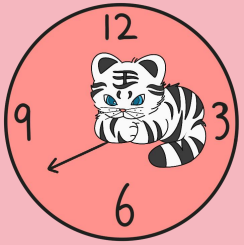


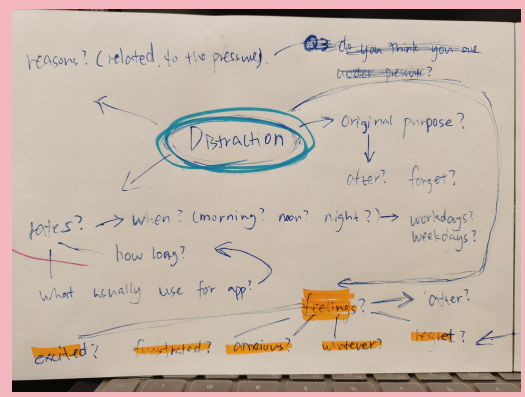
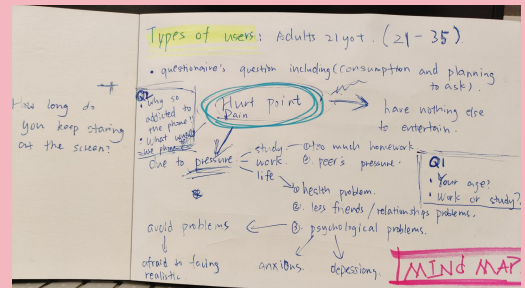


TIGERTOCK

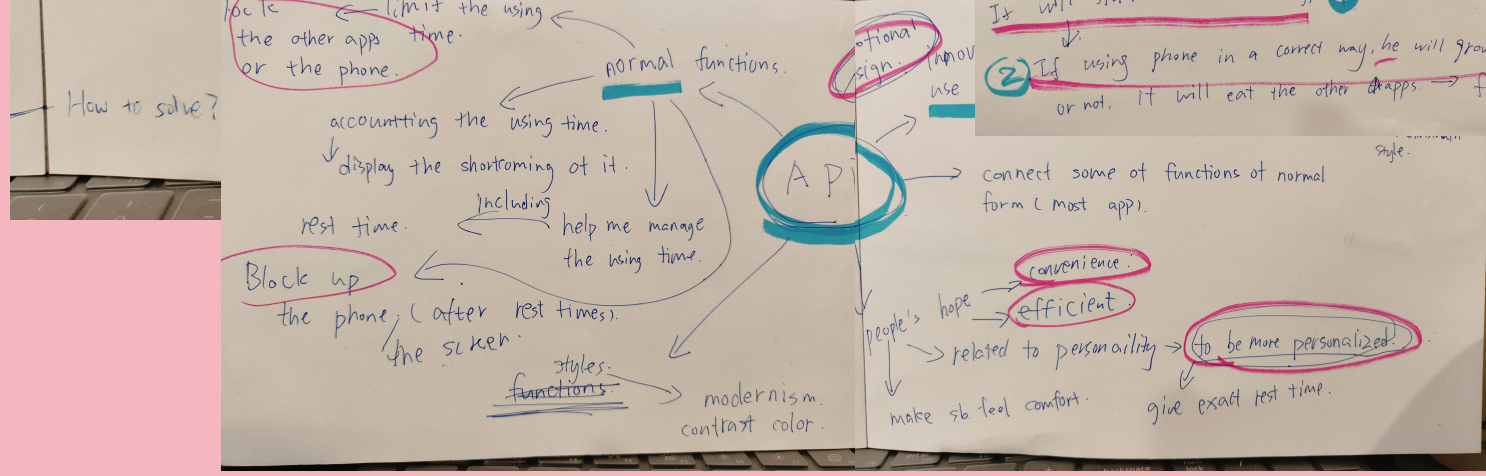
BEING HUMAN-WANG YUQING



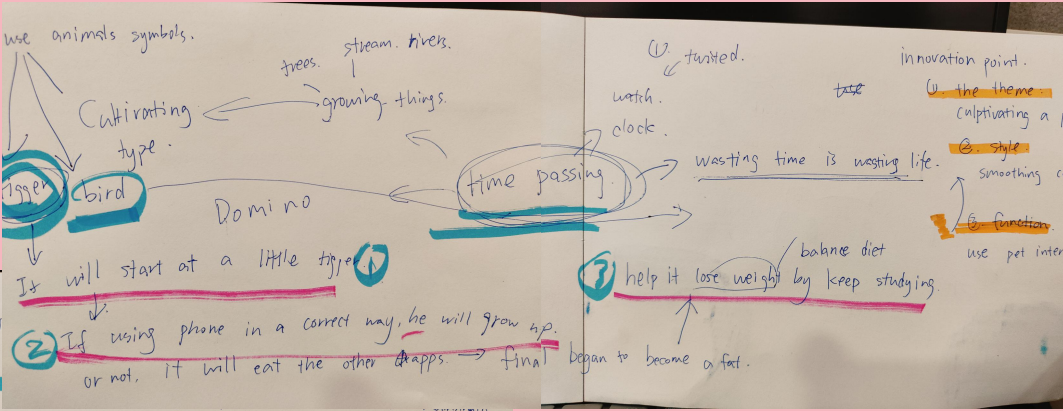
BEFORE THE RESEARCH

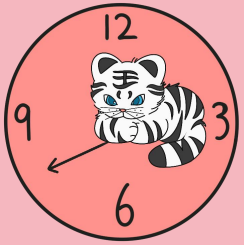


- Q3. ~~What~~ What do you think is distraction?
~~What~~ makes you do some distraction actions?
Why? ~~what?~~
~~useless?~~
- Q4. When do you often use phone ~~for~~ in a long time?
Workdays or weekdays? (you can add an exact time) e.g. morning, noon, night.
- Q5. What's your first purpose of using phone?
- Q6. Can you still remember what's you needed to do before?
- Q7. How do you feel after you distracted by other things?
- Q8. How do you fix it?



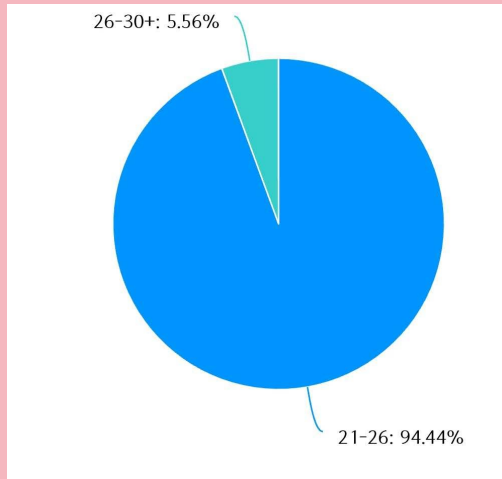
MINDMAP



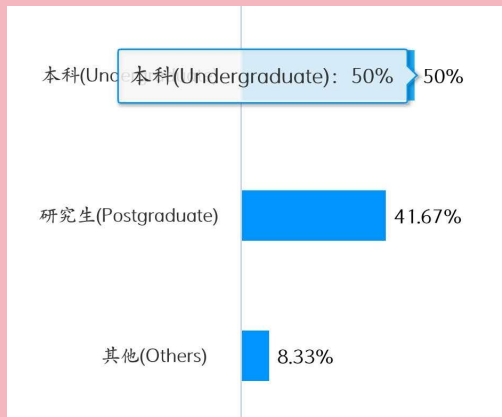
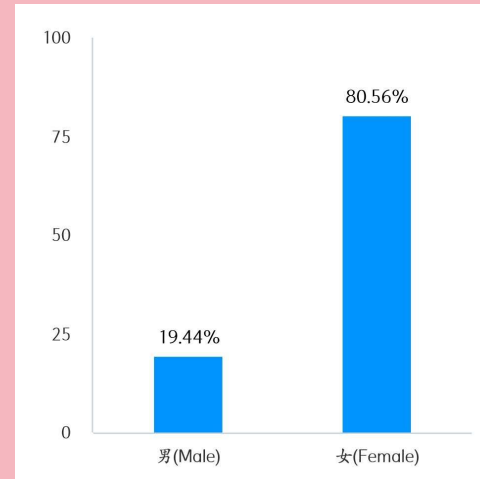


RESEARCH AND PERSONA

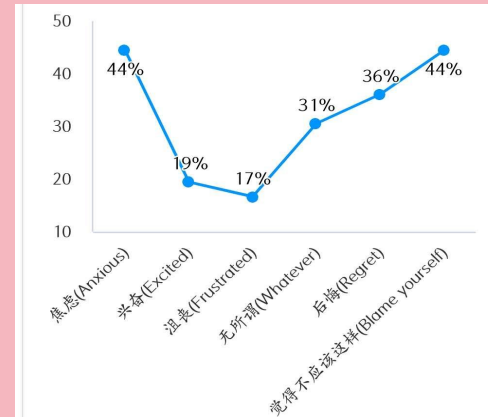
AGE



GENDER



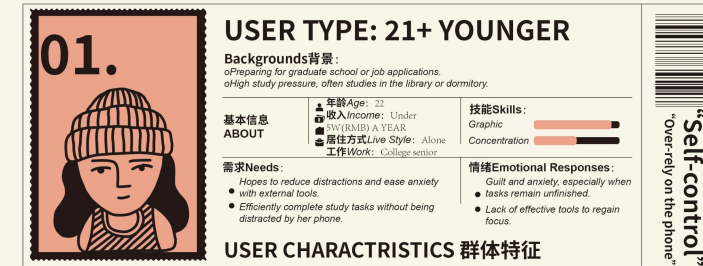
EDUCATIONAL LEVEL



EMOTIONAL RESPONSE

用户画像Persona

基本信息Information



Phone Usage Habits:

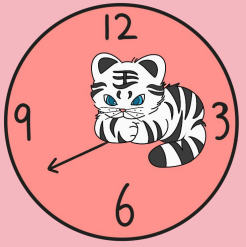
oUses her phone 6-8 hours daily, with 1-2 hours dedicated to learning-related apps.
oFrequently distracted by social media (WeChat, Twitter) or short video platforms (TikTok, YouTube).
oTends to forget the initial purpose of phone usage (e.g., starts researching but ends up scrolling videos).

Distraction Challenges:

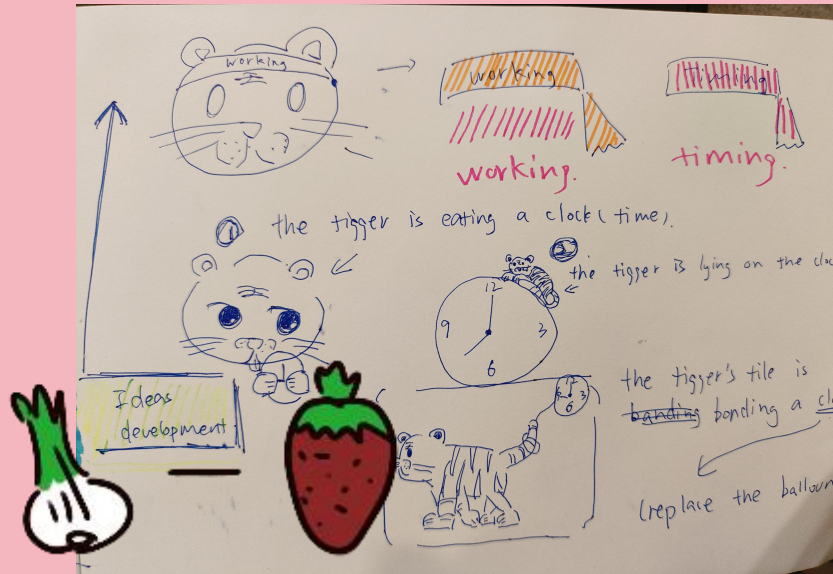
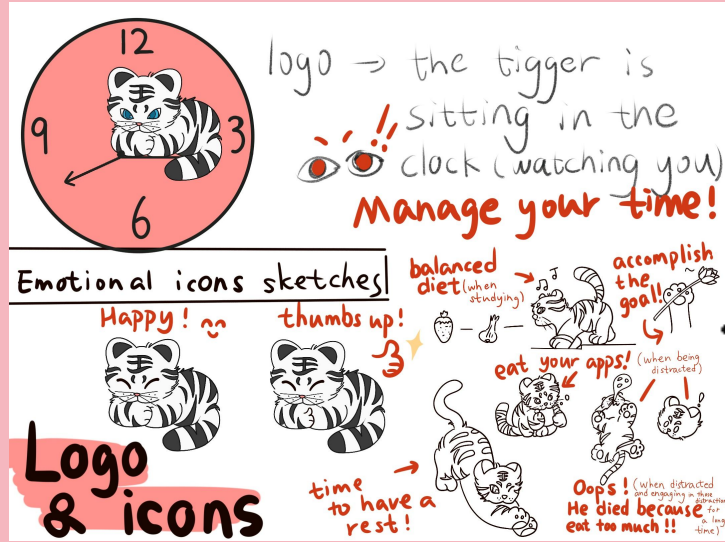
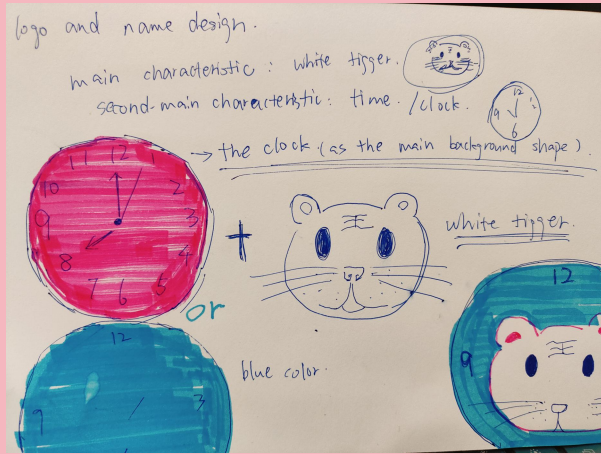
oConstant interruptions from notifications or new messages.
oOnce distracted, struggles to refocus.
oNighttime distractions are common, leading to procrastination and insufficient sleep.

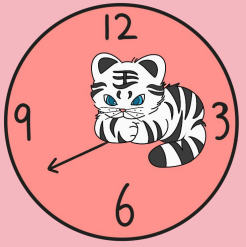
Emotional Expectations:

Prefers a fun and nurturing tool to make focusing more enjoyable.



THE LOGO AND ICON DESIGN

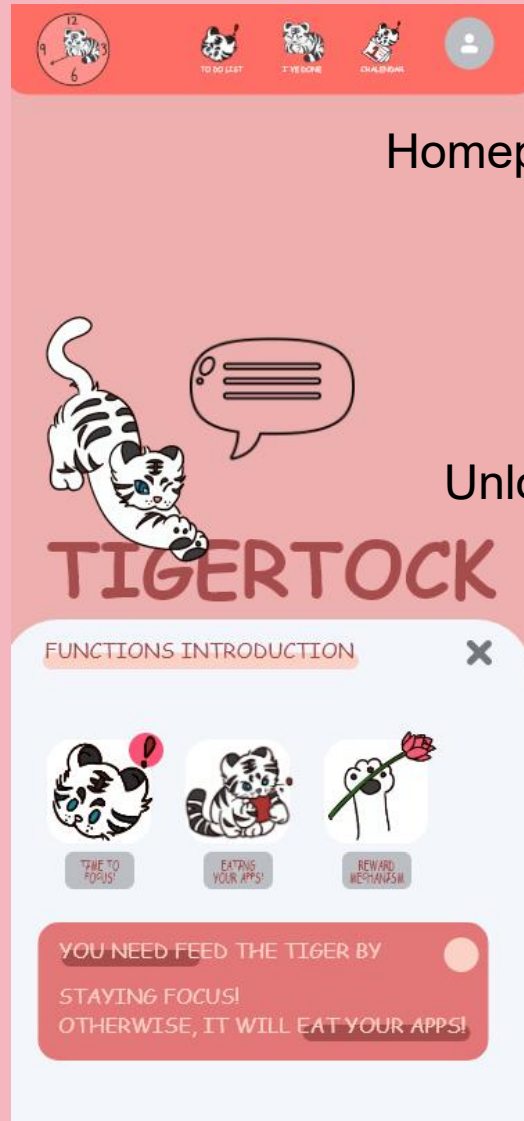




THE PAGE PREVIEW



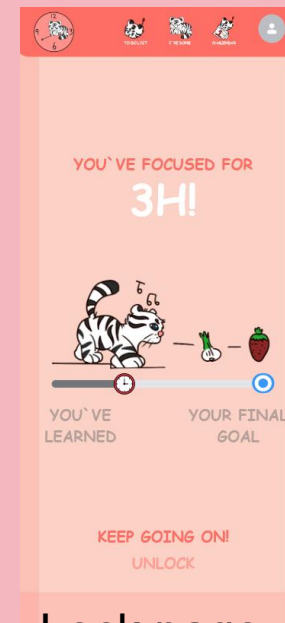
Login page



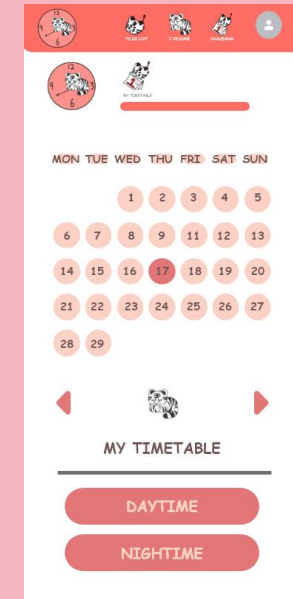
Homepage



Focus page



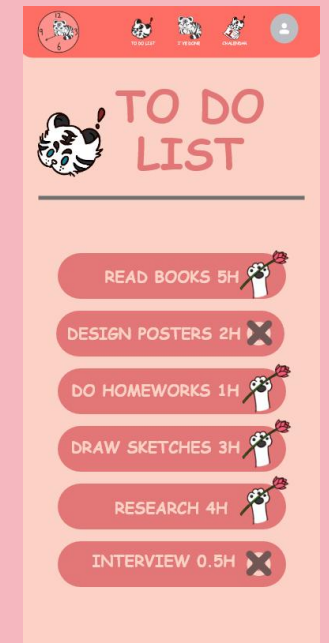
Lock page



My timetable page



Personal information page



To do list page