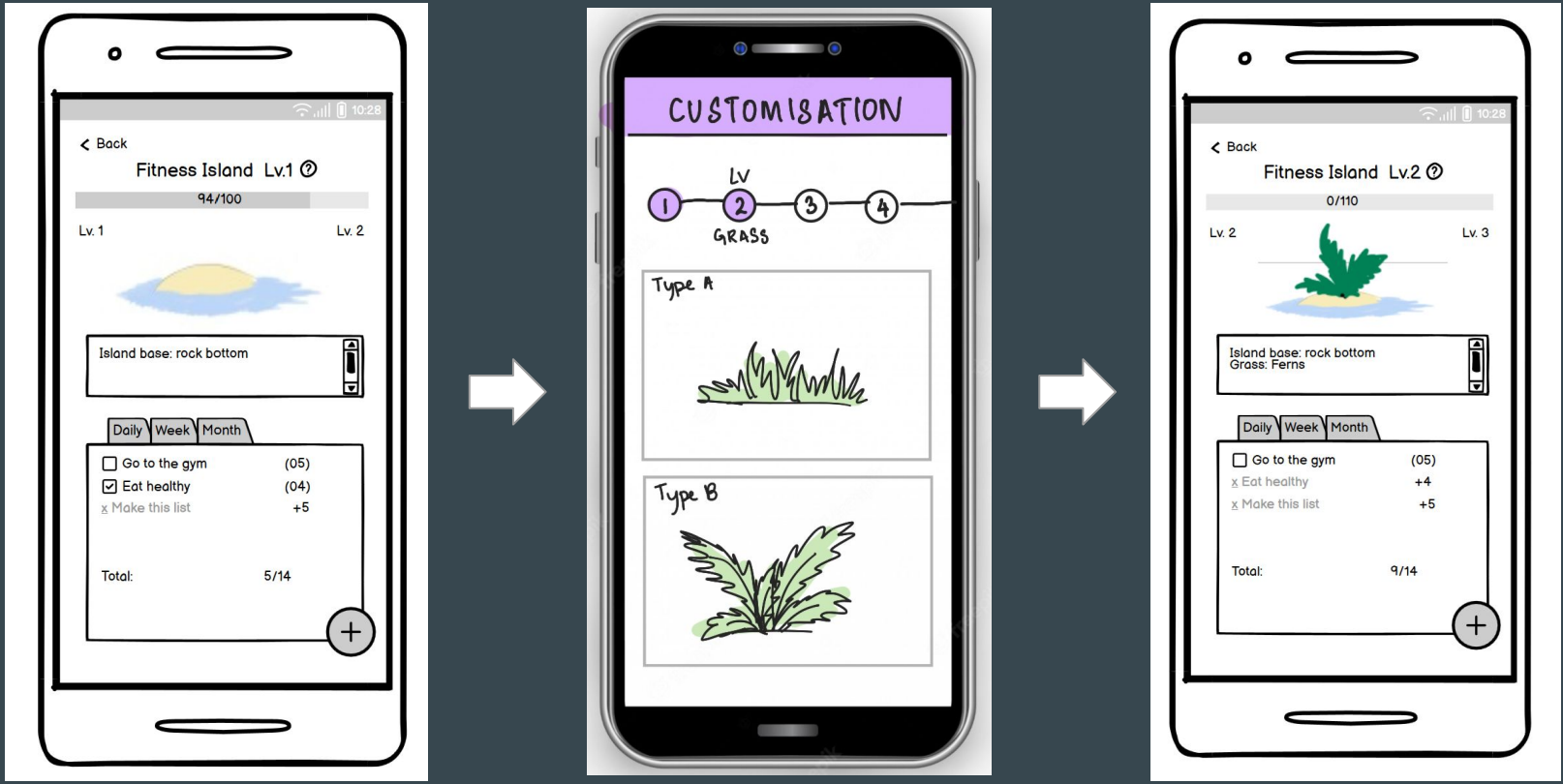


09:52 AM
< Daily tasks
Today
Study Island
CS 465 Studio +5
Submit Project Proposal +5
Exercise Island
Exercise for an hour +3


09:52 AM
< Task calendar
OCTOBER 2022
S M T W T F S
25 26 27 28 29 30 1
2 3 4 5 6 7 8
9 10 11 12 13 14 15
16 17 18 19 20 21 22
23 24 25 26 27 28 29
30 31 1 2 3 4 5
Exercise for an hour
CS 465 Studio
Submit Project Proposal

Task 2 - Create New Island





Task 3 - Customization Reward on Level Up