ZenGage
Mindful Social Media Usage Tracker

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Need for Mindful Usage Tracker

Why?

- Excessive social media usage has become a significant issue in today's society
- Negative impacts of social media overuse
  - Decreased productivity
  - Disrupted sleep patterns
  - Reduced mental well-being

Who?

- Individuals looking to reduce their screen time
- Parents wanting to monitor their children's social media habits
- Employers wanting to encourage mindful usage among their employees

Mindful Usage Tracker

A feature that helps users practice mindfulness and healthy digital habits.

- Includes reminders to take breaks from the platform
- Guided meditation exercises
- Tools for tracking screen time and usage patterns

Current Solutions

- Simply tracks time spent
- Sends pop notification after a set amount of time

Often lack features that promote mindfulness and help users to understand the impact of their social media usage on their well-being

Mindful Usage Tracker

Break Reminders: A pop-up message that reminds users to take a break from the platform after a set amount of time, and *suggests a few minutes of mindfulness or stretching.*

Social Comparison: Compare your usage habits with your friends and family, promoting healthy competition and encouraging mindful usage.

Building the feature

1. **Requirements Gathering** - Defined the key features and functionalities that the app must have
2. **Design and Prototyping** - Created wireframes, mockups, and interactive prototypes to visualize the app's design and user experience. Utilized JavaFX for app implementation
3. **Feedback and Testing** - Surveys and User Acceptance testing