



NOW

a time management app™

WHAT

there are many time management and planner apps, yet none of them help users with stress relief as well. our idea is innovative in that we care about the user's mental health just as much as we care about helping them complete their tasks. NOW is a time management app that seeks to help its users alleviate stress, anxiety, and procrastination.

WHY

research has shown that having good mental health allows for better work and time management. our project combines both and allow users to feel more relaxed, while inspiring and encouraging them.

HOW IT WORKS

students input the work they need to do for the week and the program outputs a calendar. additionally, NOW relies on a quote-generating API to provide encouraging words by world inspirations. if the user states he or she needs some motivation, the program returns it on the monitor.



What We Do

PHASE

1

input
schedule

PHASE

2

input stress level

PHASE

3

output inspirational
quote & calendar