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Forest



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# Introduction to Forest

Forest is a mobile application you can use to set timers for productivity. Every time you successfully reach the end of the timer, a tree sprouts. The app offers a variety of trees and flowers to grow. The goal of this app is to motivate you to be more productive to grow your own forests. This is an instructional guide to help you to navigate the Forest app. For more information on app-related terminology, refer to Table 2.

# Forest App Basics

This section describes the basics on how to start a focus timer and how to take a break.

## Growing Your Forest

Forest offers various customizations of your focus period to personalize your experience.

1. Open the Forest app.  
   The app automatically opens to the main page.  
   A screen shot of a plant

   Description automatically generated with low confidence

Figure 1. Home Page

1. Click the large plant icon.  
   The **Plant Settings** screen is displayed. This allows you to change the tags, focus time, and type of tree.
2. Click the type of tree you want to grow.
3. Change the focus time.
4. Add and change the tags.
5. Click **Plant** once you finish customizing your focus session.  
   The timer starts running.
6. Close the app or your phone and start your work.
7. Click **give up** if you want to stop the timer before it reaches zero.  
   Note: your tree will not grow if you decide to stop the timer during any point in time.
8. Click into the app once the timer reaches zero.  
   The rewards window appears and notifies you of your rewards.
9. Click **OK** to close the window.  
   You can plant another tree and continue your focus session.

## Taking a Break

If you want to take a short break, Forest allows you to set a break timer before starting a new focus session.

1. Click the alarm clock icon.  
   A pop-up window appears with various time increments.
2. Select the amount of time you want for your break.
3. Click **Start.**When the timer ends, you can exit out of the screen and start a new focus session.
4. Click the back arrow icon to return to the main page.

# Using Additional Features

This section describes some extra features that can help you focus on your tasks. The three main features are **Deep focus, Plant together,** and **Count exceeded time.**

## Deep focus

This feature only allows you to access specific apps when the timer is running.

1. Click the hourglass icon.  
   A pop-up icon appears with three features.  
   A picture containing text, screenshot, logo, font

   Description automatically generated

Figure 2. Task Bar

1. Click the icon next to **Deep focus**.  
   A screenshot of a phone

   Description automatically generated with medium confidence

Figure 3. Additional Features

A pop-up window appears and asks if the app can access your screentime.

1. Allow the app to access your screentime.  
   Note: If you do not allow the app to access your screentime, then you cannot create a Default Allow List.  
   The app takes you back to the additional features menu.
2. Click **Default Allow List**.  
   A pop-up window appears.
3. Click the plus symbol next to the **App Allow List** header.  
   The app selection screen appears.
4. Select any applications you want to block while the timer is running.
5. Click **Continue** after you finish selecting the apps.  
   A pop-up window appears asking you to create a title.
6. Type the name of your list title.
7. Click **Create**.  
   Your new list shows up as an option in your App Allow List.

## Plant together

This feature allows you to create focus sessions with your friends and family.

### Creating a room

Forest allows you to create private focus rooms to work with your friends and family.

1. Click the hourglass icon (see Figure 2).  
   A pop-up icon appears with three features.
2. Click the icon next to **Plant together** (see Figure 3).
3. Exit out of the menu.  
   A pop-up window appears that contains more information about the Plant together feature.
4. Scroll and read through the information.
5. Exit out of the pop-up window.  
   Two new icons appear in the app home screen.
6. Click **Create Room.**A pop-up window appears and contains a list of your friends.
7. Select the friends you wish to create a room with.
8. Click **Create.**  
   The pop-up window disappears and take you to the app home screen.
9. Click **Plant** to start the focus session.  
   Note: You can also invite other friends with the room code.
10. Click **Cancel** to delete the room.

### Joining a room

Forest allows you to join private pre-existing rooms by entering a room code.

1. Click **Join Room.**A pop-up window appears.  
   A screenshot of a room code

   Description automatically generated with low confidence

Figure 4. Room code window

1. Type the room code in the text box.
2. Click **Join Room.**

## Count Exceeded Time

This feature allows you to continue your focus session after the timer reaches zero.

1. Click the hourglass icon (see Figure 2).  
   A pop-up icon appears with three features.
2. Click on the icon next to **count exceeded time** (see Figure 3)**.**
3. Exit out of the pop-up screen to the main page.
4. Start the timer.  
   You can begin your work.
5. Return to the app when the timer ends.   
   After the timer ends, you can continue to work, and the timer will continue running.
6. Click back arrow icon to return to the main page.

# Store and Payment Options

This section explains how to buy different types of trees and sounds in the app. The store is split up into three different sections: classic, exclusive, and sound. For more information about the different section, see Table 1.

1. Open the app.
2. Click the three bars icon (See Figure 2).  
   A side pop-up window appears.
3. Click **Store.**The app will take you to the **Classic** window within the store.  
    A screenshot of a phone

   Description automatically generated with medium confidence

Figure 5. Store window

1. Click the picture of any tree.  
   A price pop-up window appears.
2. Click the price of the tree to purchase.  
   If you have enough funds, you can gain a new tree species. If you do not have enough funds, an **Insufficient coins** prompt will appear on your screen.

Table 1 describes the three different categories within the store. in addition, it explains the types of products that are available.

|  |  |
| --- | --- |
| Store Category | Definition |
| Classic | This section of the store sells different tree species. You can pick new types of trees you want to grow during your focus sessions. You can buy these trees with coins. |
| Exclusive | This section of the store sells event-limited trees. Examples include special holiday and anniversary trees. You can buy these trees with time crystals. |
| Sound | This section of the store sells different sounds, and they can be played during focus sessions. You can buy sounds with coins. |

Table 1. Store Categories

# Terminology for the App

Table 2 describes the various terms that helps you understand the instructions and how to use the app.

|  |  |
| --- | --- |
| Term | Definition |
| Trees | This term refers to the trees you grow in the app. Every time you finish a focus session, you receive a tree as a reward. |
| Focus Session | This refers to the period you want to focus for by using the timer in the app. |
| Main page | This is the first screen you see after opening the app. This section allows you to make most of your focus session customizations. |
| Forest | This term refers to the various trees you have planted by finishing focus sessions. |
| Coins | This is the currency within the app. You receive forest coins after finishing focus sessions. You can use the coins to buy new trees to grow. |
| Time Crystals | This is another type of currency within the app. You use this currency to buy event-limited trees in the app. Note: You can only buy time crystals with real world currency. |
| Sounds | This is a feature that allows you to play various types of sounds during your focus session. |

Table 2. App Terminology