

This work presents a Windows application developed to increase user focus and efficiency through effective time and schedule management strategies. The software integrates established methods such as Eat That Frog!, the Eisenhower Matrix, the 80-20 Rule, and the modified Eat That Frog! along with the Pomodoro Technique to help users create and stick to optimized schedules. After successfully mastering the activity in the schedule, the user has the opportunity to share his result with other users, which also increases motivation. The study underscores the app's role in promoting improved work habits and concentration. The development process, from design to implementation, prioritizes practical functions in the creation of a schedule.