Time for a Break – Problem Statement

Time for a break is as simple as a project can be. The project's main requirement is to remind users of taking breaks between long hours of screen time. A typical quartz alarm clock can fulfill the same condition. Then what is the need for this project? For instance, in today's world, nobody likes anything monotonous or inflexible. In other words, one wants something in the form of a liquid and not as solid because it can take the shape that users request. The same is the case with our application. Time for a break is made to fulfill the requirement of a comfortable, customizable and innovative solution for a simple reminder of taking a break that helps users stay healthy and motivated during the long screen times.

Time for a Break is a vital application for those with high screen time along with a desk job. Research suggests that if one person regularly remains seated in a single position staring at a computer screen, it will severely negatively impact their body, especially the eyes and the spinal cord. Taking regular breaks and doing some remedial fitness exercises during break time can help them relax and remain in the right touch with their bodies. To help such customers break the monotony and remind them to take a break at regular intervals, Time for a Break is the go-to app. As a cross-platform native application, it is ideal for such a purpose.

We hope to achieve some objectives and goals with a successful deployment by developing this application. This user-friendly app provides all the necessary functionalities for those planning to follow a healthy regime comprehensively. We hope to provide prospective customers with something that fulfills all their requirements with this product. These include the app runs in the background, custom audio notifications, schedule, postpone, cancel and suspend breaks, exercise resources and tips, daily reports (include details like the number of breaks taken, active minutes, breaks skipped, and so on). Our application also detects if the computer is lying idle (not in sleep/ shut down mode, but no keyboard or mouse input). If so, the break timer pauses after a fixed duration to avoid unnecessary breaks. Since our product ticks off all the necessary boxes, we believe our product will stay true to the users' expectations and help them achieve their goals.