

Time for a Break – Functional Requirements

- 1. Change Break Duration :** If the user feels that the break duration is more than he/she requires then he can change it. Similarly if the user feels that the break duration is less he can change it in a way that break duration is more than it was before. This feature is applicable for both mini breaks and long breaks.
- 2. Postpone :** The user can postpone the break if he wishes to continue with the work he is doing. However there is a limit to the number of postponed breaks.
- 3. Cancel :** This feature enables the user to cancel the break. This feature does not affect the minibreak and long break scheduled in future.
- 4. Strict Mode :** Strict mode prevents the user from skipping either mini breaks or long breaks and is designed to help discipline the user.
- 5. Do Not Disturb Mode :** This App will monitor the do not disturb mode. So, the breaks are paused when DND mode is on. The user can turn on the do not disturb mode if he is engaged in some important tasks.
- 6. Audio Preferences :** A sound is played whenever the break period ends to remind the user to get back to work, and there are several choices available like the user can change the Audio tone from his/her local storage. Also the user will be able to turn off the sounds.
- 7. Notifications Preferences :** The user will be able to change the notifications setting like don't show the minibreak notification beforehand. Similarly for a long break. Users have an option of choosing audio notification (some music plays when break starts/ ends), video notification (some video plays when break starts/ ends), simple notification (no music or video, just a message pop-up)
- 8. Report Generation :** At some specified time of the day, a daily report would be displayed to the user containing all the information about user activities during different time breaks. This feature enables the user to analyze the number of times he has taken minibreaks and long breaks, postponed it and canceled it.

9. Reset Breaks : This feature will enable the user to reset breaks meaning all the previous settings will be set in a way as if the app has started just now. And records of postponed breaks will be erased and all together a new session will be started for the app. A timer on the home page which shows the time until next break/ end of break. Recommended Exercises for Relaxing. Resources for sharing details of various yoga poses and exercises the users can do in the break for efficient use of break time.