Prototype

9:41

Pulse

Goals aren't achieved overnight.
It's your steady progress that counts

9:41

Welcome Back

Beat Your Best, One Task at a Time

Email

Password

Forgot password?

Create a account? Sign Up

Login

9:41

Back

Forgot Password

Enter Email Address

Email

Send

9:41

PULSE

Beat Your Best, One Task at a Time

Email

Password

Confirm Password

I agree to the Terms of Service

Have a account? Sign in

Sign Up

9:41

PULSE

Beat Your Best, One Task at a Time

Email

Password

Confirm Password

I agree to the Terms of Service

Have a account? Sign in

Sign Up

9:41

Skip

Welcome to

PULSE

A Quick Guide

9:41

Skip

Set Your Goals

1. Start by creating your main goals.
2. Break them down into smaller, achievable tasks

9:41

Skip

Start a Pulse Session

1. Begin a focused session whenever you're ready to work.
2. Watch your BPM rise as you complete tasks and stay on track

9:41

Finish

Track YOur Progress

1. Check your BPM to see how productive you are
2. View daily summaries and keep up with your productivity rhythm

User Task 1: Jane wants to organize and prioritize her workload by breaking down a goal into manageable subtasks.

9:41

Back

FAQ: BPM Calculation

What is the starting BPM, and why does it begin at a baseline?

Each user begins the day with a baseline BPM of 50. This base rate represents a neutral productivity level and provides a starting point to build momentum. As you complete tasks, your BPM rises, reflecting your productivity efforts.

How much does each task increase my BPM?

The BPM boost depends on the task's size and complexity:

- Small Tasks (e.g., replying to emails): +2–3 BPM
- Moderate Tasks (e.g., writing a report section): +5–8 BPM
- Large Tasks (e.g., completing a project milestone): +10–15 BPM

This structure helps incentivize task completion and rewards more significant efforts with higher BPM boosts.

What happens to my BPM when I'm not active or taking breaks?

If there's inactivity (e.g., no task completion or session started) for a specific period, your BPM gradually drops by a few points every 15–30 minutes. This slow decline encourages steady activity and helps you get back on track when you're ready.

What is Target BPM, and how is it set?

Target BPM is your personalized productivity goal for the day, set based on your goals, past productivity, and usage patterns. The app adapts your Target BPM over time as it learns about your productivity habits, giving you a flexible goal that aligns with your individual work style.

9:41

Today

120 BPM

Target: 140 BPM

You're on fire!

Today's Goals (2) View All

Coding Assignment 1

3 Subtasks Remaining

Start Next Subtask

Workout

2 Subtasks Remaining

Start Next Subtask

Goal Pulse Home Productivity Profile

Productivity View More

2h 44m

Average Focus Time
20 min

Total Focus Sessions
2 out of 10

Top Interrupters

Youtube 14 min

Instagram 5 min

9:41

0 Followers 0 Following

Activate your account to manage profile

Logout

Goal Pulse Home Productivity Profile

9:41

Today's Goals

Tuesday, November 14

120 BPM

"You're closer to the finish line than you think. Keep pushing"

Total (2)

Coding Assignment 1

Coding

3 Subtasks Remaining

Start Next Subtask

Workout

Health

Goal Pulse Home Productivity Profile

9:41

Today's Goals

Tuesday, November 14

120 BPM

"You're closer to the finish line than you think. Keep pushing"

Total (2)

Coding Assignment 1

Coding

3 Subtasks Remaining

Start Next Subtask

Workout

Health

Goal Pulse Home Productivity Profile

Completed (1)

Design Assignment

Design

Goal Deletion Flow

9:41

Back

Coding Assignment 1

Coding

3 Subtasks Remaining

Set up environment
Use Github to setup project and share it with team member

Write initial code
Research and write initial training code

Final Test and Submit
Submit through canvas

+ Add New Subtask

Delete Goal

9:41

Back

Coding Assignment 1

Coding

3 Subtasks Remaining

Set up environment
Use Github to setup project and share it with team member

Write initial code
Research and write initial training code

Final Test and Submit
Submit through canvas

+ Add New Subtask

You cannot undo this action

Delete Goal

Cancel

9:41

Today's Goals

Tuesday, November 14

120 BPM

"You're closer to the finish line than you think. Keep pushing"

Total (1)

Workout

Health

2 Subtasks Remaining

Start Next Subtask

Completed (1)

Goal Removed

Design Assignment

Goal Pulse Home Productivity Profile

Subtask Deletion Flow

9:41

Back

Coding Assignment 1

Coding

3 Subtasks Remaining

Set up environment

Use Github to setup project and share it with team member

Start Pulse

9:41

Back

Coding Assignment 1

Coding

3 Subtasks Remaining

Set up environment

Use Github to setup project and share it with team member

You cannot undo this action

Delete Subtask

Cancel

9:41

Back

Coding Assignment 1

Coding

2 Subtasks Remaining

Write initial code
Research and write initial training code

Final Test and Submit
Submit through canvas

+ Add New Subtask

Subtask Removed

Delete Goal

Subtask Completion Flow

9:41

Back

Coding Assignment 1

Coding

2 Subtasks Remaining

Write initial code
Research and write initial training code

Final Test and Submit
Submit through canvas

+ Add New Subtask

Subtask Completed

Delete Goal

9:41

Cancel

Goal Name

Add Tag

0 Subtasks Remaining

+ Add New Subtask

Save

Add New Goal Flow (with error example)

9:41

Cancel

Goal Name

Add Tag

0 Subtasks Remaining

+ Add New Subtask

Goal Name Missing !

Save

9:41

Cancel

Design Assignment

Add Tag

0 Subtasks Remaining

+ Add New Subtask

Save

9:41

Cancel

Design Assignment

Add Tag

0 Subtasks Remaining

+ Add New Subtask

Add at least one Subtask !

Save

9:41

Cancel

Goal Name

Add Tag

0 Subtasks Remaining

+ Add New Subtask

Complete Figma

Complete Hi-FI Wireframe from the Lo-FI

Add

9:41

Cancel

Design Assignment

Add Tag

1 Subtasks Remaining

Complete Figma
Complete Hi-FI Wireframe from the Lo-FI

+ Add New Subtask

Save

9:41

Today's Goals

Tuesday, November 14

120 BPM

"You're closer to the finish line than you think. Keep pushing"

Total (2)

Design Assignment

1 Subtasks Remaining

Start Next Subtask

Coding Assignment 1

Coding

2 Subtasks Remaining

Design Assignment Added

Goal Pulse Home Productivity Profile

User Task 2: Jane wants to stay engaged and productive by working in focused sessions

9:41

Coding Assignment 1

Select different Goal

120 BPM

Start a session

Focus: 25m
Break: 5m

PULSE

Goal Pulse Home Productivity Profile

9:41

120 BPM

Change

Set up environment
Use Github to setup project and share it with team member

Focus Left
07:00

"Remember, the hardest part is starting—and you've already done that!!"

Cancel Pulse Session

Goal Pulse Home Productivity Profile

9:41

Back

What is a Pulse Session?

How does BPM work when I start a Pulse Session?

When you start a Pulse Session, your BPM begins at your current daily BPM level. During the session, uninterrupted focus and task completion lead to gradual BPM boosts, reflecting your productivity within that specific time block.

How does "Session Focus Boost" work, and what if I get distracted?

The Session Focus Boost increases BPM by 1–2 points every 10 minutes of uninterrupted focus. If you stop the session early or become inactive (e.g., not working on a task for more than 5 minutes), your BPM will drop slightly, encouraging a return to focus.

What impact does completing a task within a session have on my BPM?

Finishing a task during a session leads to a more significant BPM boost, e.g., a 5-point increase for completing a medium-difficulty task. This increase rewards in-session task completion and motivates you to stay on target within each session.

What happens to my BPM when the session ends?

At the end of each session, your BPM stabilizes, reflecting any boosts or drops. If you've maintained focus and completed tasks, your BPM at session end will be higher than at the start, contributing positively to your daily BPM.