



Forest

What is Forest?



Forest is at top productivity app that helps you stay focused on the important things in life, away from your cellphone. It keeps track of your time usage from leisure to study time, or anything in between.

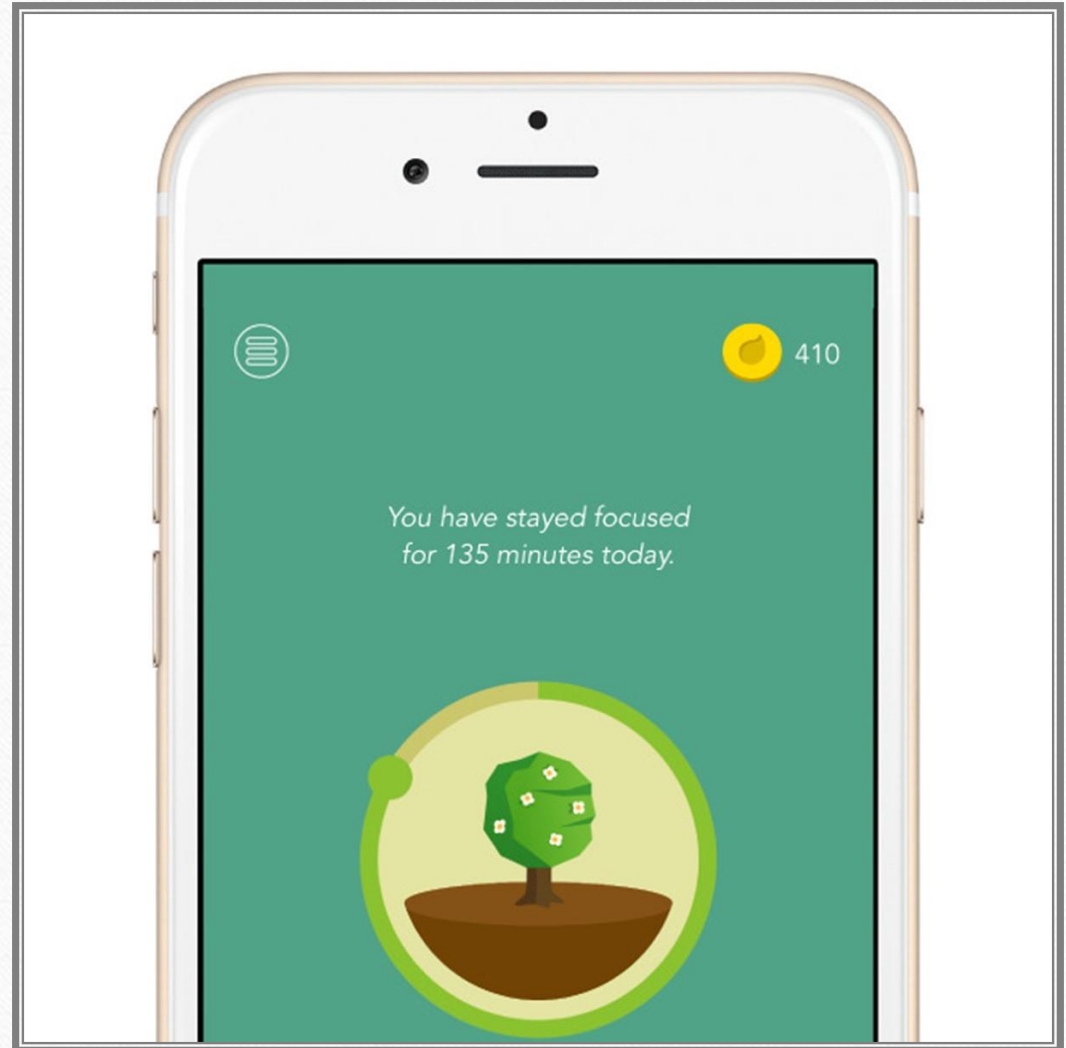
First things first, download the app called “Forest” which costs \$2.79. And from the menu on the top left hand corner of your screen, click on settings, and click on sign up & login. From there, you can either login/sign up for an account!

Timer

- Whenever you want to stay focused, click on “Plant” and your selected tree will grow
- Your tree will grow while you focus on your work, but if you leave the app, it will cause the tree to die
- There are two different plant modes, one is the Deep Focus Mode and the other one is the Plant Together Mode

Deep Focus Mode: If going through SNS is a struggle for you, put it on deep focus mode and it will automatically kill your tree when you leave the app.

Plant Together Mode: This mode allows your invited group of people to plant together trees simultaneously. If one person leaves the app, it will cause everyone’s tree to die.



Your Forest

On the top left hand corner, click on 3 dashed lines, and next, click on forest.

- This section is for your general overview of your time spent
- It displays your planted trees and your withered trees
- Shows data/trends, and tag(social, entertainment, study, etc.) distributions
- Presents the overview in a day, week, month, and the year





Friends



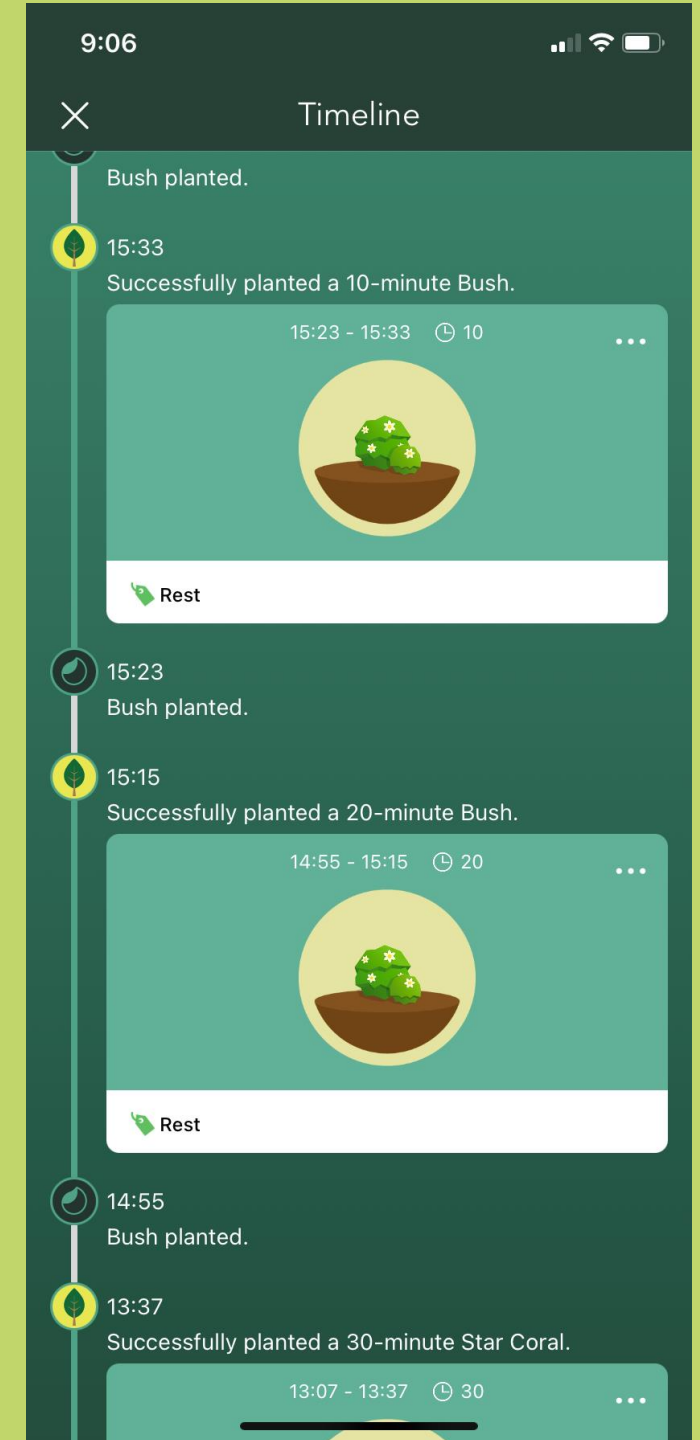
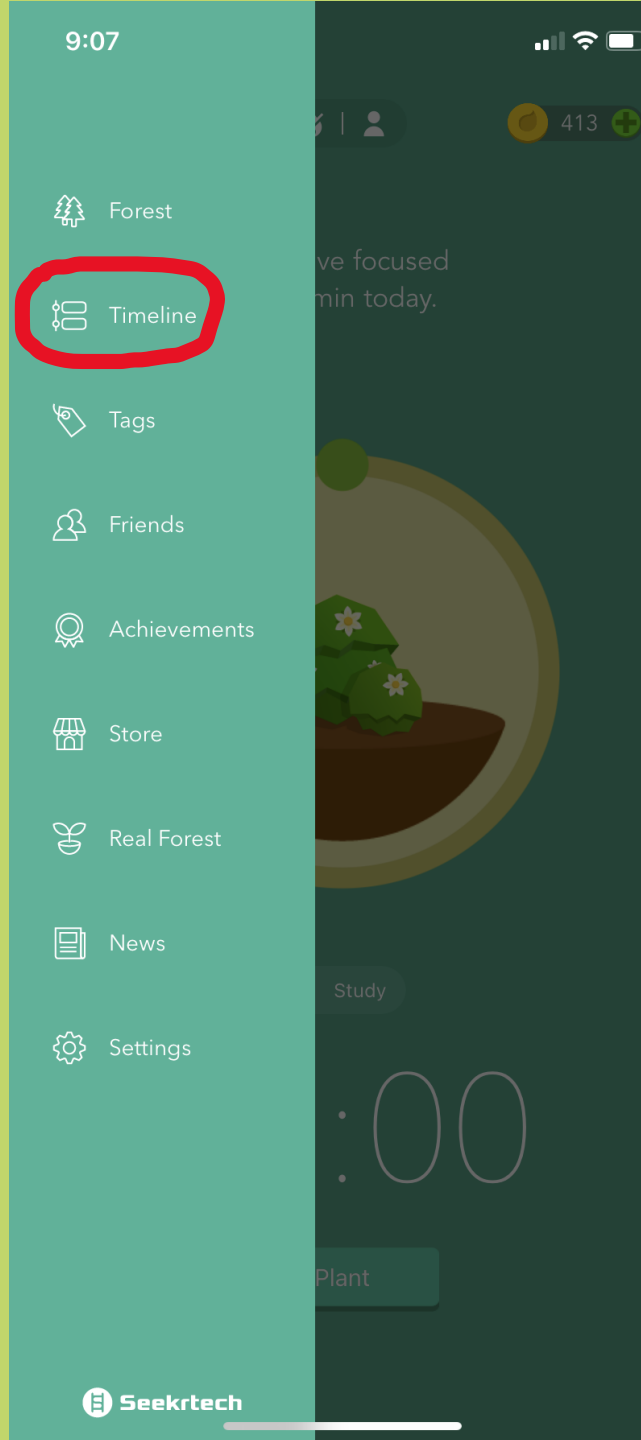
You can plant trees together, with family and friends. In order to make the tree grow, no one in the group can use their phone. If someone uses their phone, everybody's tree will die. To invite people in Plant Together Mode:

- Tap on the bottom left button on the main page to create a room, and invite friends
- You can share the room code to let people join in
- For the invited, you can join the room by accepting the host's request/ by tapping on the bottom-right button and entering the room code

Once there are more than 2 people in the room, the host can tap the start button and everyone's tree will start growing.

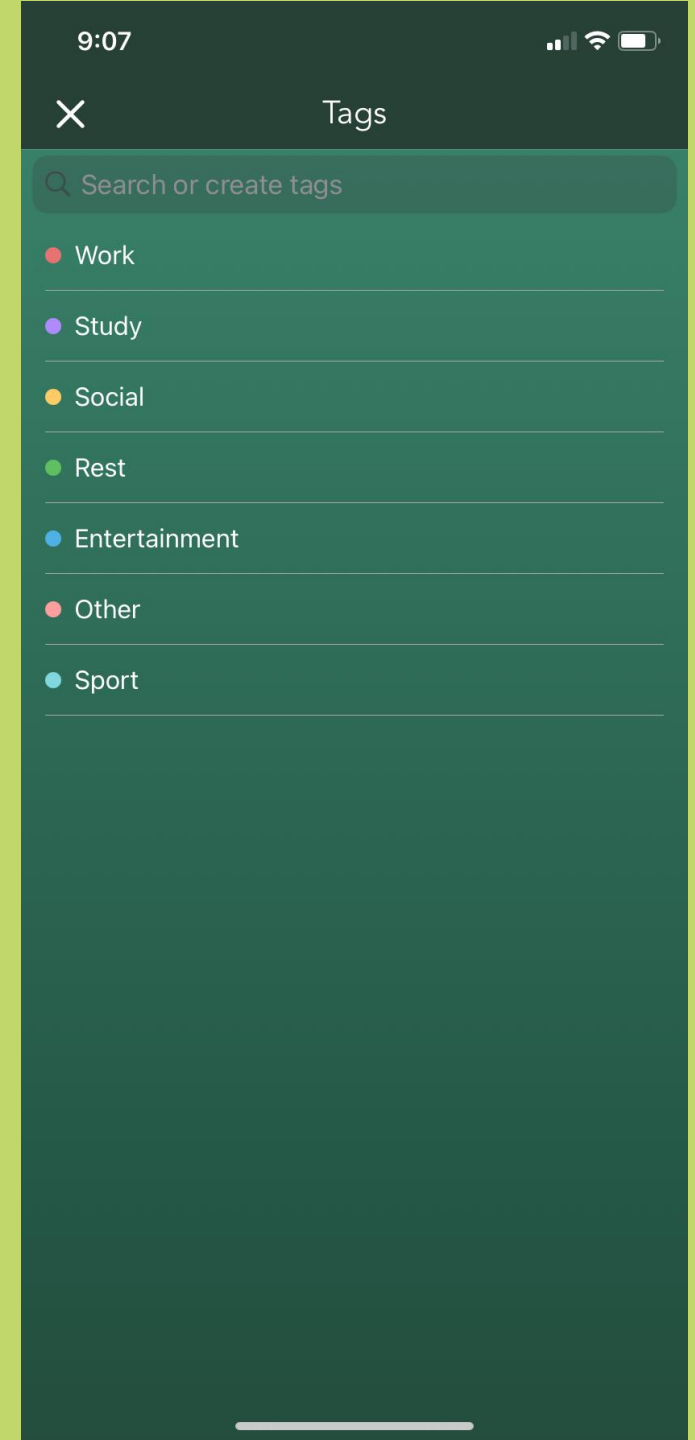
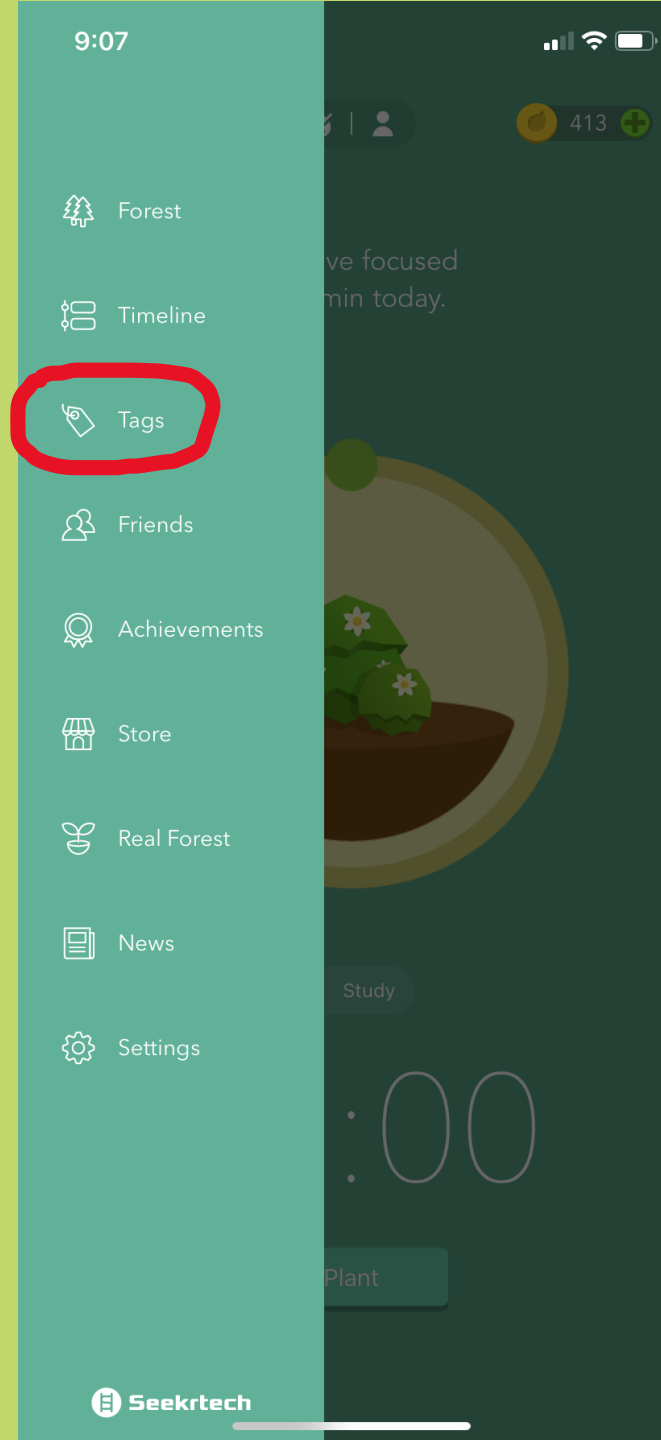
Timeline

On the top left hand corner, click on 3 dashed lines, and next, tap on Timeline. From there, you will see your records of your planted trees, and specific duration of time you focused for. This comes in handy, especially if you want to identify when you planted your tree at what day.



Tags

On the top left hand corner, click on 3 dashed lines, and next, tap on Tags. In this section, you can search or create different tags of your choice, and later set it as a “category” for your tree being planted. This can include tags, such as work, entertainment, other, sport, rest, and study. It can absolutely be anything!



Achievements

On the top left hand corner, click on 3 dashed lines, and next, tap on Achievements. You will notice that there will be a list of achievements you can obtain by reaching a specific amount of time requested. Everytime you reach a new goal, you will not only unlock the badge, but receive a reward in gold coins. This can be used to buy new tree species, or plant a real life tree in Sub Saharan Africa!

9:07

Forest

Timeline

Tags

Friends

Achievements

Store

Real Forest

News

Settings



Achievement



Novice Planter

Total focused time reaches 4 hours (4/4)



Apprentice Planter

Total focused time reaches 3 days (3/3)



Adept Planter

Total focused time reaches 7 days (7/7)



Expert Planter

Total focused time reaches 15 days (12/15)



Green Thumb

Total focused time reaches 30 days (12/30)



3 Days in a Row

Plant healthy trees for 3 days in a row (3/3)

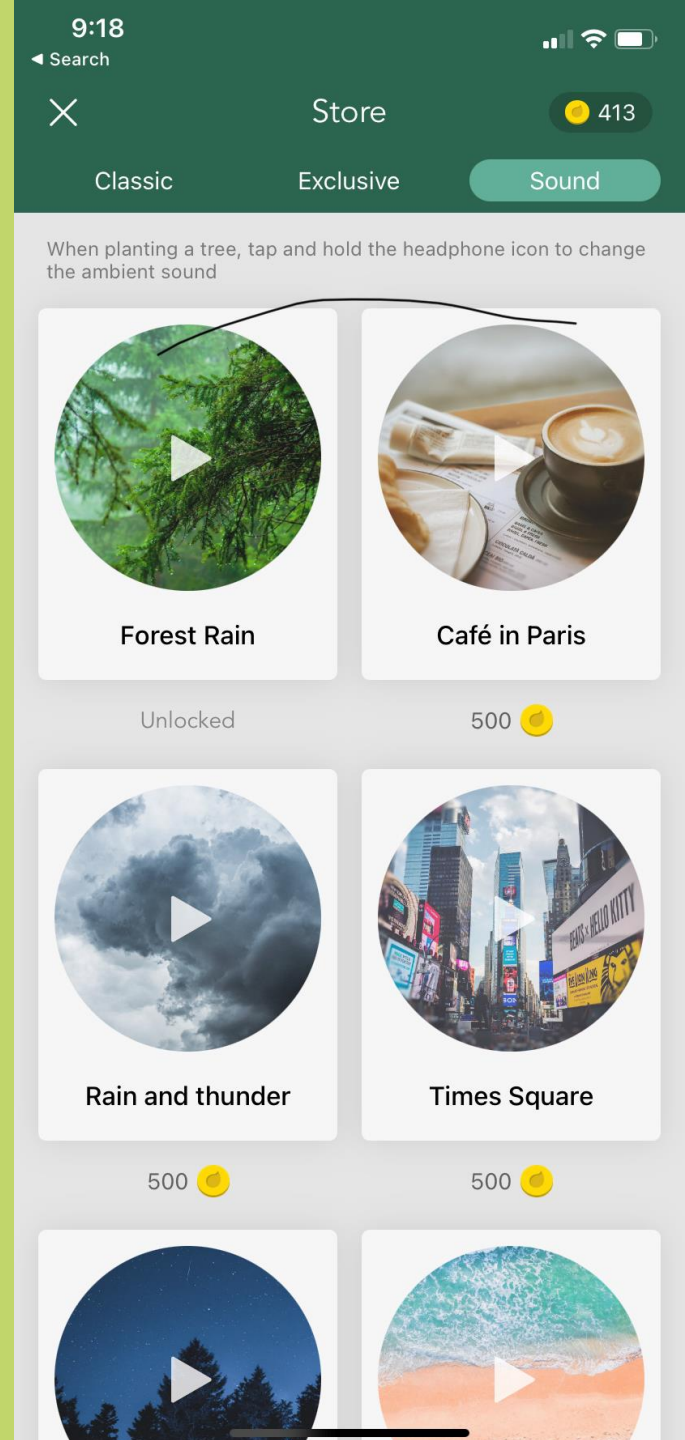
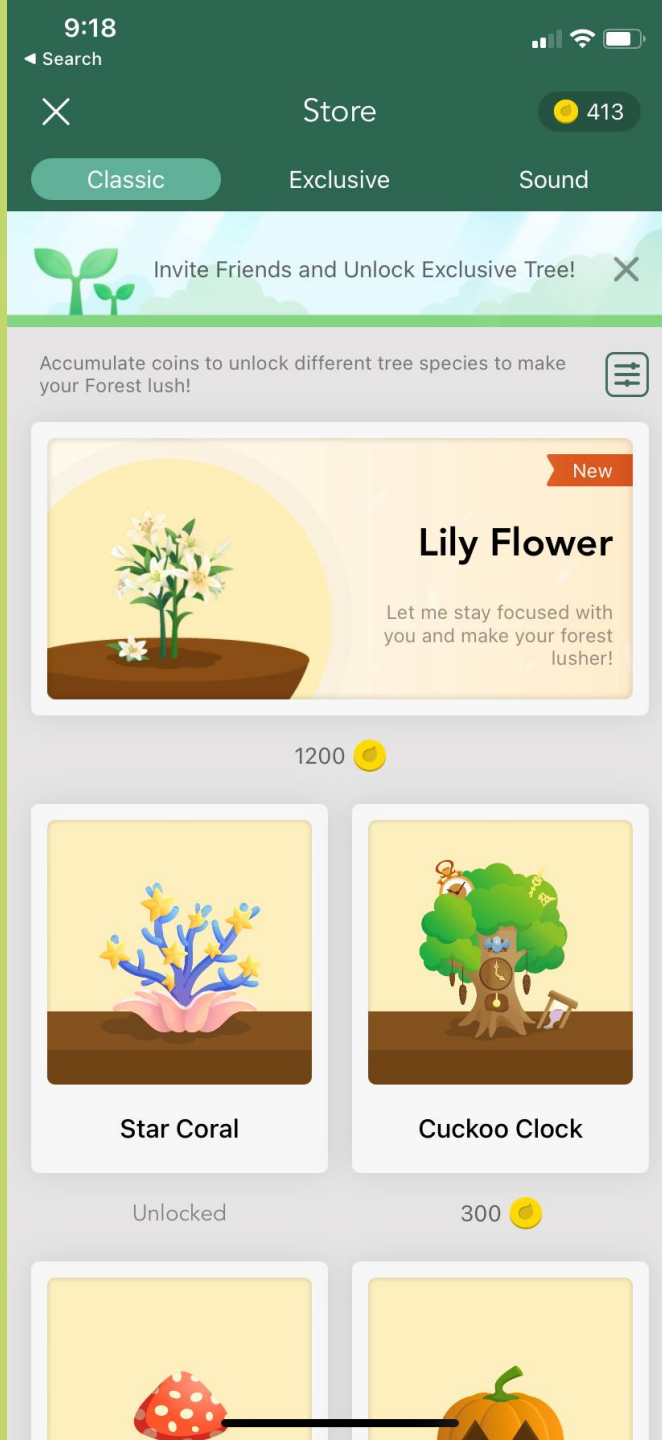


7 Days in a Row

Plant healthy trees for 7 days in a row (7/7)

Store

On the top left hand corner, click on 3 dashed lines, and next, tap on Store. Once directed to this page, there will be three different lists of things you can buy in the app's current store. If you save huge sums of gold coins, you can purchase new trees, exclusive plants, and sounds, to listen while you focus on your tasks.



Real Forest

On the top left hand corner, click on 3 dashed lines, and next, tap on Real Forest. In this section, you will see the background information of this app called, “Forest.” What’s interesting about this page, is that you can actually plant a real life tree for a specific amount of gold coins. The company behind this app is currently partnered with a tree planting foundation called, “Trees for the Future.” Together, they try to help people break out of the poverty trap while also addressing global environment issues. So far, approximately 922,000 people has helped plant a real tree on Earth.





Thank you

Here is a small gift for you-
tap on settings, and invite friends, and click on the button on
the top right. Enter **4KB7PFXSG** to get an awesome reward!

