

# Umami

## Health and Wellness - Digital Wellbeing

Erin Smith, Helen He, Karen Ge, Roy Nehoran

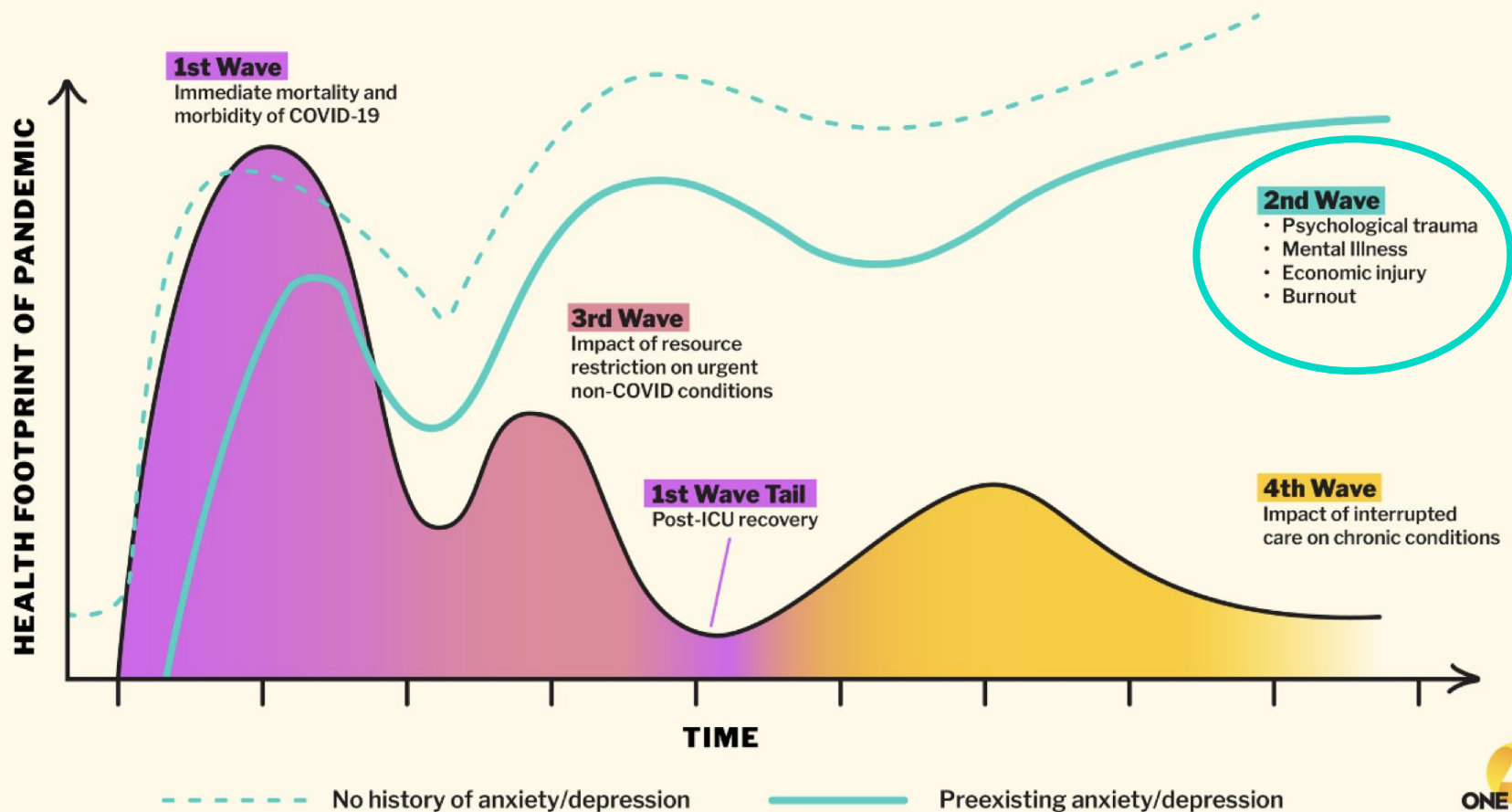








# COVID-19 IMPACT TIMELINE



# Meet the Umami Team



**Karen G.**



**Erin S.**



**Helen H.**

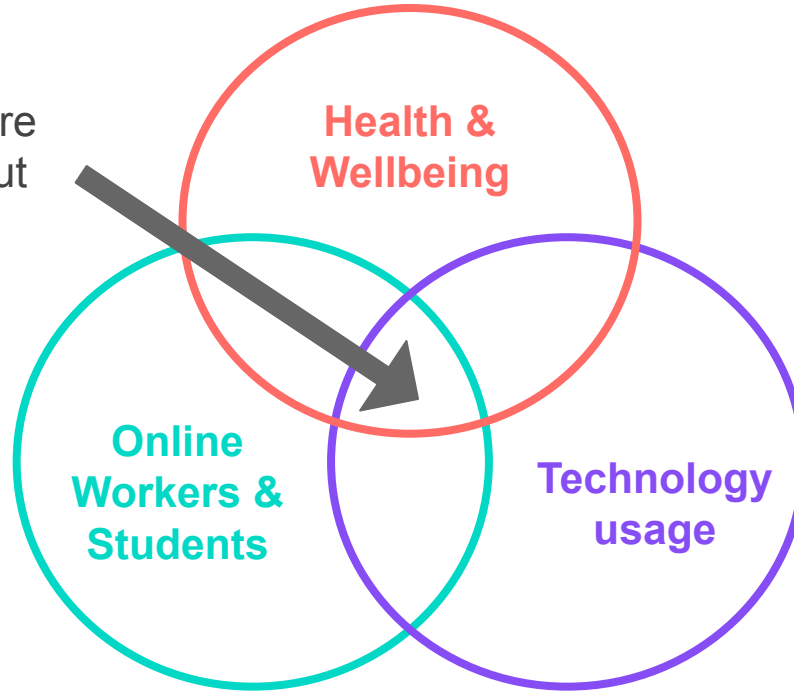


**Roy N.**



# Problem Domain

Problem we're  
excited about  
solving!



# Initial PoV

**We met** Angela, a Stanford student attending school online.

**We were amazed to realize** that the lower functionality of the iPad helped her stay more focused and less dependent on it.

**It would be game changing to** help users feel more in control and powerful over their devices.



The background is a solid teal color. There are two decorative white outline shapes: one in the top right corner that is a partial circle, and one in the bottom left corner that is an irregular, organic shape.

# **Additional Interviews**



## Jennie

First-grade teacher

Teaches in Redwood City

Works completely online

*Zoom interview*

“You can really tell when something has been **designed by teachers** and students, and when it hasn't.”



## Jeff

Principal UI Designer at BMC  
Software

Lives in Seattle, has been working  
remotely even before pandemic

*Microsoft Teams interview*

“I think a lot of people aren't equipped yet to realize that in some ways, they might actually be **helping** themselves by **not being always available.**”



# **Revised POVs and HMWs**



# PoV 1 (Revised)

**We met** Angela, a Stanford student who is a peer counselor at The Bridge.

**We were amazed to realize** that she stayed more focused on her work when using her iPad, which had lower functionality.

**It would be game changing to** help users feel more powerful and goal-directed when using their devices.



# HMWs for PoV 1

- HMW lower functionality of laptops/phones?
- HMW encourage users to control their devices?
- HMW help people be more intentional about their tech usage?
- HMW help users reflect on their tech usage?
- HMW educate people about their tech usage?
- HMW create space outside of their device?
- HMW limit technology around specific user-defined goals?
- HMW deep clean our devices?
- HMW educate about designing and revamping your technology?
- HMW keep users focused on their outside-device life?
- HMW connect users with accountability methods/people/experts?
- HMW use social pressure to keep users focused?
- HMW make users feel powerful?
- HMW help users get into a flow state and stay there with their devices?

# PoV 2

**We met** Angela, a Stanford student studying remotely and a peer counselor at The Bridge.

**We were amazed to realize** that she found video call interfaces lonely, with having to see her friends in boxes (In other words, it might be the interface itself that amplified the feeling of loneliness.)

**It would be game changing to** make video calls feel more meaningful and less mechanical.



# HMWs for PoV 2

- HMW make the interface friendlier?
- HMW emulate in-person interaction?
- HMW make people less self-conscious?
- HMW facilitate meaningful relationships?
- HMW customize the UI based on each user?
- HMW break the ice in meeting new people?
- HMW make transitioning into/out of video calls more comfy?
- HMW inspire serendipity/spontaneity of zoom calls?
- HMW use technology to reduce flaking?
- HMW reduce the stigma/representation of loneliness?
- HMW help people appreciate their current social interactions more?
- HMW make socializing over Zoom the most exciting type of social interaction?
- HMW make socializing via technology refreshing instead of draining?
- HMW make communicating online more like a campus?

# PoV 3

**We met** Jeff, a UX architect who worked remotely before COVID but now is helping people who have gone remote since COVID.

**We were amazed to realize** that Jeff thinks people can help themselves and their companies by not always being available and choosing not to respond immediately or at all.

**It would be game changing to** help people feel less overwhelmed by work communications.



# HMWs for PoV 3

- HMW create and manage filters for distractions?
- HMW remove all notifications?
- HMW set up times for/without distractions?
- HMW change the culture around responsiveness?
- HMW make notifications better, more helpful, less distracting?
- HMW help people manage which notifications to pay attention to?
- HMW help people be less overwhelmed by work notifications?
- HMW help people disconnect more meaningfully?
- HMW integrate more deliberate workflow?
- HMW make taking breaks more valued in our culture?
- HMW broaden and make worker's identities more full?
- HMW incentivize/clarify work-life balance?
- HMW help people connect with themselves as a whole person?

# PoV 4

**We met** Jennie, an experienced first grade teacher who now works entirely online due to COVID.

**We were amazed to realize** that Jennie managed to find creative ways to work entirely online after a bad concussion and neck and back problems.

**It would be game changing to** educate and guide people on screens about their physical health and posture.



# HMWs for PoV 4


- HMW make people more aware of their posture?
- HMW abolish sitting?
- HMW give people facts about screen health?
- HMW make chairs and other tech more ergonomic?
- HMW make exercise more exciting?
- HMW design technology to be actively beneficial for physical health?
- HMW lessons of relevant physical health?
- HMW encourage people to be more mindful of physical health?
- HMW help teachers adjusting to sitting for long periods of time in front of a screen?
- HMW help online school feel more like recess all the time?





# **Top 3 How Might We's**


## PoV 1 (Angela)



**How might we help people  
be more intentional about  
their tech usage?**

# How might we... help people be more intentional about their tech usage?






**How might we change the  
culture around  
responsiveness?**

# How might we... change the culture around responsiveness?



## PoV 1 (Angela)



**How might we help users  
get into a flow state and  
stay there with their  
devices?**

# How might we... help users get into a flow state\* and stay there with their devices?

\*super energized, on, creative, you don't feel time passing you're vibing so hard umami but for BRAIN



# Our Top 3 4 Solutions

We used heat-map voting on our brainstormed ideas, and chose:



Nutrition labels for apps



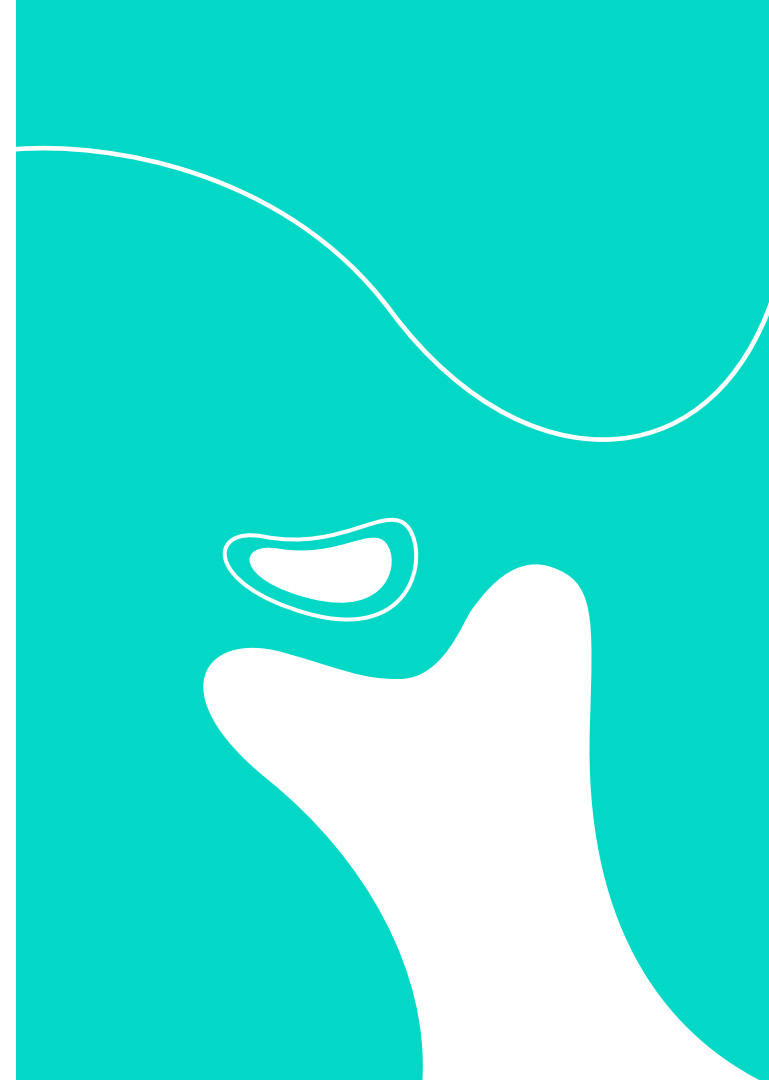
Mandatory goal-setting



Mindful deep cleaning



Customized flow state extension





The background is a solid teal color. There are three white abstract shapes: a large, irregular shape on the left side, a circular shape in the top right corner, and a smaller, irregular shape in the bottom left corner.

# **Experience Prototypes**



## Solution 1

# Nutrition labels for apps

Collecting and summarizing data (structured like a nutrition label) about each app that displays before download/usage



## Solution 1

# Nutrition labels for apps

Collecting and summarizing data (structured like a nutrition label) about each app that displays before download/usage

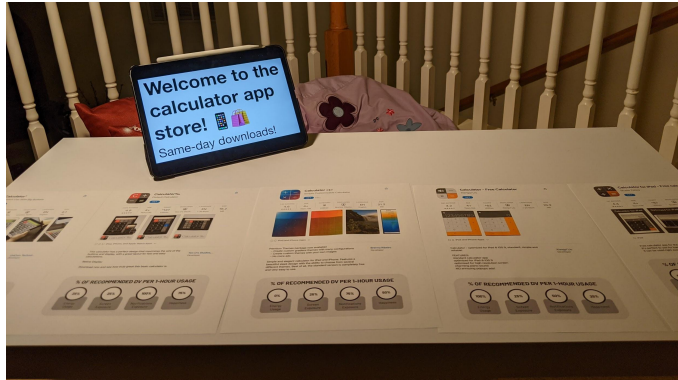
### **Assumption**

Wellbeing information (time used, number of notifications, engagement label, productivity, etc) is useful for users to decide whether to download apps.

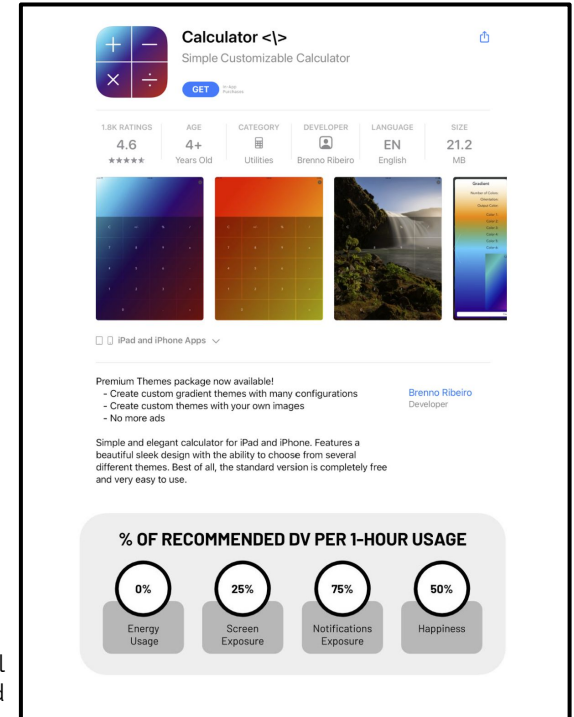


# Experience Prototype 1

**Synchronous testing:** Printed out apps with standard app store info, along with nutrition labels, for in-person “app store.” Asked 3 people to browse store.



Above: App store setup



Right: An app for sale, nutrition label included

# Validity

- Assumption was not valid, labels were not useful to decide whether to download apps
- Users cared more about existing information like screenshots, ratings, and # of downloads

# Results

## What worked?

- Participants found physical “app store” setup to be fun, reminds them of grocery shopping.

## What didn't?

- Customers rely more on screenshot previews, ratings, and # downloads to judge app.
- Didn't like that label had to be explained.

## Surprises?

- “Nutrients” for nutrition labels were subject to debate (e.g. defining app's “engagement,” “productivity”...)

## New learnings

- Customers preferred to download already-popular apps, even if they knew apps were bad for digital health, since everyone else uses it.
- Otherwise, customers preferred to just go by screenshots, ratings, and # of downloads in downloading apps.



## Solution 2

# Mandatory Goal-setting

Prompting users for their goals when using their device:

what do you need to do?

how long will it take?

which apps and websites will you need?



## Solution 2

# Mandatory Goal-setting

Prompting users for their goals when using their device:  
what do you need to do?  
how long will it take?  
which apps and websites will you need?

### **Assumption**

Users are willing to set goals (time, apps needed) before using technology, and doing that is helpful.



# Experience Prototype 2

**Synchronous:** Asked someone to join a zoom call, set a goal for the next 10 minutes, and which programs they need. We stayed on the call with audio and video off, and then asked questions after.

**Asynchronous:** Asked **10** people to fill out a Google Form prototype that tests goal-setting, from defining their task to reporting how it went afterwards.

**Goal-Setting Survey**

Thanks for helping me out!! This is super low-key for my CS 147 project (with Karen, Erin and and see if it helps! And it's

**Before you start...**

Fill this out right before you start your task

What do you want to do on your device? (your task) \*

Your answer \_\_\_\_\_

What type of device are you using? \*

Computer

Phone

Other: \_\_\_\_\_

How many minutes do you think this task will take? \*

\_\_\_\_\_

**When you're ready to start your task,**

**Next**

**Congrats you finished your task!**

How long did it end up taking you? (in minutes, approximately)

Your answer \_\_\_\_\_

Did you only open the programs/apps/websites you listed?  
Whatever happened, link below!

Your answer \_\_\_\_\_

Was this helpful at all in completing your task? If so, in what way?  
Any information is helpful!

Your answer \_\_\_\_\_

What didn't work? And how could it be better?



# Validity

- Users are willing to take a couple minutes to define a task before they get to work
- Setting the time and defining a task to work on is helpful to productivity
- Setting which apps you need beforehand and just using those is unrealistic
- Deciding on a blacklist of apps that are distracting may be helpful

# Results

## What worked?

- Synchronous user was very productive!
- He knew which apps would distract him

## What didn't?

- Couldn't differentiate between effects of zoom call and the prototype itself on productivity
- Can't enforce using specific apps asynchronously

## Surprises?

- People get their tasks done every time, usually with less time than they allocate
- There's always apps/programs that users need that they don't think of ahead of time

## New learnings

- It is easy to list apps that aren't needed, and use websites that weren't listed
- Being intentional about what users are doing and how long is helpful



## Solution 3

# Deep cleaning

Regular, guided wholesale cleaning up settings and deleting of apps based on users' data and research



## Solution 3

# Deep cleaning

Regular, guided wholesale cleaning up settings and deleting of apps based on users' data and research

### **Assumption**

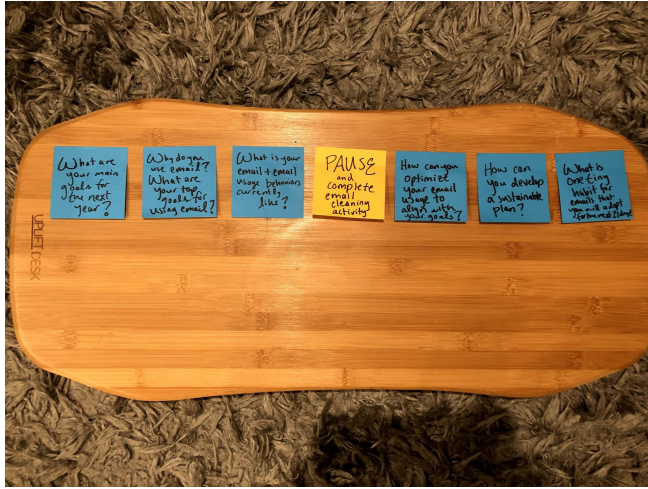
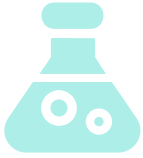
People want to declutter and optimize their technology usage.



# Experience Prototype 3

**Synchronous** asked one synchronous participant (artist at San Francisco Conservatory) to do a series of guided exercises on his email usage. There were 3 steps:

- 1) Do a series of exercises to reflect on his overall goals for the next year, his goals for using email, and what his current email usage looks and feels like.
- 2) Do a guided deep cleaning of his email inbox (get to inbox 0 for social and promotional emails!).
- 3) Develop a plan for how to sustainability optimize his email usage to contribute to his overall life goals + decide one tiny habit to adopt for the next 21 days to improve the effects of his email usage on his wellbeing.





All 8,142 conversations in Promotions are selected. Clear selection

Social Promotions

Ad Save the dates, done. - Enjoy 25% off save the dates.

University Ad UX and UI Design Certificate - Master essential UX and human-centered design concepts. 100% online. Enroll now

Why not treat yourself to new Pants - Hi Christian, Why not treat yourself to new Pants WOMEN MEN ACCEPTANCE

USA De

al Sawdust 'Or

ymphony | Uta. 2 Tu

st Ch

Music School 2 January/February Newsletter - ABOUT | EVENTS | GIVING Gifted Music School Newsletter January/February

Weddings Introducing Our Spring 2021 Bridal Shop! - Spring brides, it's your moment! Discover the most beautifully decorated

High-end watches for low, low prices. - Save on our wide selection of popular brands. eBay View in browser Favorites

USA AIRism fabric = bedtime + anytime comfort - New bedding fit for a queen or a king

International C. International Cinema Weekly Schedule - Antigone; Emma.; 8 1/2 Thanks for joining us during our celebration of

n Daily Digest What I learned from 200 design interviews | Dave Senior in Playground Inc. - Stories for Christian Hales. Start U

### Confirm bulk action

This action will affect all 8,142 conversations in Inbox. Are you sure you want to continue?

Cancel OK

File Edit View History Bookmarks People Tab Window Help

NOIAF String Audit... Civic Auditions audition-repertoire Google News Orchestral Reperto... ACFrOgDJ8ZThh3... Inbox (3,676) - ch

mail.google.com/mail/u/0/#inbox

MY BYU Family History Double Bass - Go... Home - Edfinanci... Brigham\_paud Institute\_marriage... Photo - Google Ph...

Mail Search mail

1-50 of 5,903

Primary Social Promotions

Your Promotions tab is empty.

Marketing, interests, social and political news, and other promotional emails will be shown here.

To add or remove tabs click inbox settings.

3,676

84

randos

search 4

ling

eting

13.75 GB (91% of 15 GB used)

Manage

Terms - Privacy - Program Policies

Last account activity: 9



1 - 50 of 1,971

All 1,971 conversations in Social are selected. [Clear selection](#)

Primary **Social** Promotions **50 new**  
BYUArts, Unigo USA, City of Pa...

UC Berkeley MBA **Ad** **Top Evening & Weekend MBA** - Get a Top-Ranked MBA on a schedule that fits your work and your life.

JamesAllen.com **Ad** **Valentine's Day Sale - 25% Off** - Celebrate Valentine's Now with 25% Off Your Purchase of the Perfect Gift

Strava **Do you know Gordon Good, Tom De bruyn - Team EMJ or Benjamin Tinnev?** - Keep in touch with your friends and stay motivated. [View photo](#)

Twitter **@hales\_christian, check out the notifications you have on Twitter -**

Goodreads **Updates from Halli, Peter, Amanda, and Caitlin** - Goodreads Friend Updates Email Currently receiving daily Goodreads Friend Updates Email

LinkedIn **ICBC Turkey is looking for: Business Analyst / Card Systems.** - Christian Hales, ICBC Turkey and 9 others have jobs for you. [View jobs](#)

Mitch Bellon (via LinkedIn) **LinkedIn LinkedIn Christian Hales View Ty Turle**

Goodreads **Goodreads Newsletter: July 21, 2020** - The season's hottest mysteries, the top 100 fantasy novels, and more! Goodreads New

LinkedIn **ICBC Turkey is looking for: Business Analyst / Card Systems.** - Christian Hales, ICBC Turkey and 9 others have jobs for you.

Goodreads **Updates from Halli, Peter, Amanda, and Caitlin** - Goodreads Friend Updates Email Currently receiving daily Goodreads Friend Updates Email

Twitter **@hales\_christian, check out the notifications you have on Twitter -**

Goodreads **Updates from Davey, Cassie, Leslie, and Brian** - Goodreads Friend Updates Email Currently receiving daily Goodreads Friend Updates Email

Goodreads **Updates from Caitlin, Ashlyn, Sam, and Leslie** - Goodreads Friend Updates Email Currently receiving daily Goodreads Friend Updates Email

Twitter **@hales\_christian, check out the notifications you have on Twitter -**

Goodreads **Updates from Sara, Zachary, Davey, and Halli** - Goodreads Friend Updates Email Currently receiving daily Goodreads Friend Updates Email

**Confirm bulk action**

This action will affect all 1,971 conversations in Inbox. Are you sure you want to continue?

Cancel **OK**

Edit View History Bookmarks People Tab Window Help

W4 String Audit... Civic Auditions... audition-repertoire... Google News... Orchestral Reperto... ACF0gDJ8ZTH3... Inbox (3,680)

mail.google.com/mail/u/0/#inbox

Family History Double Bass - Go... Home - Edfinanci... Brigham\_paud... institute\_marriage... Photo - Google Ph...

Search mail

1 - 50 of 5,909

Primary **Social** Promotions **50 new**  
BYUArts, Unigo USA, City of Pa...

**3,680**

**Your Social tab is empty.**  
Emails from social networks, media-sharing sites, dating services and other social sites will be shown here.  
To add or remove tabs click [inbox settings](#).

ryan, Kate, 13.75 GB (91%) of 15 GB used  
Manage

Terms - Privacy - Program Policies

Last account activ...

# Validity

- Appears to be valid assumption
- User expressed a newfound sense of calm + control after the experiment.
- The user also expressed excitement about the idea, and mentioned this was something he had been meaning to do for a long time.
- New assumption: Optimization plans for technology usage are sustainable long-term

# Results

## What worked?

- 3 part process: starting with defining goals -> guided deep cleaning -> reflection and develop plan + choose tiny habit to implement now
- Framing technology cleaning as a mindfulness exercise

## What didn't?

- Part of the inbox was too messy to clean
- Longer session would have been nice

## Surprises?

- How productive + calm someone felt after just one guided, mindful digital cleaning session
- Excitement to digitally clean

## New learnings

- Coaching can be valuable (also new assumption)
- Reframing mundane tasks is key (mindfulness reframing)





## Solution 4

# Flow State Extension

A customized extension that optimizes tasks to have challenge-skills balance, clear goals and unambiguous feedback.



## Solution 4

# Flow State Extension

A customized extension that optimizes tasks to have challenge-skills balance, clear goals and unambiguous feedback.

### **Assumption**

People know when they are in flow, and computers/devices can help get them there.

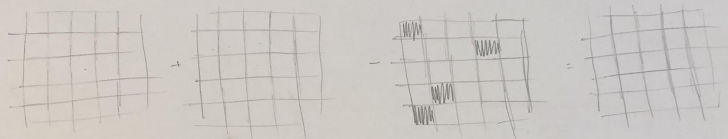


# Experience Prototype 4

**Synchronous:** Asked **3** participants to engage with a challenging puzzle, giving them the choice of doing it on paper or with a computer. All chose to use paper, but one also chose to use the computer. Questionnaire to measure their level of flow afterwards.

**Asynchronous:** Asked **25** people to reflect about the last time they were in a flow state, and what tools helped them get there.

Tech in answer?	Tools	Activity description
no	none	dancing!
yes	google, asking mentor, video calls (screen share)	debugging, figuring out a new codebase
yes	autograder code, slack, web dev, python, latex	making a new ML homework assignment and releasing it
no	drawing paper, music, notepad, internet references	drawing!
yes	garage band, mic, headphones	recording music for a cappella group
yes	intangible tool of visualization!	zoom swole!
yes	google, desktop	writing a policy memo
yes	genomic coding software, google	coding a script for research
yes	google, spreadsheets, databases	work for research
yes	google docs/spreadsheets	writing novel
no	sewing machine	sewing stuffed animal bee
no	paper pencil	math test!
yes	Unity, Aseprite, Audacity, Discord, and Visual Studio during development	making a game
yes	computer, coding, took destressing breaks	finishing cs homework
yes/kinda	computer, pen to copy down on paper	linguistics pset (note other people in the class don't like doing assignments on computer either)
yes	onenote, pencil	physics pset, drawing diagrams
yes	programming libraries, computer	cs homework!
no	acrylic pouring, paint	making a painting
yes	word processing, music/headphones	applying to HBRex
yes	oh heck yeah, computer, terminal, manuals, config files	trying to configure terminal to check email in it
yes	just Spotify	making a themed playlist for a friend



green: WCHDU  
 teal: SNW  
 red: ANRGAS  
 pink: USEL  
 blue: DVNE  
 grey: RTS  
 yellow: PA  
*fit*  
 brown: D  
 purple: CX

non-colored: WARDACDONOTKQOLC  
 WTOARIDIOEOLCRYBR  
 EOSCLSSIFLOKIEGR

WACTK  
 AR00R  
 ONOOLC  
 WTIDC  
 DALOERY  
 ROIBR  
 EOSIFI  
 CLD0EG  
 SSKER

- A W G A R \_ \_ S

OPERATIONS:

CUTE BABY ANIMALS:

MORE CUTE BABY ANIMALS:

W	W	S	A	R	A	O	U	R
A	C	S	O	O	O	N	O	N
T	P	K	R	N	Q	O	L	C
W	T	V	O	A	C	R	D	R
G	I	D	I	O	E	O	I	H
C	T	D	A	R	Y	C	B	R
E	O	S	C	N	L	S	X	S
E	I	F	L	O	A	S	K	E
U	W	I	L	E	O	E	S	R

http://missionstreetpuzzles.com/wp-content/uploads/2017/04/...\_png

NOT AN ACUTE ANGLE

4K = x = empty 3P =

# Validity

- Appears to be valid!
- Testing for the flow state showed that people could flow both with paper and on the computer
- People recognize when they're in flow state
- New assumption: Devices can implement specific aspects (from users and research) that cultivate flow

# Results

## What worked?

- challenging, fun puzzle inspired a mini-flow state
- distractions definitely detract

## What didn't?

- time limit can hinder flow state
- a puzzle that is too challenging can demotivate

## Surprises?

- the clarity of goals or how much structure is needed varies widely between people
- time limits can sometimes demotivate if the task is not intrinsically motivated

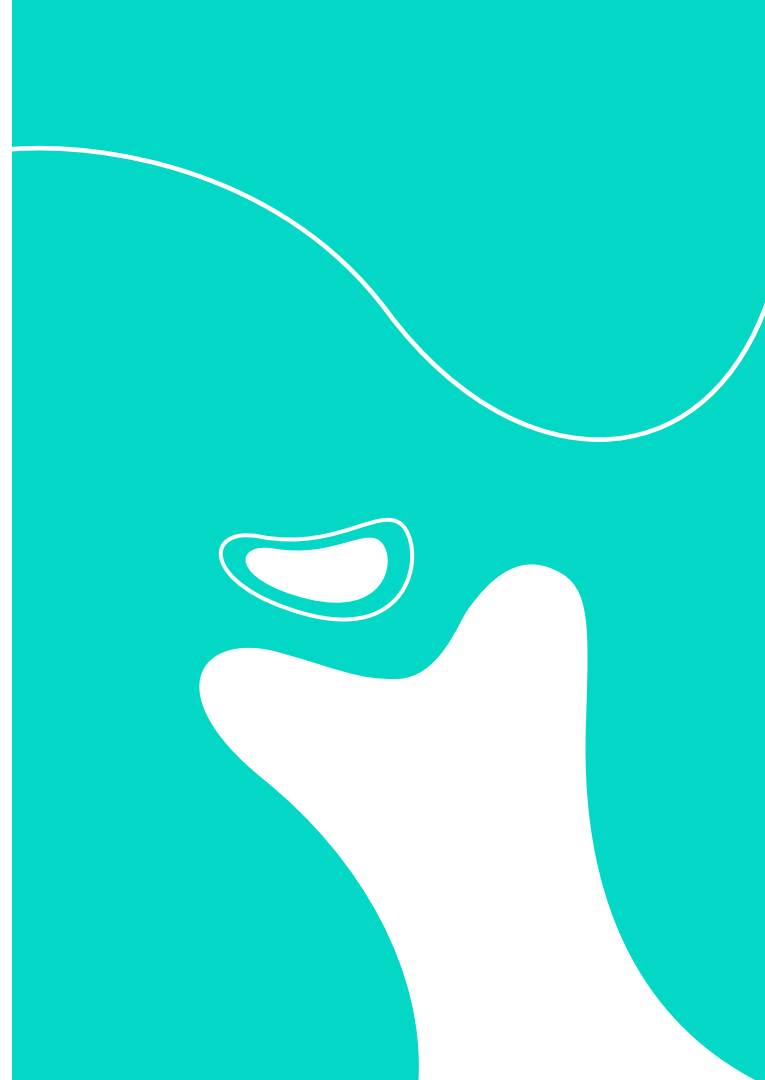
## New learnings

- User-defined tasks are key
- Users need access to other tools and flexibility
- Social flowing should be explored

# Top Solution

A combination!

- Data-driven support
- User-defined timed goals
- Mindful coaching/reframing
- Flow customization for deep work



# Summary

**We've narrowed in on using data and technology to help people self-actualize**

**From our prototypes so far, we've learned:**

- Data influences and supports, if in right context
- Social and coaching components are key
- Mindfulness reframing is helpful
- Users know their goals but distractions get in their way

**Questions?**





# Extra Artifacts

a result of flow state + acrylic paint!



various things i need (6 different canvas tabs, three email inboxes, etc.) and maybe it would be helpful to have all those in different windows so i can't get distracted by everything at once.

I think it was somewhat helpful to think ahead about what I need to use, but I generally don't get too distracted when trying to work, so I don't think it was as useful as it could have been. But also not sure where you're going with this so I could be misreading!

I don't think it really affected my task, since those are mostly the apps/websites I have open anyways

No?

Not particularly, but it might be good for other tasks!

sure! Mmm

Truthfully bro, I am completely absorbed in a challenging but doable task every time I go to zoom swole. And when I can't hold a plank for 4 minutes straight, or some other exercise, I try to scaffold the workout for myself so that it's a notch easier rather than a full-on break. I also use the intangible tool of visualization— how much better I'll feel at the end if I keep holding, and how much time I'll have to rest later so I can make it through now

The time before that was when I was moving from kimball to Branner and I was getting tired and I would get overwhelmed deciding on the next best thing to do and waste time thinking about it, and I'd just tell myself "anything but stand still is the right thing to do" and that helped me a lot— reminding myself that there are lots of "right" ways to complete a task

only open the programs/apps/websites you listed?

ugh i left everything open in the background. i didn't click it though!

No, i did a quick runthrough of other social media

I forgot to list arXiv to check on papers, as well as GitHub for the code for those papers! I also visited the conference website, and jupyter notebook, but I guess I kind of covered that.

No, needed to intermittently check other things like email

No, I also opened Preview

Yes, but I opened File Explorer. Text editor. Was tempted to use Apple Notes, but sometimes spend too much time making lists. Could be helpful to have a whitelist.

interestingly (kind of related) for the people i've talked with in this word formation class that p set was for, it seems like no one likes to do the p set on a computer, people need to process the data with paper and pen to see the connections

oooh thats an excellent observation!

Today, 20:51

hey! would super appreciate if you took a quick minute to answer this question: could you describe the last time you were completely absorbed in a challenging but doable task? what were you doing, and did you use any tools to do so?

yeah so about two seconds ago i was writing

i'm trying to edit a scene and add more action and description to it bc right now it's just dialogue

but action and description are. not my strong suit.

tools: my brain, my hands, and my 2017 MacBook Pro

whoa

wait so did i just interrupt your flow state

Read 20:56

yes

it's okay i'll get back into it

# Extra Artifacts

Was this helpful at all in completing your task? If so, in what way?

8 responses

i think so!

No

making me think about only what i NEEDED open was insightful because i always have 100 tabs open w various things i "need" (6 different canvas tabs, three email inboxes, etc, etc.) and maybe it would be helpful to have all those in different windows so i can't get distracted by everything at once.

I think it was somewhat helpful to think ahead about what I need to use, but I generally don't get too distracted when trying to work, so I don't think it was as useful as it could have been. But also not sure where you're going with this so I could be misreading!

What didn't work? And how could it be better?

5 responses

I'm really bad at being disciplined when I'm the one who sets the rules.

a good idea would be to make people commit to their answers before telling them that they can't open anything but what they said. then it feels more permanent and you have to follow the instructions.

There wasn't anything in particular that didn't work :)

I think the task was too easy for this to help

Could fool yourself into thinking you need to use a website. Would be good if time limit and not forever.

tes I have open anyways

Would it be helpful if there was a program that strictly enforced only using the programs/websites you listed? Or not letting you use the distracting websites?

6 responses

Yes

Ah. I see! I would suggest doing the inverse - having a program that strictly enforces NOT using websites that you blacklist, e.g. things that would be detrimental to productivity like YouTube/Reddit, etc. I don't think it's possible for me to list the exact set of apps/sites that would potentially enable me to be productive, but doing the inverse is much easier because I know what could potentially derail me!

It might be helpful at times when I am having trouble focusing specifically. Honestly, I felt like the more important part was being intentional about deciding on a task and approximating how long it would take.

No

Nope! I needed to open Preview, so this would have been detrimental

Might switch settings if it was for a bit if it's easy. Don't know if a program could judge you as much as a person.

Did you only open the programs/apps/websites you listed?

9 responses

Yes

yeah!

Yep (though I left everything open in the background. i didn't click it though!)

No, i did a quick runthrough of other social media

I forgot to list arXiv to check on papers, as well as GitHub for the code for those papers! I also visited the conference website, and jupyter notebook, but I guess I kind of covered that.

No, needed to intermittently check other things like email

No, I also opened Preview

Yes, but I opened File Explorer. Text editor. Was tempted to use Apple Notes, but sometimes spend too much time making lists. Could be helpful to have a whitelist.

# THANKS!

Do you have any questions?

info@slidesgo.com

+91 620 421 838

yourcompany.com



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