



TEMPUS

It's About Time

Tomer Cohen
Rom Eisenberg
Yuval Yarden

Supervisor: Yogev Shani

Cloud Computing workshop using 

Motivation - Life is Busy

Routines

Exhaustion

Stress

Overthinking

Balancing productivity with well-being requires *more* than just a *static to do list*

What can we do?

Existing tools don't adapt to changes in your energy, health, or mental state



Burnout, skipped goals, and a disconnect between intention and action



Our goal is to *bridge* this *gap*

using personalized insights & smarter schedules

to help users achieve their goals - while *prioritizing their well-being*

Target Audience

- Professionals and students who struggle with balancing health and productivity
- People interested in time management, but need more personalized support
- People who engage in and need a system to help manage workload

Or – just users who want a calendar app that:

Goes *beyond* task management

Structures a *meaningful* lifestyle

Redefining Productivity

“Tempus,,
- Time, in Latin

With the use of:

- ↗ Gen AI-driven insights
- ↗ Health data analysis

Redefine how to reach goals:

- ↗ Personal productivity
- ↗ Wellness

Personalized schedules connect **productivity** with personal **well-being**.

ARCHITECTURE

How It Works

Log in / Register

Start here by signing up /
signing in



Upload Health Data

Export your data from your
health tracking app



Health Data Analysis

Extracting insights
and patterns



Task Input

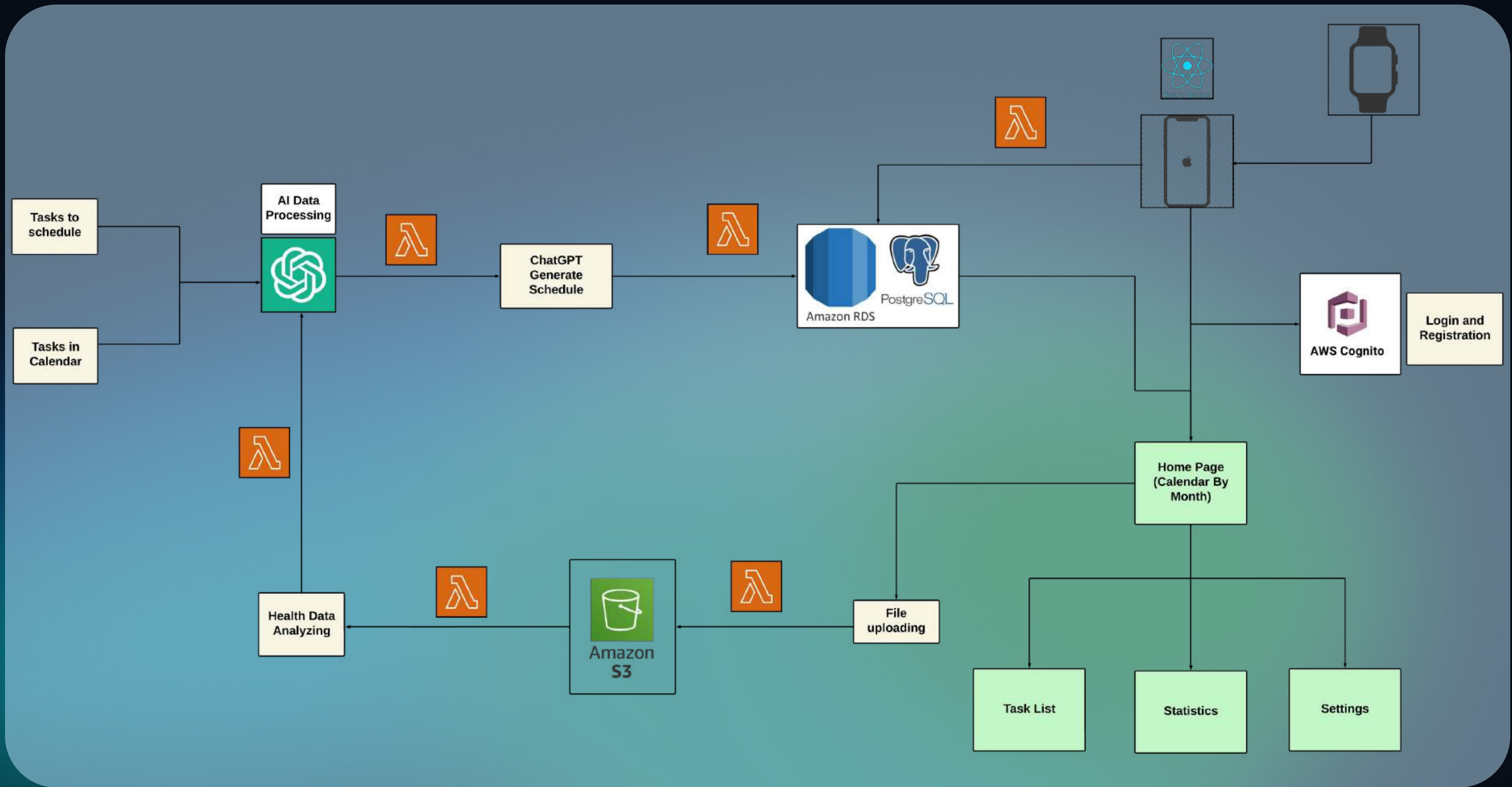
Insert tasks, goals
and events



AI-Driven Calendar

Receive a personalized, balanced, optimal weekly calendar



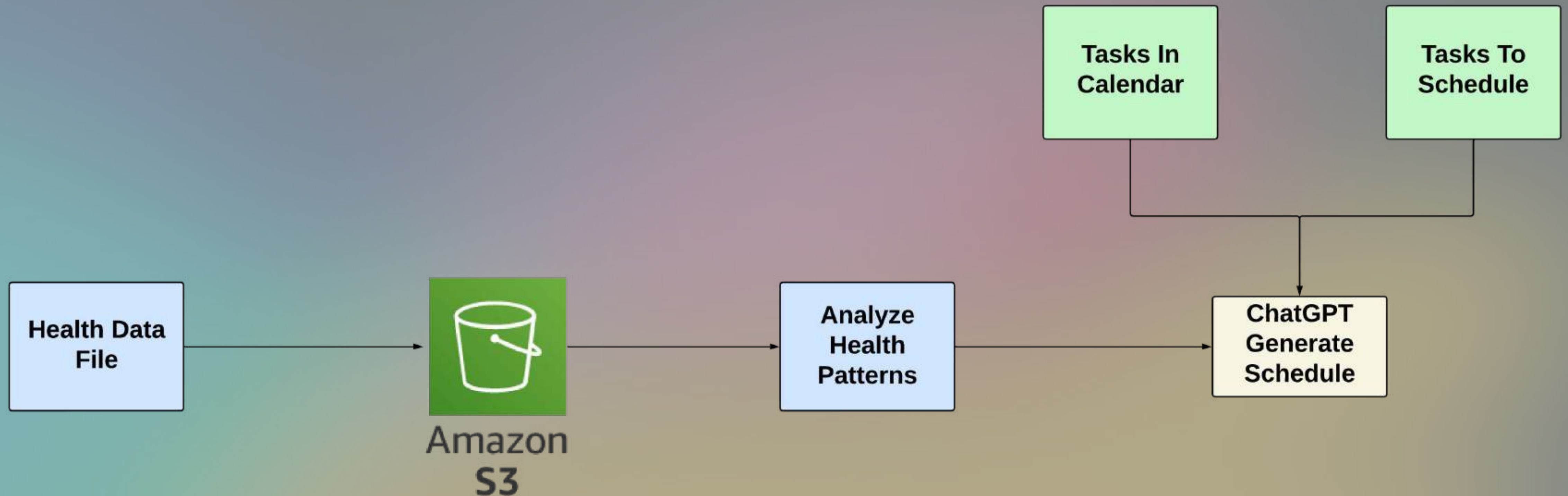


DEMO 1



FEATURS

Health And Ai Integration



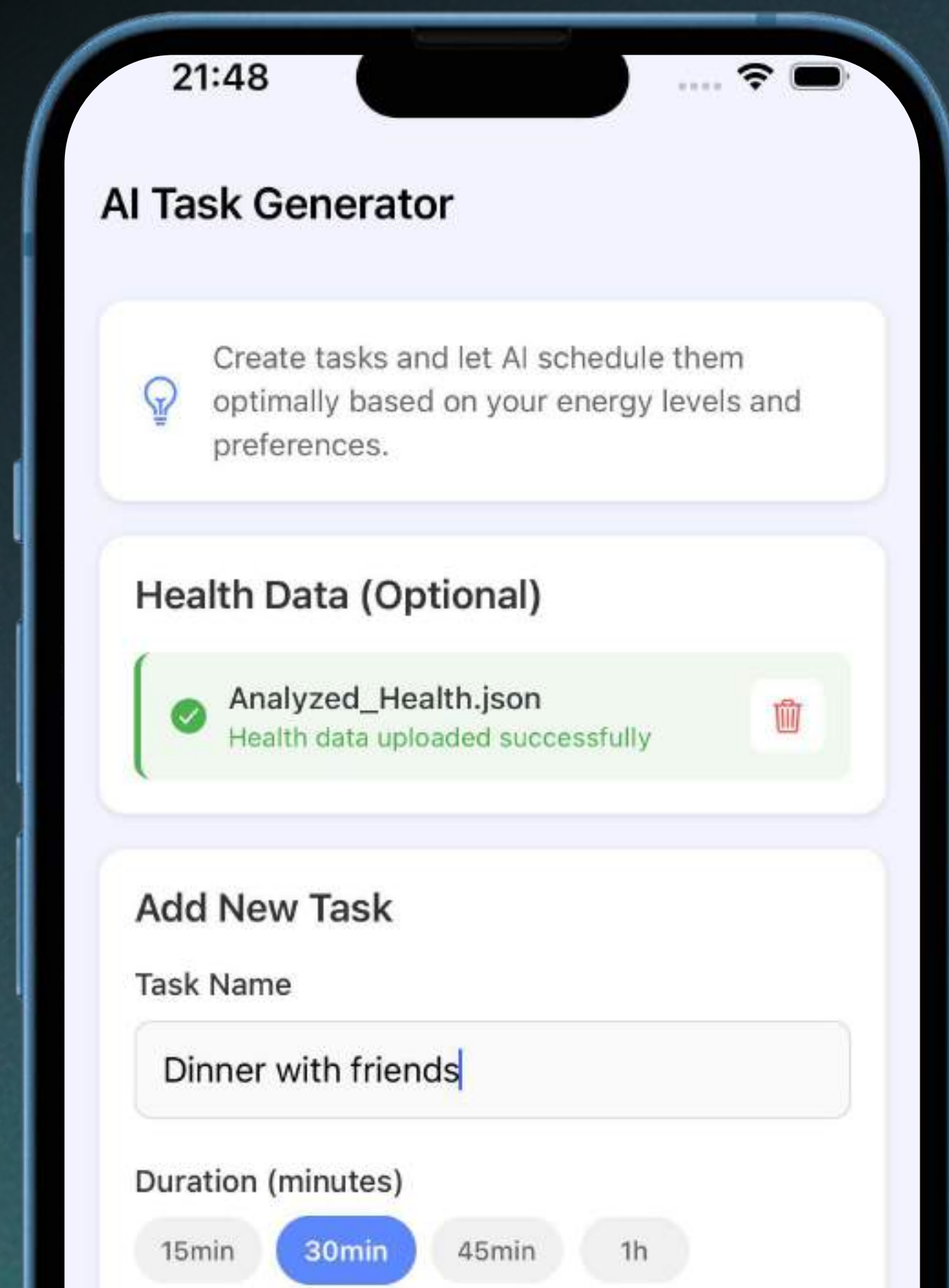
Analyzed Data

```
},
"2023-12-31": {
  "steps": 11449,
  "calories": 783.54,
  "sleep_minutes": 547,
  "sleep_breakdown": {
    "core": 306,
    "rem": 155,
    "deep": 86
  },
  "resting_heart_rate_avg": 56
},
"monthly_avg": {
  "2023-12": {
    "steps": 7634,
    "calories": 395.36,
    "sleep_minutes": 363,
    "resting_heart_rate_avg": 57.2
  }
},
"analysis": {
  "most_restful_day": "Sunday",
  "most_active_day": "Friday",
  "most_caloric_day": "Friday",
  "most_stressful_day": "Thursday",
  "best_focus_hour": 13,
  "best_sleep_day": "Sunday",
  "worst_sleep_day": "Wednesday",
  "deepest_sleep_day": "Saturday",
  "best_focus_day": "Monday"
}
```

AI Response

```
Lambda response: {
  message: 'Weekly schedule generated successfully.',
  schedule: [
    {
      task_name: 'Workout',
      task_description: 'Scheduled for Sunday morning when you have the best energy levels and it aligns with your restful day.',
      task_start_date: '2025-05-25',
      task_start_time: '08:00:00',
      task_end_time: '09:00:00',
      task_energy_level: 100
    },
    {
      task_name: 'Homework',
      task_description: 'Scheduled for Monday afternoon when your focus is at its peak.',
      task_start_date: '2025-05-26',
      task_start_time: '14:00:00',
      task_end_time: '17:00:00',
      task_energy_level: 75
    },
    {
      task_name: 'Team Meeting',
      task_description: 'Scheduled for Tuesday morning when you can utilize the energy from your C++ class.',
      task_start_date: '2025-05-27',
      task_start_time: '09:00:00',
      task_end_time: '10:00:00',
      task_energy_level: 50
    },
    {
      task_name: 'Grocery Shopping',
      task_description: 'Scheduled for Wednesday morning to ensure you have meals prepared for the rest of the week.',
      task_start_date: '2025-05-28',
      task_start_time: '09:00:00',
      task_end_time: '10:00:00',
      task_energy_level: 25
    },
    {
      task_name: 'Gaming',
      task_description: 'Scheduled for Thursday evening after your dinner with friends, allowing for relaxation.',
      task_start_date: '2025-05-29',
      task_start_time: '20:00:00',
      task_end_time: '22:00:00',
      task_energy_level: 50
    }
  ]
}
```

DEMO 2



SUMMARY

Existing Solutions

Calendar & Task Management Tools:

- ↗ Asana
- ↗ Google Calendar

- + organize tasks and events
- lack awareness of the user's health

Fitness & Wellness Apps:

- ↗ Fitbit
- ↗ MyFitnessPal

- + track health and wellness data
- don't translate insights into daily planning

Our Advantage: We combine **health insights** and **task goals** to create personalized schedules that boost productivity while supporting physical and mental well-being.

Summary & Conclusions

- **Developed** A smart calendar app that adapts task scheduling based on personal health data
- **Using** An algorithm that analyzes health data and detects patterns in lifestyle
- **Generated** AI-based weekly schedules tailored to support both productivity and mental & physical health

Tempus designed to help users stay organized without burning out, maintaining a healthy balance

What's Next?

Improve UI/UX

Improve the app's design and interactions to ensure a smoother, more intuitive experience for all users

Insights & Visualization

Introduce a dashboard that visualizes energy, activity, and task completion patterns using health data trends

Real-Time Sync & Notifications

Add real-time syncing with wearable devices via Apple Health API and implement a notification system to keep users on track

Q&A

Thank You!