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Refer to instructions on how to make a copy of the presentation template on the Appathon website: <https://appathon.appinventor.mit.edu/#:~:text=Presentation%20Information>

WHISTLE

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OVERVIEW

- **App Name:** Whistle
- **App Description:** Whistle is an app that helps users manage their daily tasks by categorizing them into social habits, study habits, chores, and sports habits. It also includes a stopwatch to track the time spent on each activity, making users more aware of how they manage their day.
- **Track:** Youth Individual
- **Category:** Mental Health & Being



THEME

In 100 words or less, describe the problem that you chose to address, and why you were interested in solving it. Please note that this portion of your submission will be published if you are selected as a finalist or winner.

The problem that Whistle aims to address is poor time management, which can lead to unfulfilled goals and unproductive members. By providing users with a simple and intuitive tool to track their daily tasks and time spent on each activity, Whistle helps users become more aware of their habits and how they use their time. This awareness can motivate users to make positive changes in their daily routines, leading to increased productivity, better health, and a better work-life balance.



INSTRUCTIONS

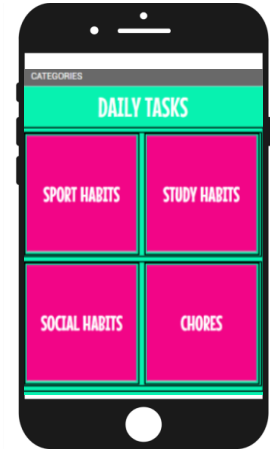
Please provide step-by-step instructions for using your app, along with high-quality screenshots of the app. Feel free to add as many slides as needed.



Step 1: Home Screen



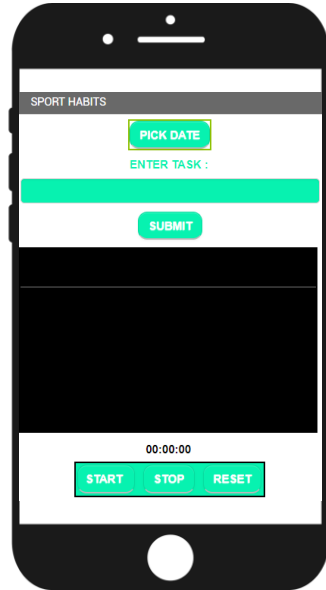
Step 2: Navigation Menu



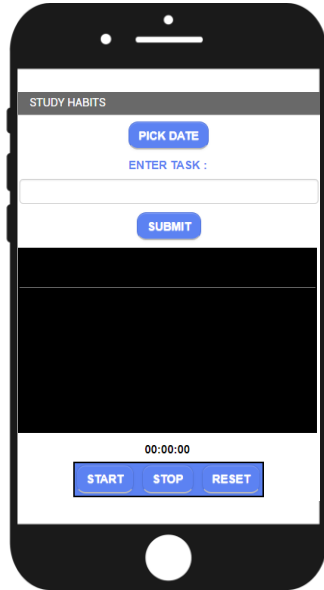
Step 3: Daily Tasks Screen



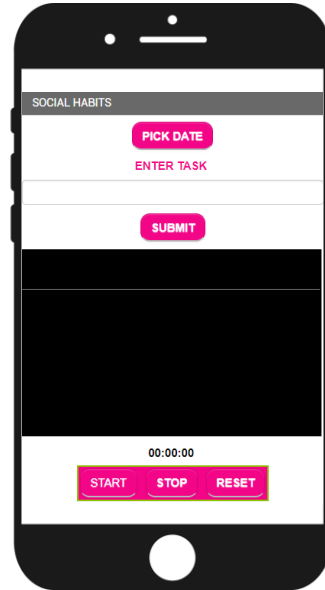
INSTRUCTIONS



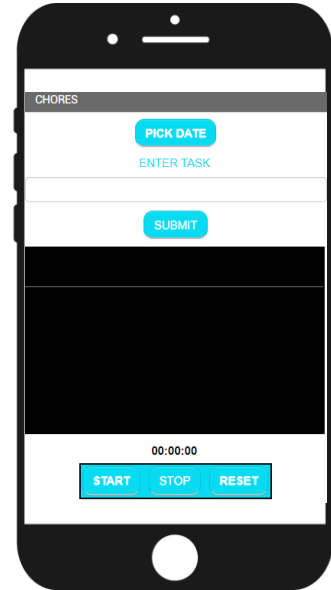
Step 4: Sport Habits tracker Screen



Step 5: Study Habits tracker Screen



Step 6: Social Habits tracker Screen



Step 4: Chores tracker screen



LIMITATIONS

In 100 words or less, describe the limitations of your app and what people should carefully consider when using it.

Whistle relies on the user to manually enter their tasks which can be time-consuming as not everyone is great at articulating their thoughts into to-do lists. Also, Whistle does not offer automated reminder features nor key insights on the activity/task to identify areas of improvements.



ACKNOWLEDGEMENTS

Please list the names of anyone who helped you with developing your app, and describe what type of help they provided.

- Person #1: Abdelmoniem Atia Abomosalam- Writing
- Person #2: Noor Atia Abomosalam- Visuals





APPENDIX

If you have any supplementary information you wish to include, feel free to add it to the Appendix. **This section is entirely optional.**

It is recommended to add materials to the Appendix if you submitted a hardware project (e.g. with schematics, flow diagrams) or if your project included significant programming components outside of the MIT App Inventor platform.

Please be aware that judges reserve the right to exercise their discretion in reviewing materials within the Appendix, and they may not review its entirety if they consider it excessively lengthy.

TITLE

Content...

