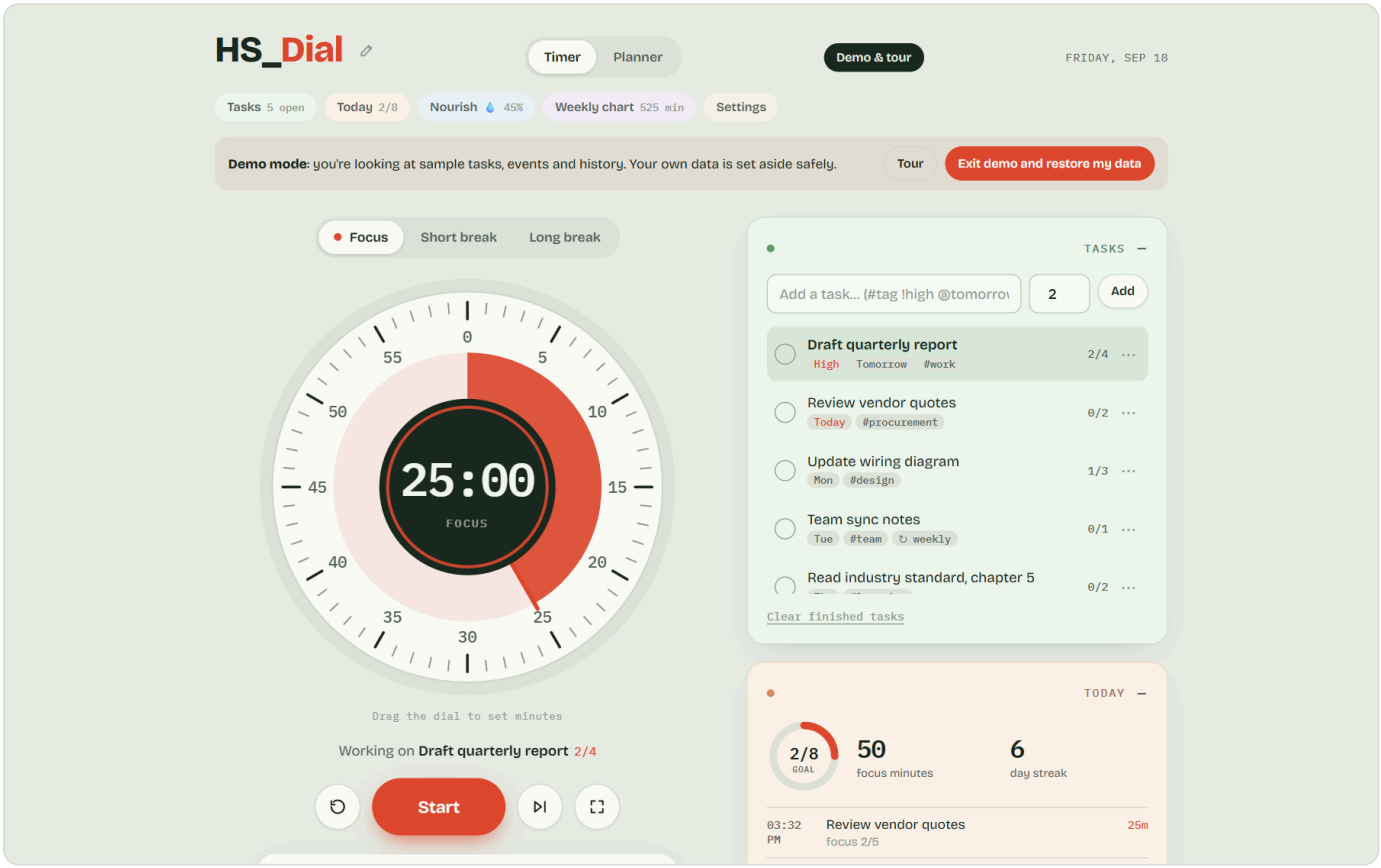
HSFocus

How to use your study and focus timer



HSFocus on a computer

1. Getting started
2. The focus timer
3. Tasks
4. Today: intention, parked thoughts, energy
5. Your week
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Trial (beta) version 1.0.0-beta.15 (V-26 trial) · developed by ilanbk · features may change before the full release

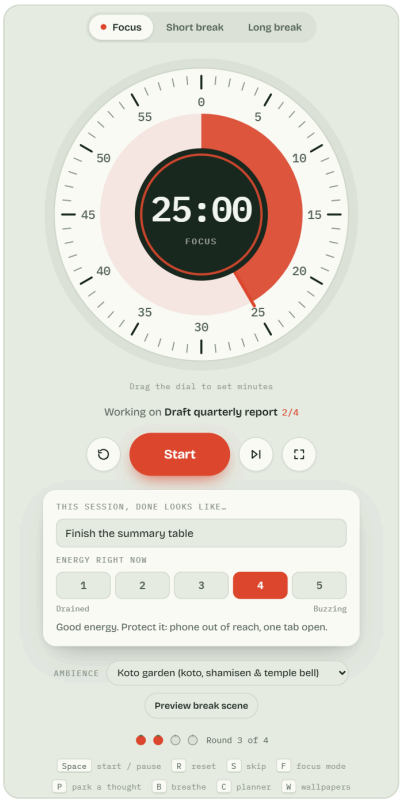
1 Getting started

- **Online:** open **https://focus.myhibi.app** on any phone or computer. No sign-in needed.
- **Computer:** open the link you were given, or double-click **HS_Dial.html** from the trial pack. It opens in Edge, Chrome, Safari or Firefox.
- Press **Start** once. Browsers only play sound after your first tap or click.
- Use the sidebar to move between sections. Keyboard shortcuts are listed under the dial: Space start/pause, R reset, S skip, F focus mode, P park a thought, B breathe, C planner, W wallpapers.
- New here? Click **Demo & tour** to see every feature filled with sample data. Your own data comes back when you exit.

2 The focus timer

The dial counts down a focus session, then a short break; after a few sessions you get a long break.

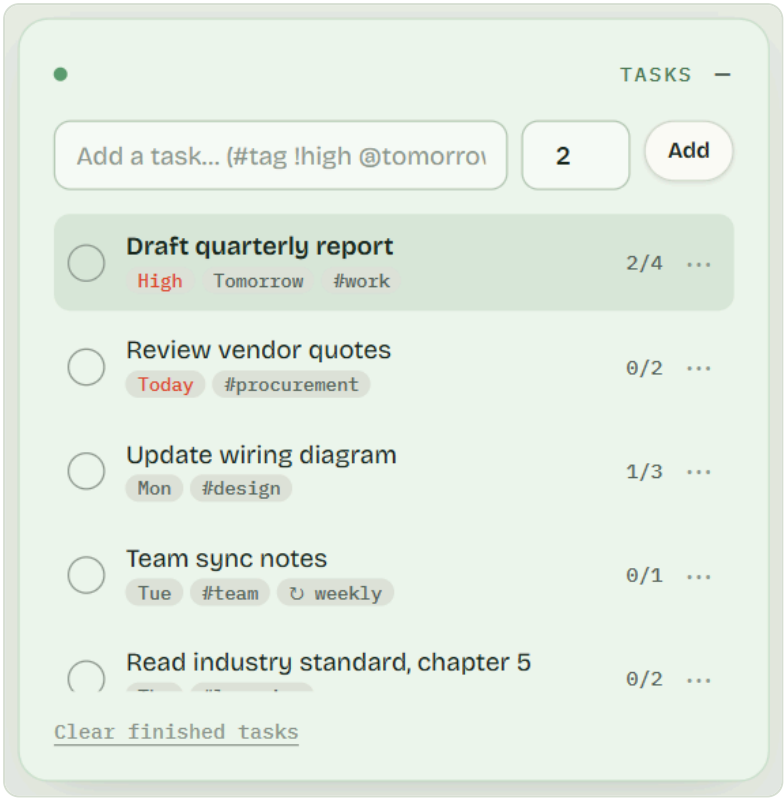
- Drag around the dial to set the time before you start.
- **Start / Pause** with the big button or the **Space** key. **Skip** moves to the next session; **Reset** restarts it.
- Each session type has its own chime. Choose the chime and session lengths in **Settings**.
- **Focus mode** hides everything except the dial. **Ambience** plays calm sounds (rain, stream, sea, birds…) or world music while you work.
- The timer keeps its place if you reload the page, and can keep the screen awake (Settings → Keep the screen on while the timer runs).
- **One thing at a time.** The screen shows only what you need right now: when you are choosing, your tasks; while the timer runs, just the dial and what you said done looks like; on a break, the break. **Nothing has been taken away** — your log, your goal, your streak and the weekly chart are all in the **Today** and **Weekly chart** panels, one tap away whenever you want them.



The dial, controls and session track

3 Tasks

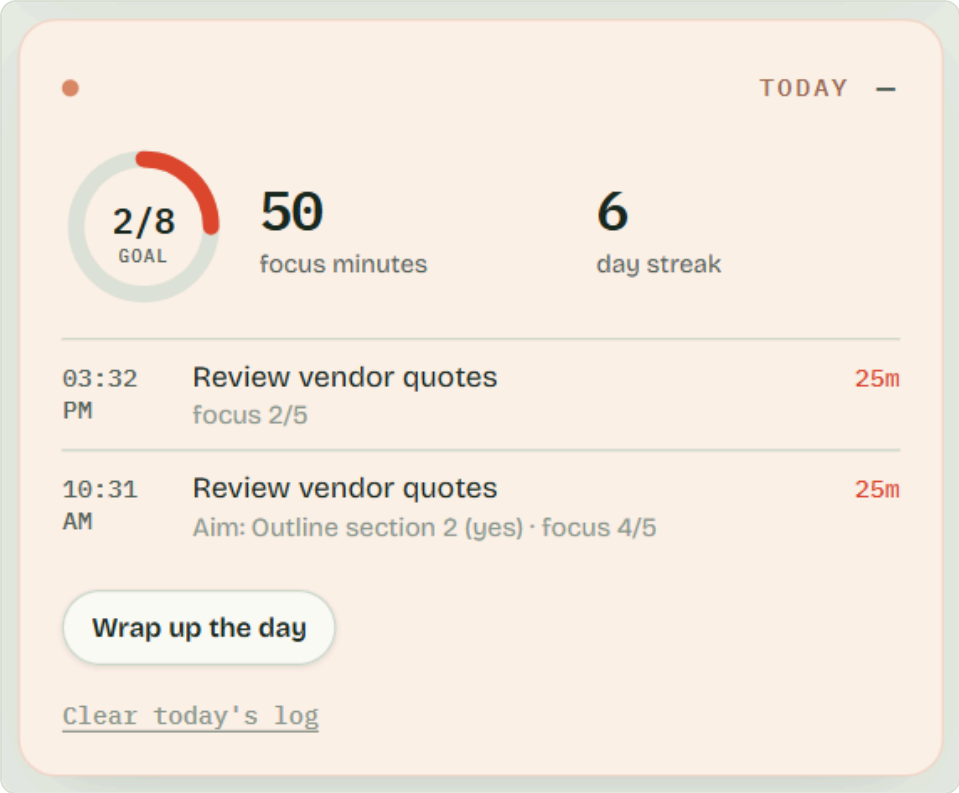
- Type a task and press **Add**. Set how many sessions you expect it to take.
- Pick the task you're working on; each finished focus session is counted against it.
- Tick tasks off when done.



Task list with session estimates

4 Today: intention, parked thoughts and energy

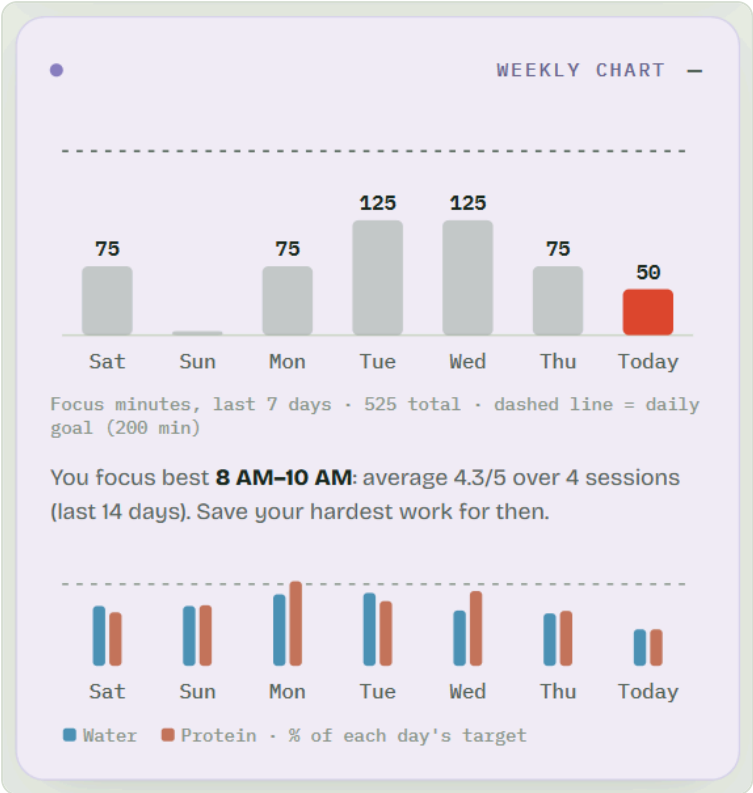
- **Intention:** under the dial, fill in "This session, done looks like…".
- **Parked thoughts:** jot down stray thoughts during focus so you can deal with them later.
- **Energy check-in:** tap 1 (drained) to 5 (buzzing); HSFocus answers with a kind, practical suggestion.
- **Daily goal:** the ring shows your focus sessions against today's goal.



Today view

5 Your week

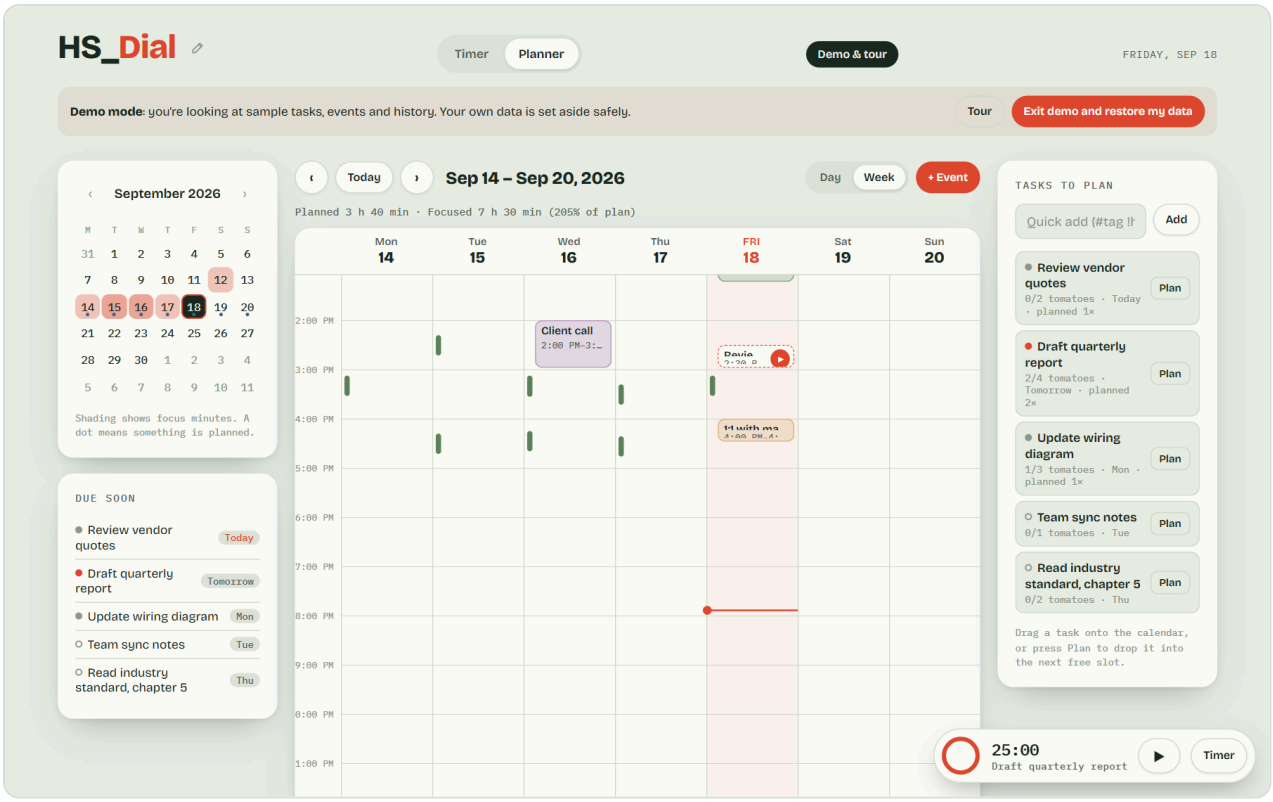
The weekly chart shows focus sessions for each day against your daily goal, with streaks and totals.



Weekly chart

6 Planner

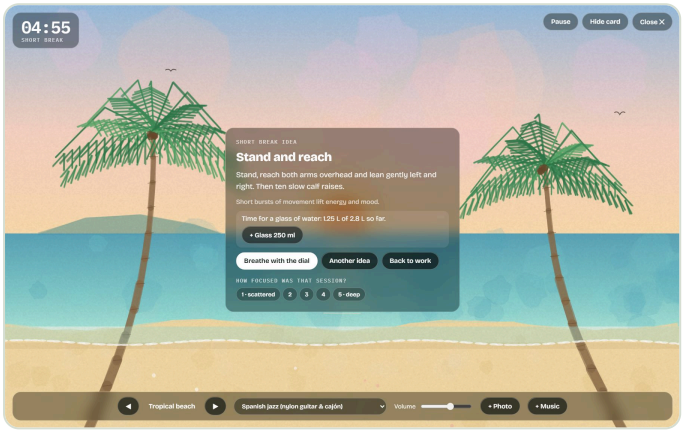
- A calendar for tasks and events. Click an empty slot to add an event or a focus block.
- Switch between Week and Day views. Drag an item to move it, or drag its bottom edge to resize. ▶ starts focus on that task; green bars show when you actually focused.



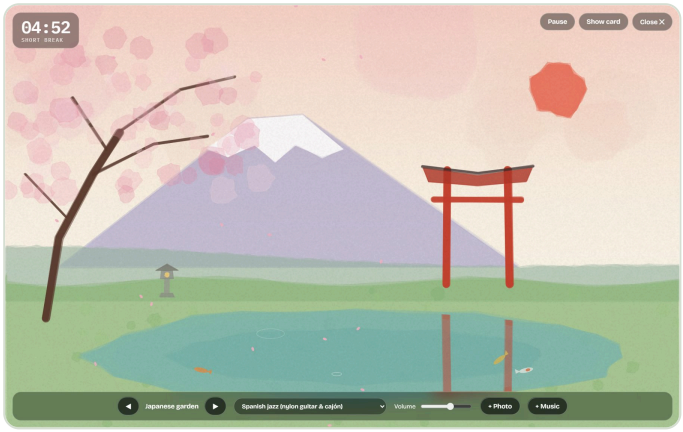
Planner calendar

7 Breaks: scenes, music and breathing

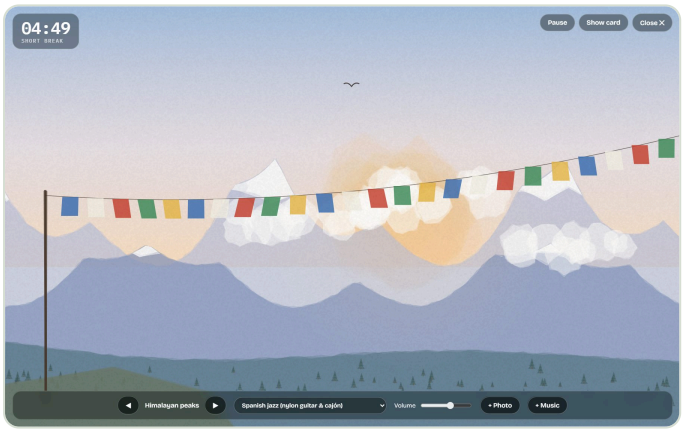
- When a break starts, a full-screen scene appears with gentle music: watercolour forest, Japanese garden, Himalayan peaks, tropical beach and more, or **your own photos** with captions (family, favourite people, places).
- Music styles include handpan, kalimba, harp, koto, guzheng, sitar & santoor, slack-key guitar, oud, Nordic folk and flamenco; you can also add your own music.
- Guided breaks suggest a stretch, a walk or a drink of water. **Breathe** starts a paced breathing exercise; stop if you feel dizzy.
- At the end of the day, the wrap-up card sums up what you did.



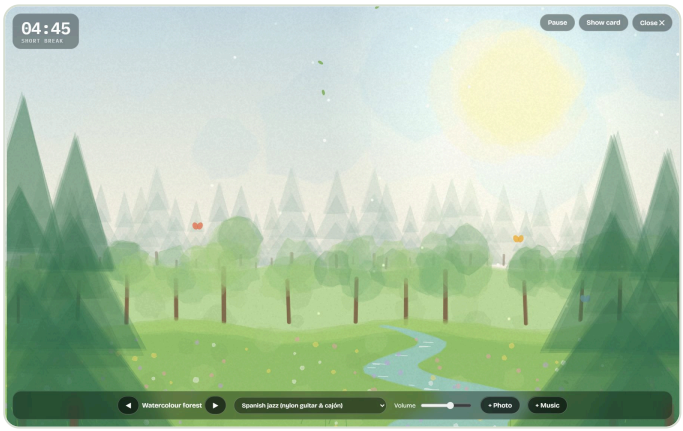
Break scene



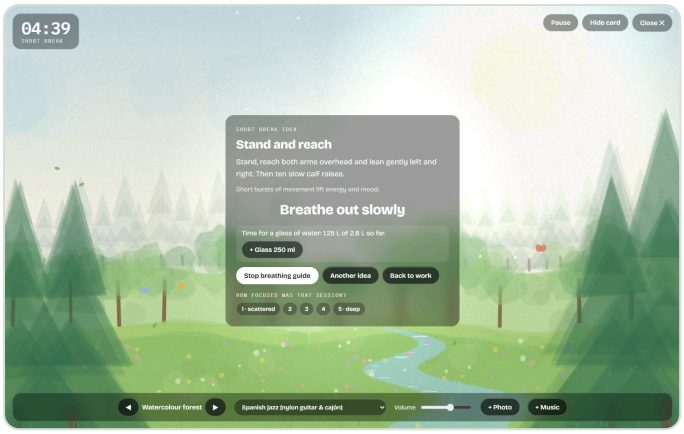
Japanese garden



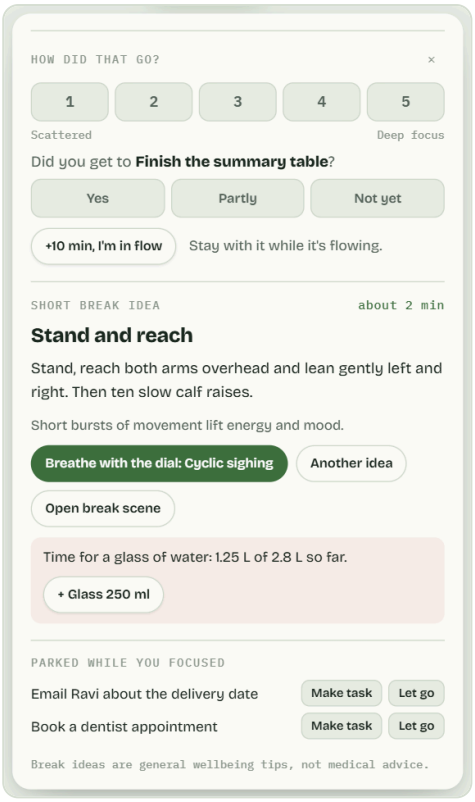
Himalayan peaks



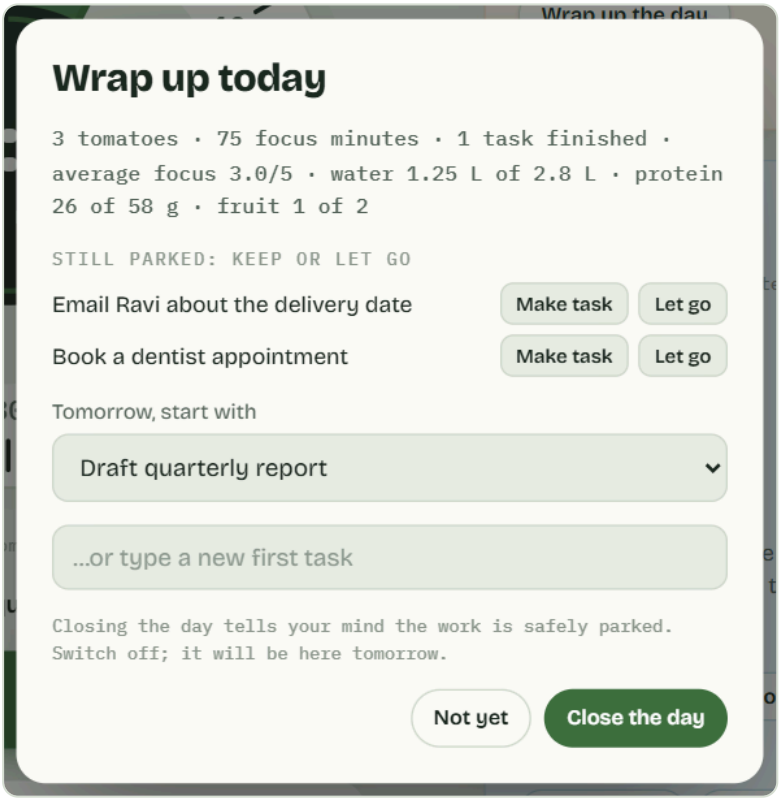
Watercolour forest



Guided breathing



Break suggestion card



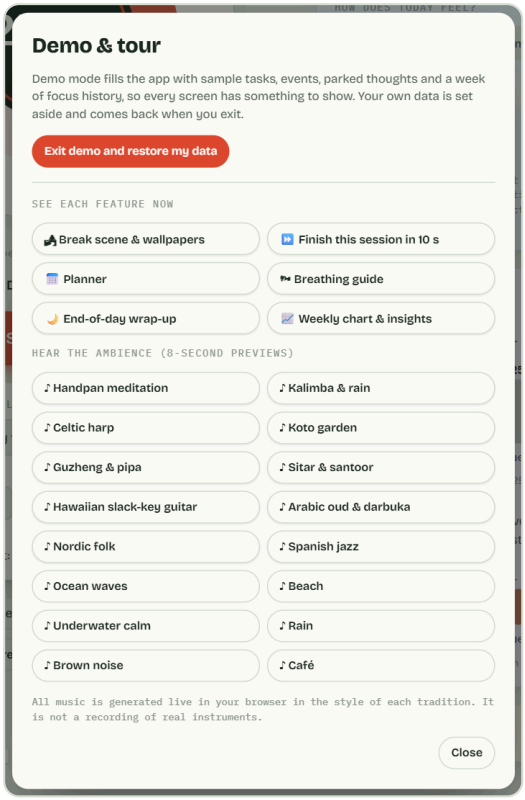
Day wrap-up

8 Personalise

- **Rename the app** to anything you like.
- Choose light or dark theme, chimes, session lengths, ambience and break scenes in **Settings**.

9 Demo & tour

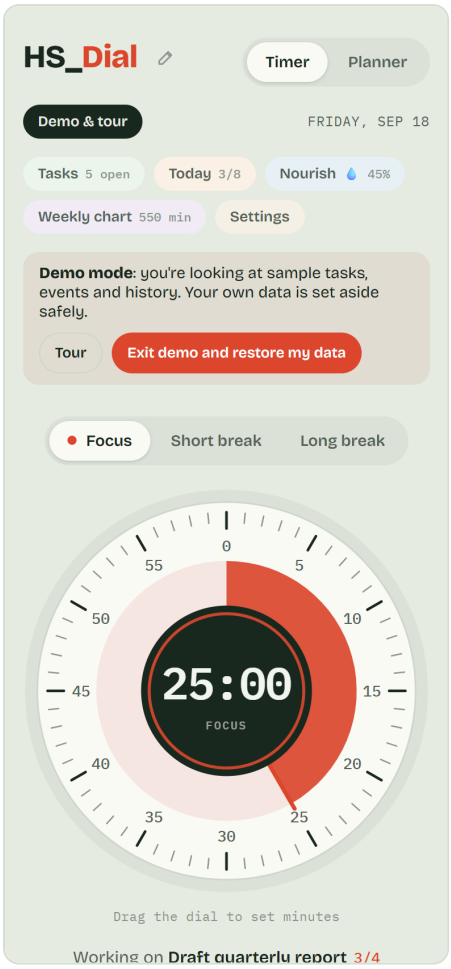
Click **Demo & tour** to load sample data and a step-by-step tour. Exit the demo to get your own data back exactly as it was.



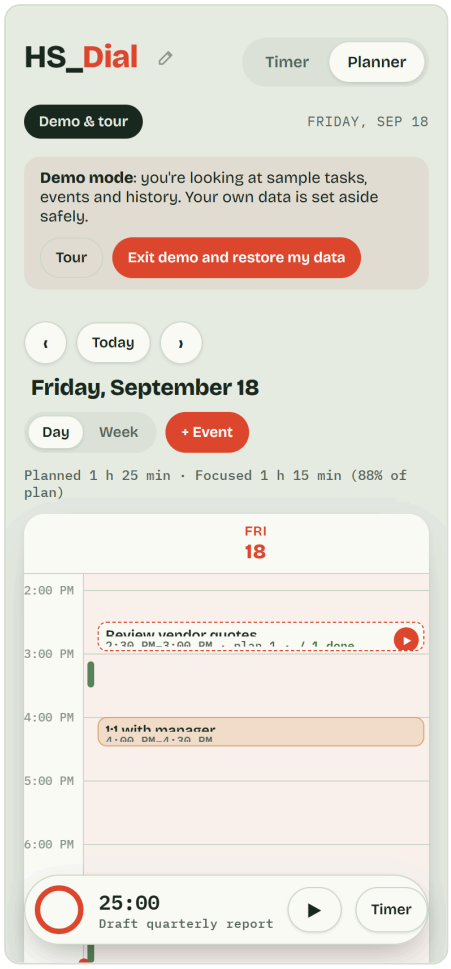
Demo and guided tour

10 On your phone

- **iPhone:** open the link in Safari, tap Share → **Add to Home Screen**. Flip the Ring/Silent switch to Ring to hear chimes.
- **Android:** open the link in Chrome, tap ⋮ → **Add to Home screen**.
- Phones pause pages in the background, so keep HSFocus on screen for exact chimes.



Timer



Planner

11 Study: subjects, topics and revision

The **Study** tab turns a syllabus into a plan. It holds no course material of its own — you bring the subjects.

- **Set your exam** date, then add each subject and how many topics it has. Names for the topics are optional.
- **Tap a topic to tick it off.** HSFocus brings it back for revision after 1 day, then 3, then 7, then 21 — wider gaps each time.
- A topic that is due shows in amber with **revise now**. Tap it again to mark it revised.
- The top of the page says whether you are on track, how many topics a day that means, and **which subject will not finish before revision should start**.
- Your rest days are taken out of every figure, so the daily number never assumes seven days a week.
- All of it is arithmetic on what you have actually done — not a prediction, and not a claim about your marks.

12 Your data and privacy

- Everything you enter stays **only in your browser on your device**. Nothing is sent to anyone, including ilanbk. The app blocks all outside connections.
- Each device and browser keeps its own data. Clearing site data deletes it.
- **Automatic backup:** Settings → Your data → **Set up automatic backup**. Choose a file once and HSFocus keeps it up to date — on Chrome and Edge. Safari has no way to let an app write a file for you, so there it shows when you last backed up and reminds you instead.
- **Lock your backup:** Settings → Your data → **Lock backups with a passphrase**. The file is then scrambled, so it is safe to keep in Google Drive, OneDrive or anywhere else — whoever holds it cannot read a word. **If you forget the passphrase the file can never be opened again**, by you or by us. There is no reset, because we hold nothing about you. Write it down somewhere safe.
- **Back up by hand:** Settings → Your data → **Export my data** (or **Copy backup**). **Move** to another device with **Restore a backup**. Restoring a locked backup asks for the passphrase first, and nothing changes until it opens.
- The backup line turns amber once your last backup is a week old. **Clearing your browser's data deletes everything**, and there is no copy anywhere else — that is the price of nothing being uploaded.
- **Delete everything:** Settings → Your data → Delete all my data (tap twice).
- Break and breathing suggestions are not medical advice. HSFocus is for adults (18+).
- **Help:** support@ilanbk.ai · **Privacy questions:** privacy@ilanbk.ai

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