



LessScreen

APP Name: **LessScreen**

APP Target User Group: **Adults 21+**

APP Unique Selling Point ():

- **Daily Challenges:** Provide fun offline tasks.
- **Data Feedback:** Provides analysis of screen time.
- **Personalised Mode Creation:** Automatically disables specified apps to reduce distractions.

Secondary research



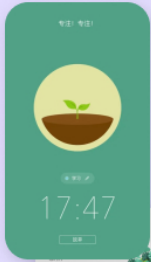
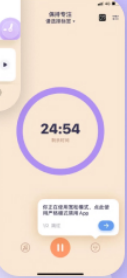
Offscreen

Advantage

- “Don’t use your screen when you walk” reminder
- Detailed screen usage statistics
- Customised focus timer

Disadvantages

- Full functionality unlocked for a premium
- Some features are complicated to set up



Forest

Advantage

- Simple interface and intuitive functionality
- Innovative focus mode

Disadvantages

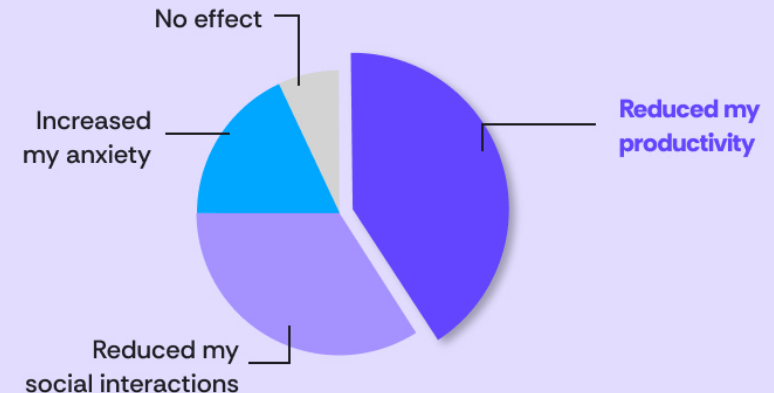
- Over-commitment to planting trees
- More paid features



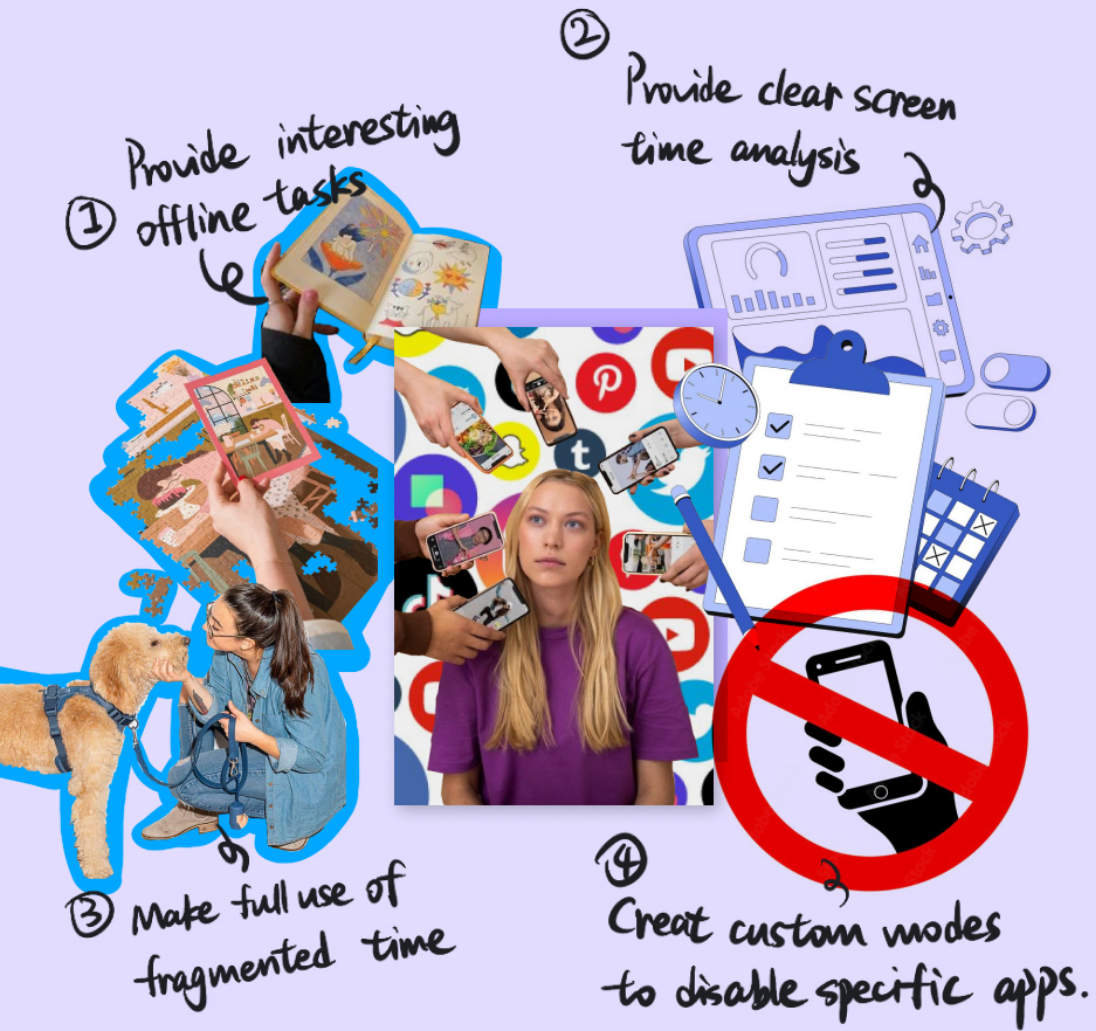
What features would like to see in a screen time management tool (Multiple choice)



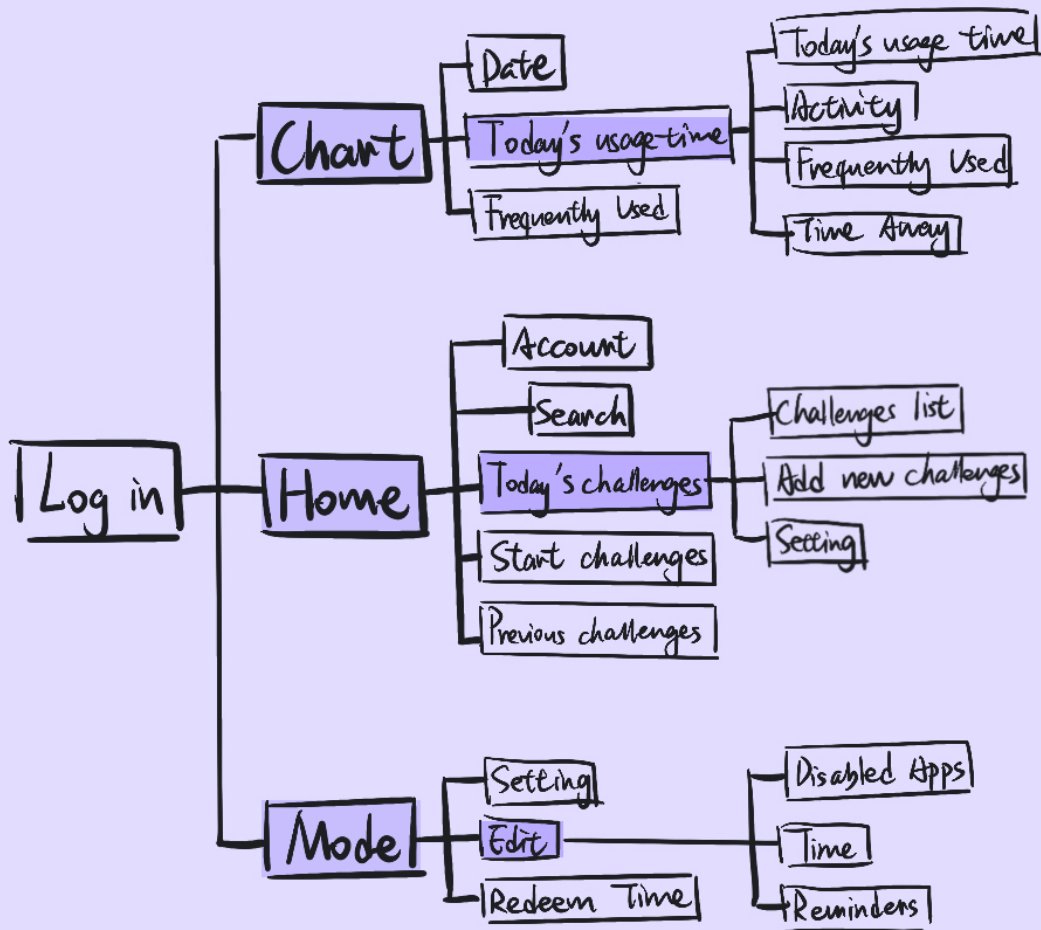
Impact of mobile phone use on life



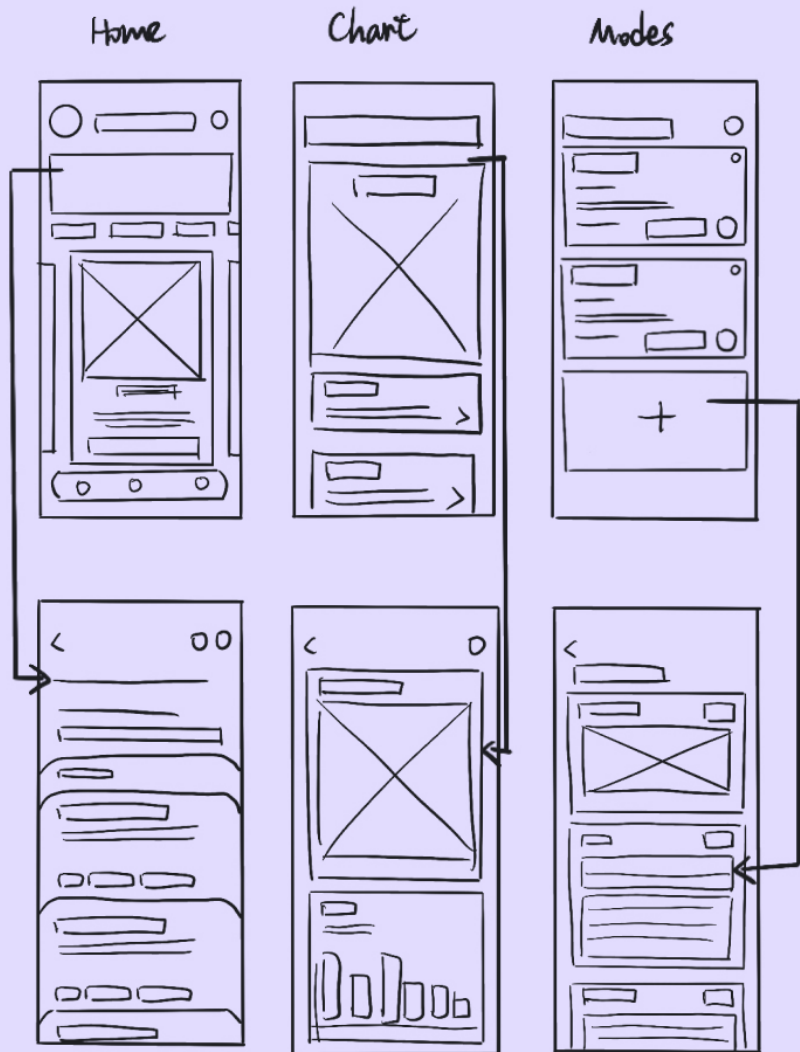
Main function



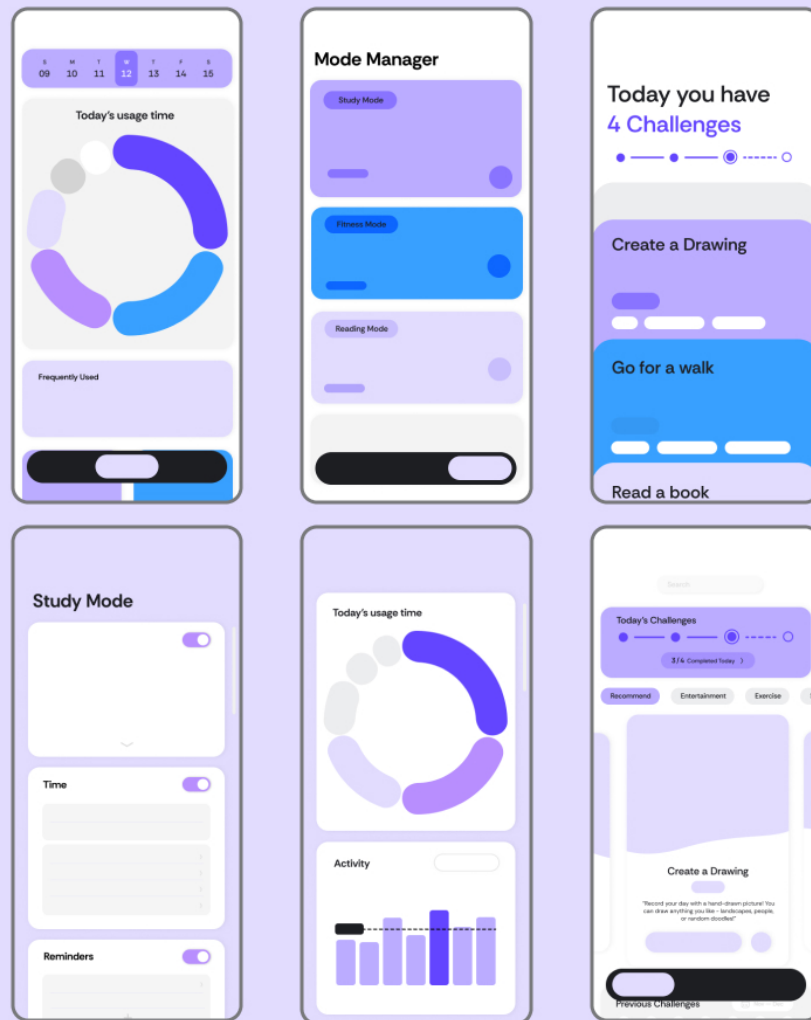
Mindmap



Draft



High Fidelity Prototype



User testing

User 1



Age: 22
Occupation: Student
Hobbies: Video games, basketball

Recommendations:

- Reward mechanisms, such as a physical reward for reaching a goal.
- Fitness mode supports connectivity with wearable devices (e.g. smartwatches).

User 2



Age: 24
Occupation: Student
Hobbies: Video games, Music

Recommendations:

- Would like the calendar sync feature to connect to the My Calendar app.
- Users can invite friends to complete the challenge together.

User 3



Age: 28
Occupation: Visual designer
Hobbies: Reading, Yoga

Recommendations:

- Add points and rewards mechanism.
- Add a 'Health Mode' to remind user to take a break or do a simple workout when use phone too much.

key points for future updates

Health Mode

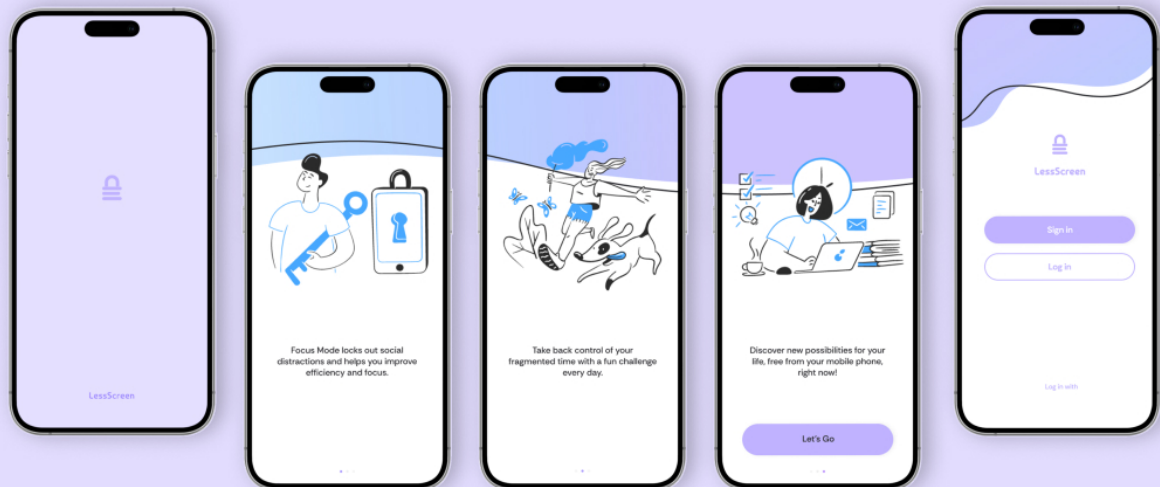
Friend Invitation

Reward Mechanism

Fitness Mode
Connectivity

Calendar Sync

Outcome



Start Page

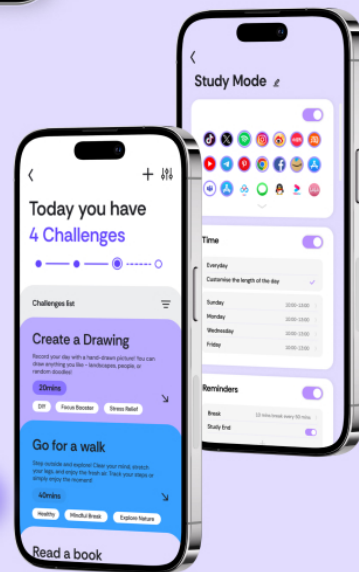
Chart



Home

Mode

Challenges List



Mode Settings



Data statistics