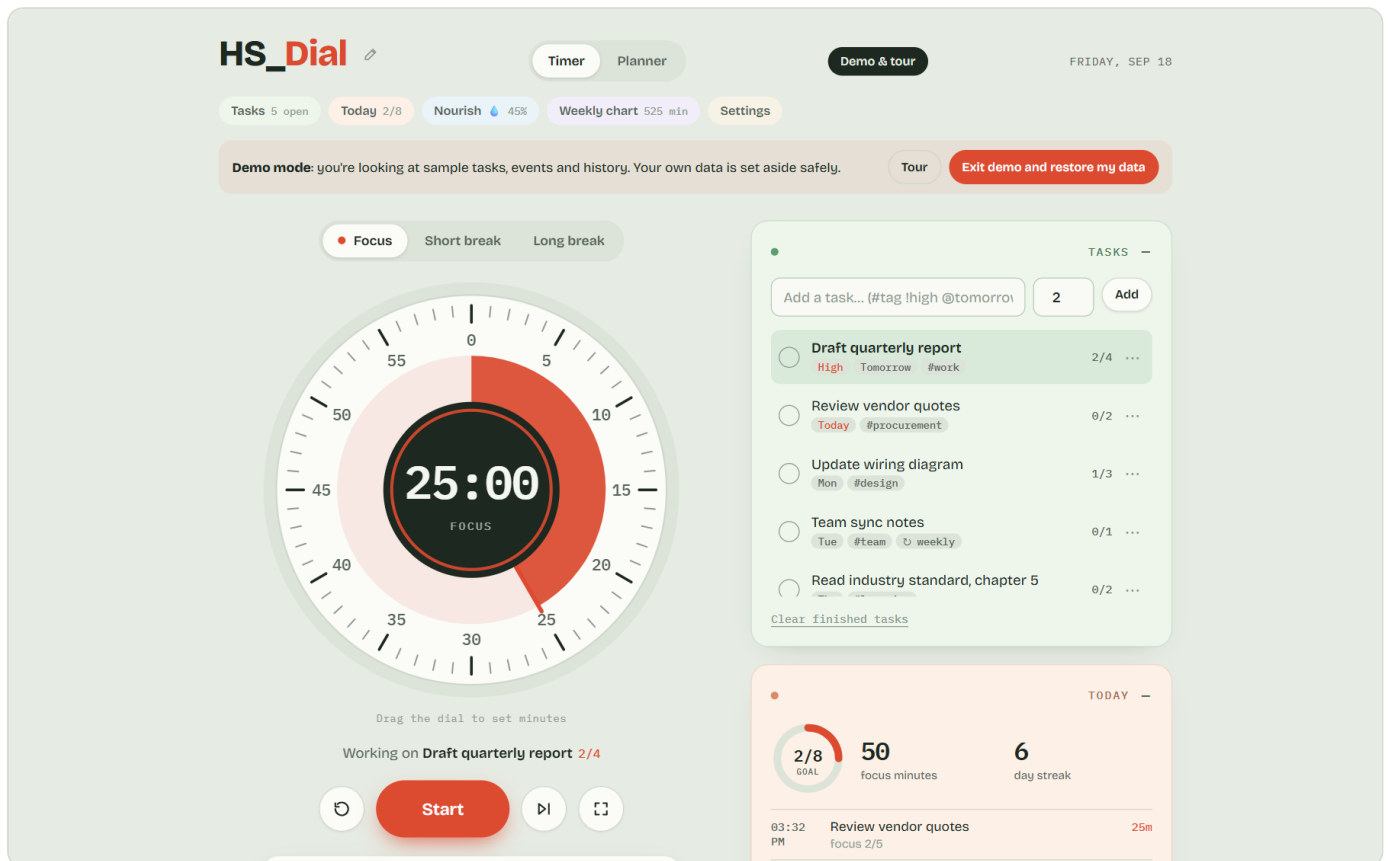


HSFocus

How to use your study and focus timer



HSFocus on a computer

1. Getting started
2. The focus timer
3. Tasks
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5. Your week
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Trial (beta) version 1.0.0-beta.3 (V-14 trial) · developed by ilanbk · features may change before the full release

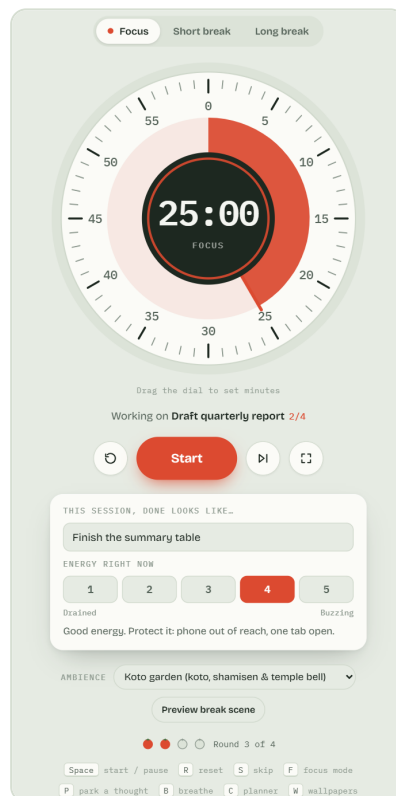
1 Getting started

- **Online:** open <https://focus.ilanbk.ai> 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).



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.

TASKS —

Add a task... (#tag !high @tomorrow)

2

Add

☐ Draft quarterly report2/4 ...

HighTomorrow#work

☐ Review vendor quotes0/2 ...

Today#procurement

☐ Update wiring diagram1/3 ...

Mon#design

☐ Team sync notes0/1 ...

Tue#team🔄 weekly

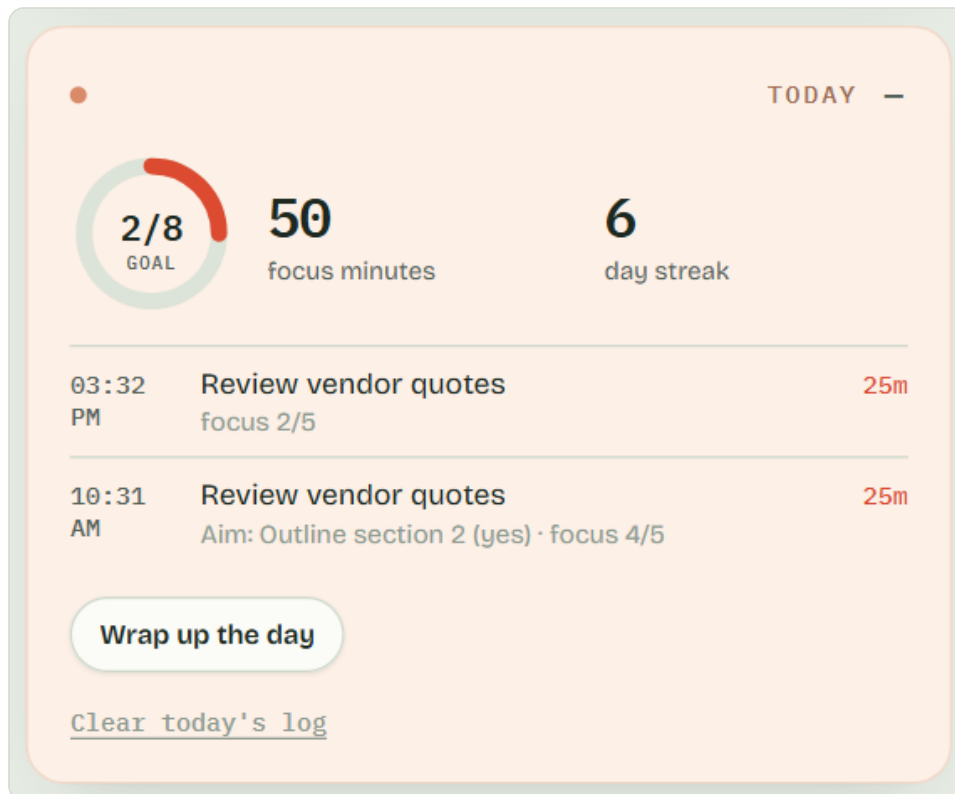
☐ Read industry standard, chapter 50/2 ...

[Clear finished tasks](#)

Task list with session estimates

4 Today: intention, parked thoughts and energy

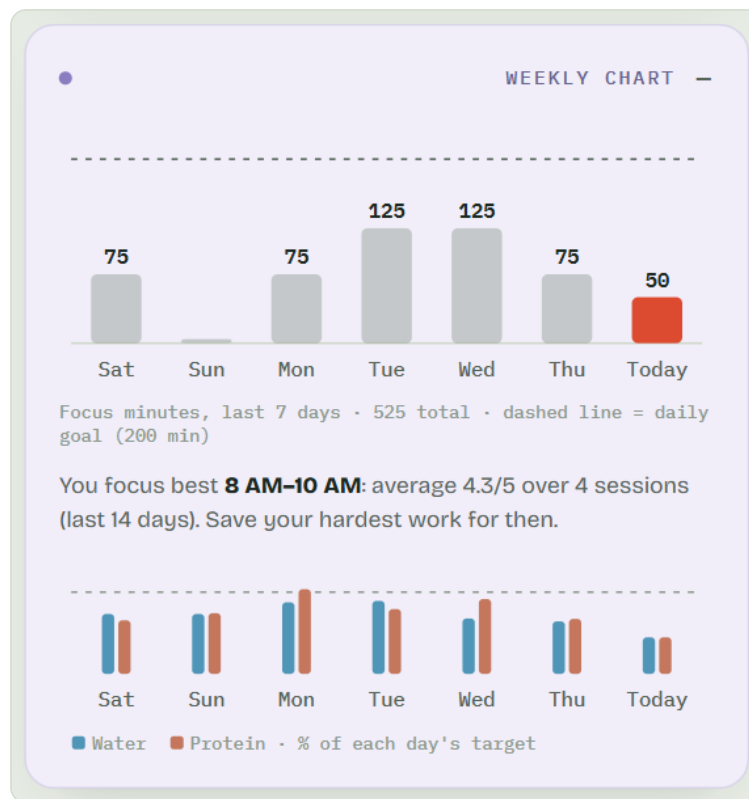
- **Intention:** under the dial, fill in "This session, done looks like...".
- **Parked thoughts:** jot down stray thoughts during focus so you can deal with them later.
- **Energy check-in:** tap 1 (drained) to 5 (buzzing); HSFocus answers with a kind, practical suggestion.
- **Daily goal:** the ring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

The screenshot displays the HS_Dial Planner interface. At the top, there's a header with the HS_Dial logo, a 'Timer' button, a 'Planner' button, a 'Demo & tour' button, and the date 'FRIDAY, SEP 18'. Below the header, a banner indicates 'Demo mode: you're looking at sample tasks, events and history. Your own data is set aside safely.' with 'Tour' and 'Exit demo and restore my data' buttons.

The main interface is divided into three sections:

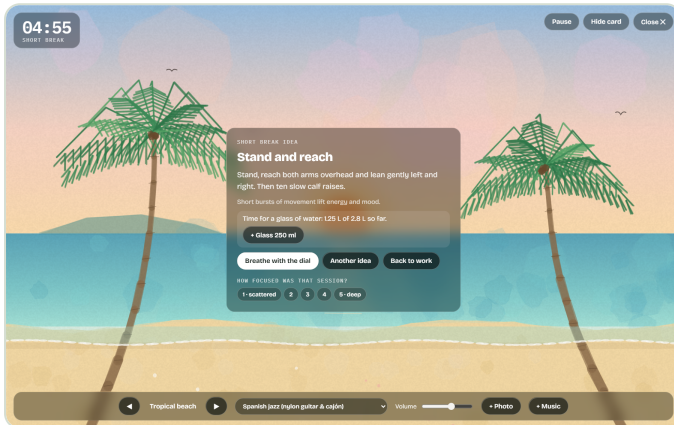
- Left Sidebar:** Contains a monthly calendar for September 2026 and a 'DUE SOON' list with tasks like 'Review vendor quotes' (Today), 'Draft quarterly report' (Tomorrow), 'Update wiring diagram' (Mon), 'Team sync notes' (Tue), and 'Read industry standard, chapter 5' (Thu).
- Main Calendar:** A weekly view for 'Sep 14 - Sep 20, 2026'. It shows a grid with time slots from 2:00 PM to 1:00 AM. Tasks are plotted as blocks: 'Client call' (Wed 2:00 PM-3:00 PM), 'Draft quarterly report' (Fri 2:00 PM-3:00 PM), and 'Team sync notes' (Thu 8:00 PM-9:00 PM). Green bars indicate focus time.
- Right Sidebar:** Titled 'TASKS TO PLAN', it lists tasks with progress indicators and 'Plan' buttons: 'Review vendor quotes' (0/2 tomatoes), 'Draft quarterly report' (2/4 tomatoes), 'Update wiring diagram' (1/3 tomatoes), 'Team sync notes' (0/1 tomatoes), and 'Read industry standard, chapter 5' (0/2 tomatoes).

At the bottom right, a timer shows '25:00' for 'Draft quarterly report' with a play button and a 'Timer' button.

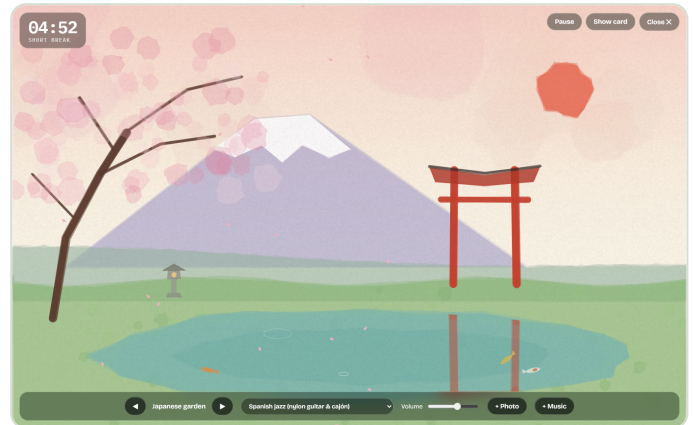
Planner calendar

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.



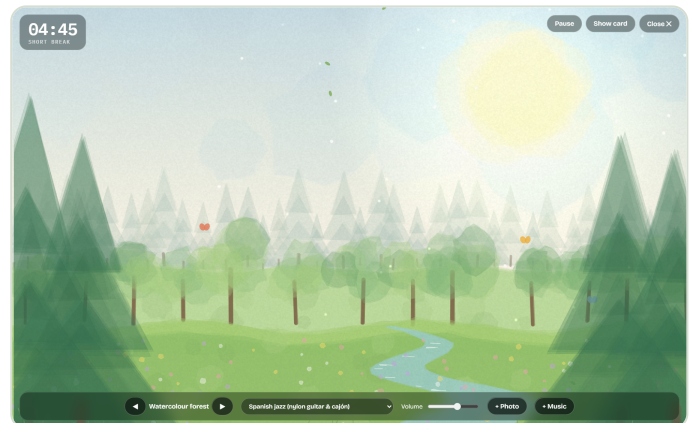
Break scene



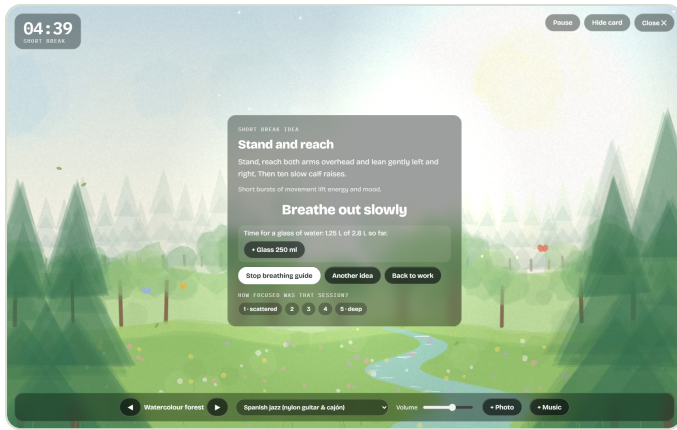
Japanese garden



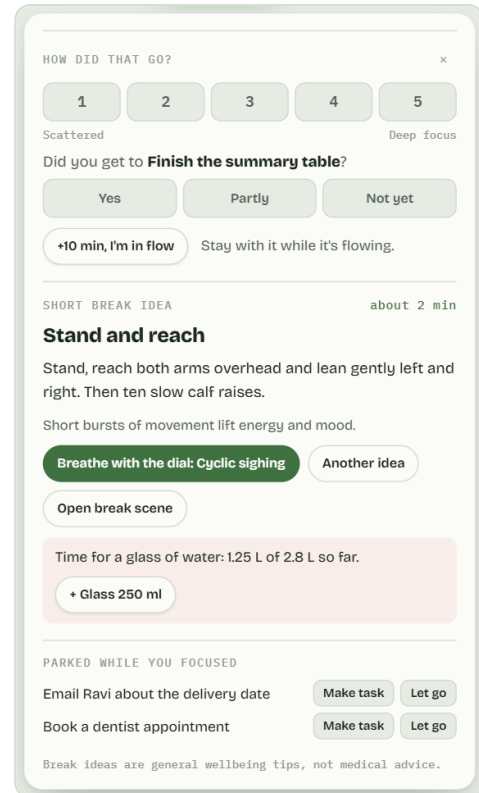
Himalayan peaks



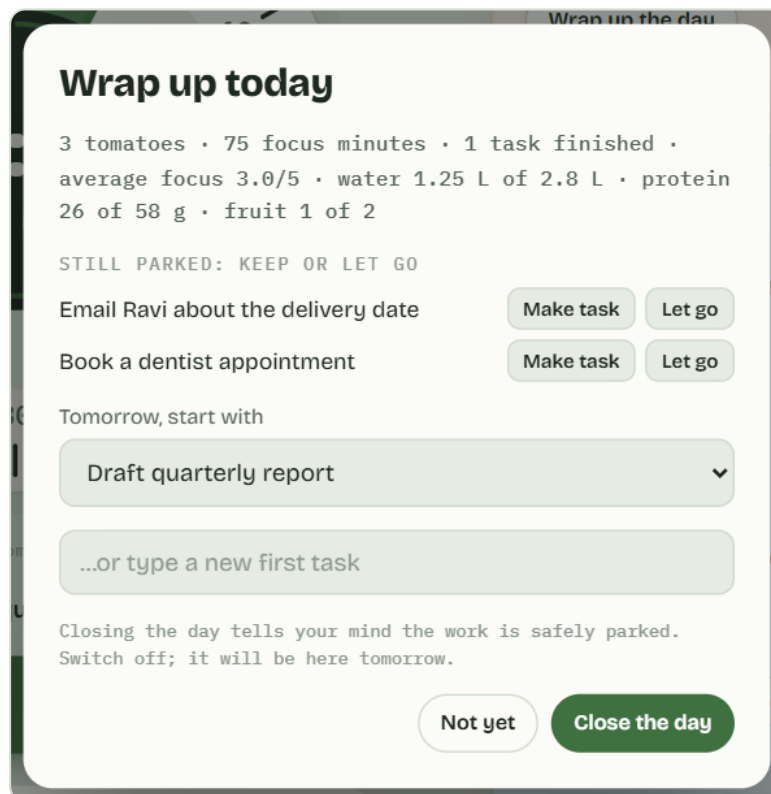
Watercolour forest



Guided breathing



Break suggestion card



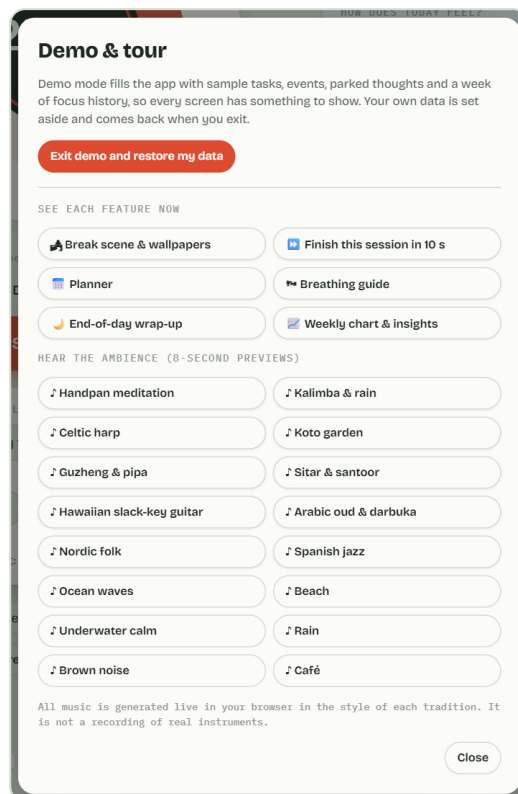
Day wrap-up

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

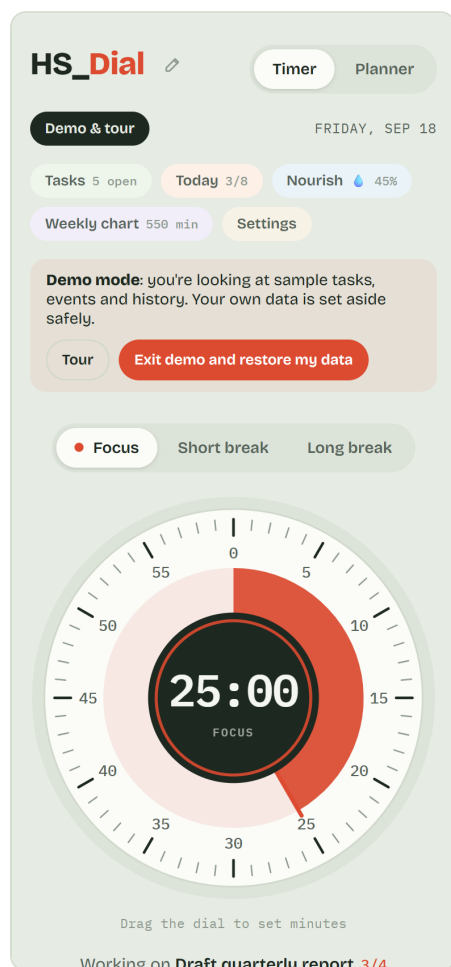
Click **Demo & tour** to load sample data and a step-by-step tour. Exit the demo to get your own data back exactly as it was.



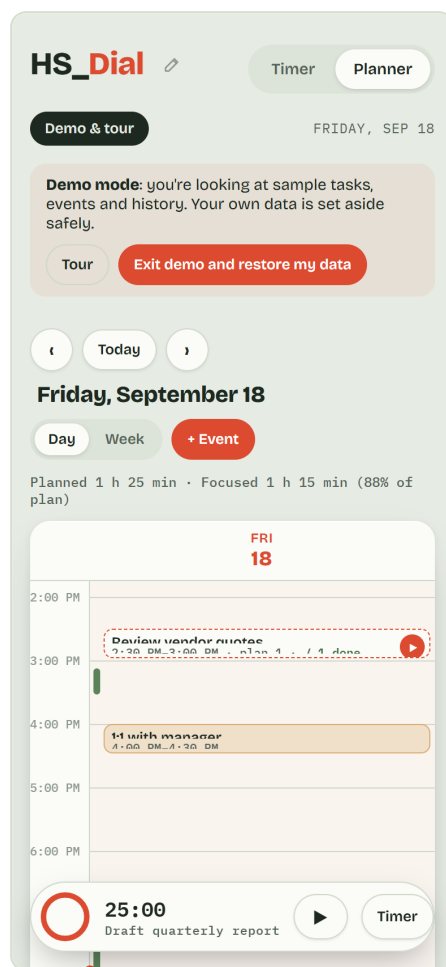
Demo and guided tour

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 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.
- **Back up:** Settings → Your data → **Export my data** (or **Copy backup**). **Move** to another device with **Restore a backup**.
- **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