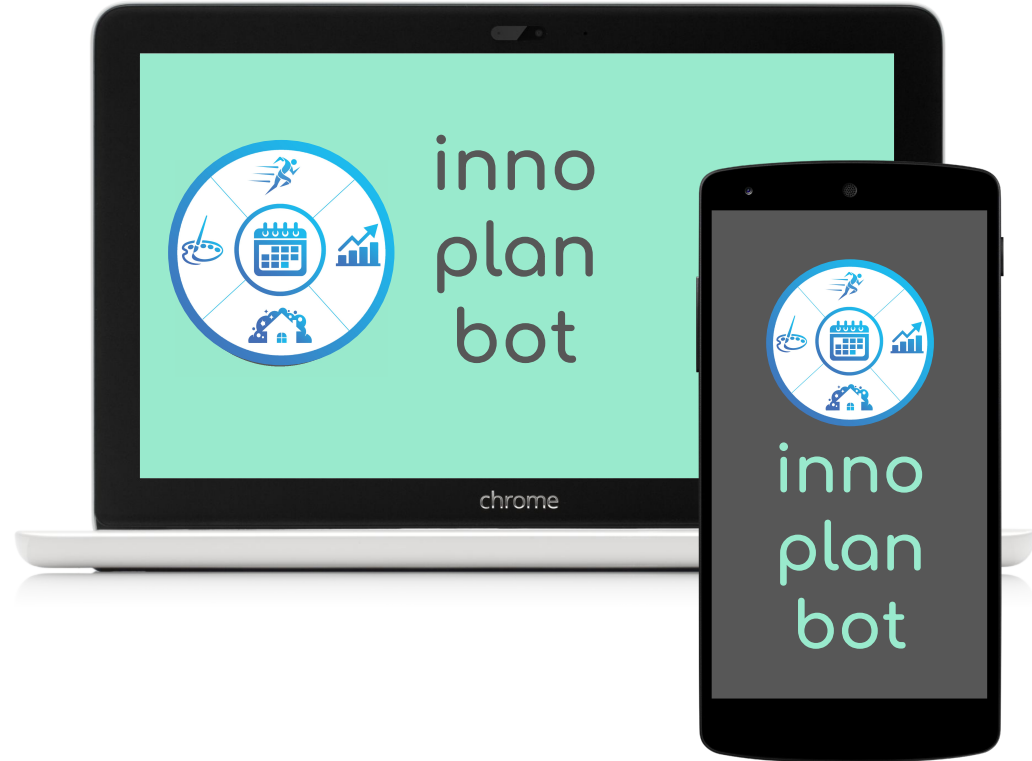


# Healthy Based Productivity



# Our team



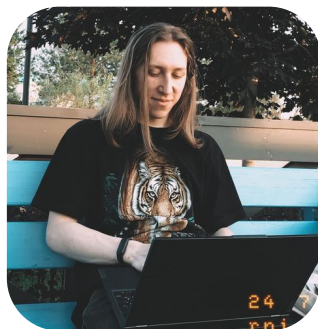
Danila Shulepin  
NLP & ANN models



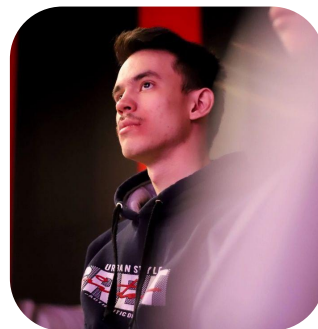
Sofi Zaitseva  
Parts communication,  
scheduling



Yaroslav Sokolov  
Data generation &  
preprocessing



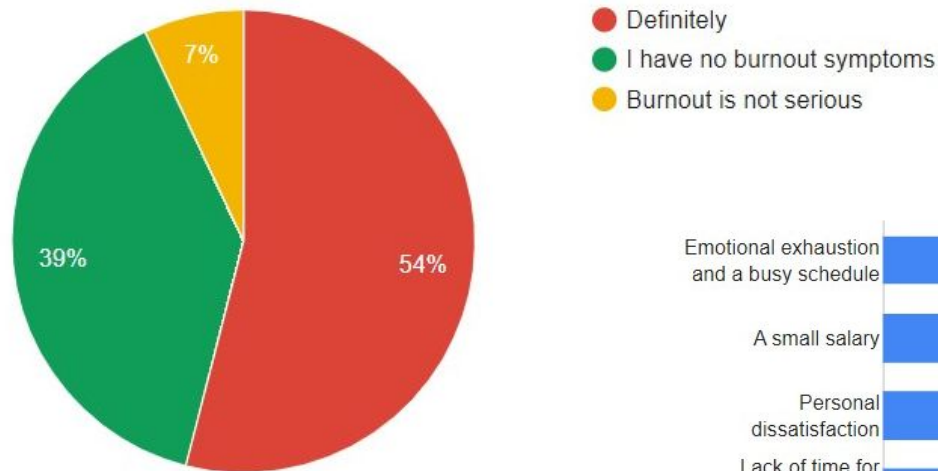
Leon Parepko  
LSTM model



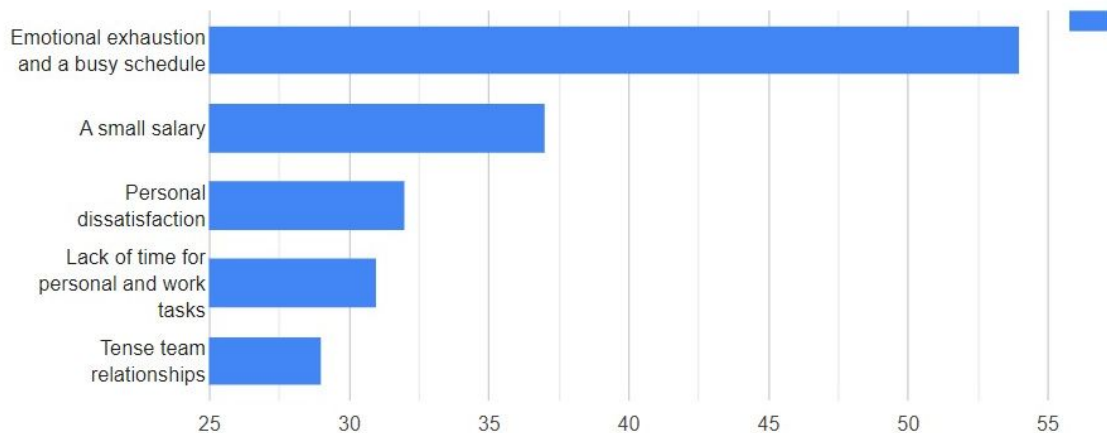
Ilnur Khadiev  
Telegram bot & database

# Burnout in Russia\*

Do you feel burned out?



Why you are burned out?



\* Research of hh.ru and AIBY among 1,250 employees of Russian companies. Source: [tass.ru/obschestvo/14631483](https://tass.ru/obschestvo/14631483)

# Problem

- "Idealized" planning
  - ⇒ Negative impact on mental and physical health
  - ⇒ Frustration
  - ⇒ Loss of motivation
  - ⇒ Relationship deterioration



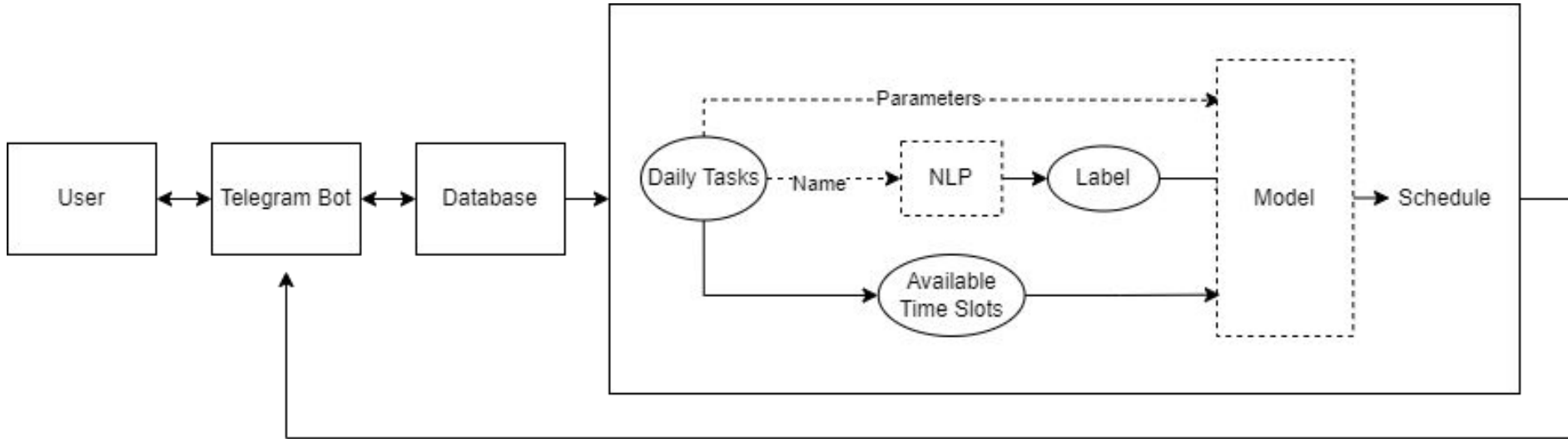
# InnoPlan\_bot



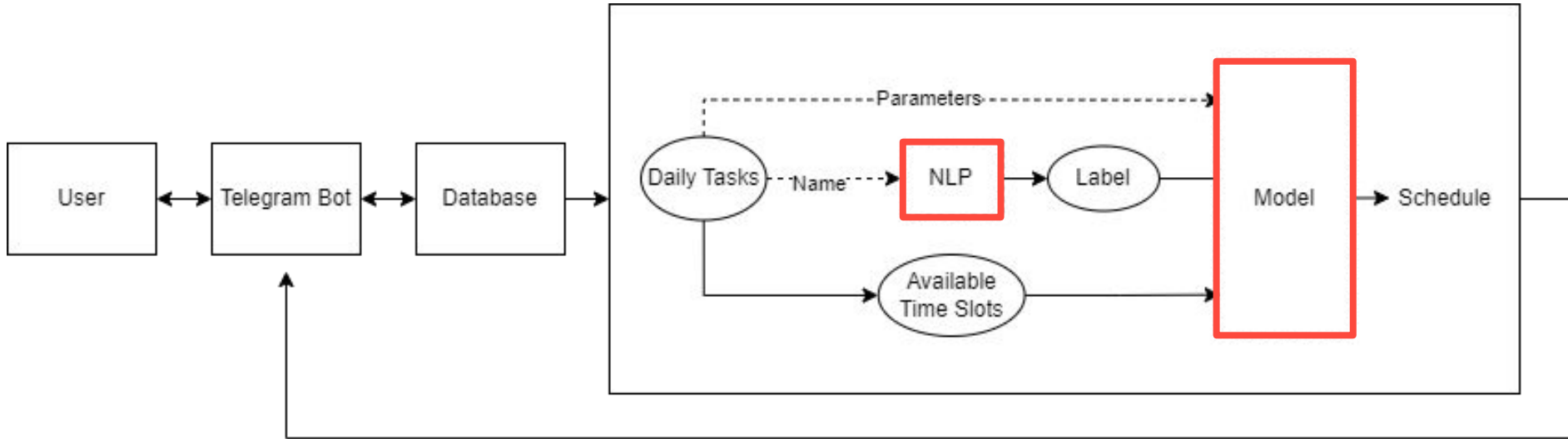
# Competitors



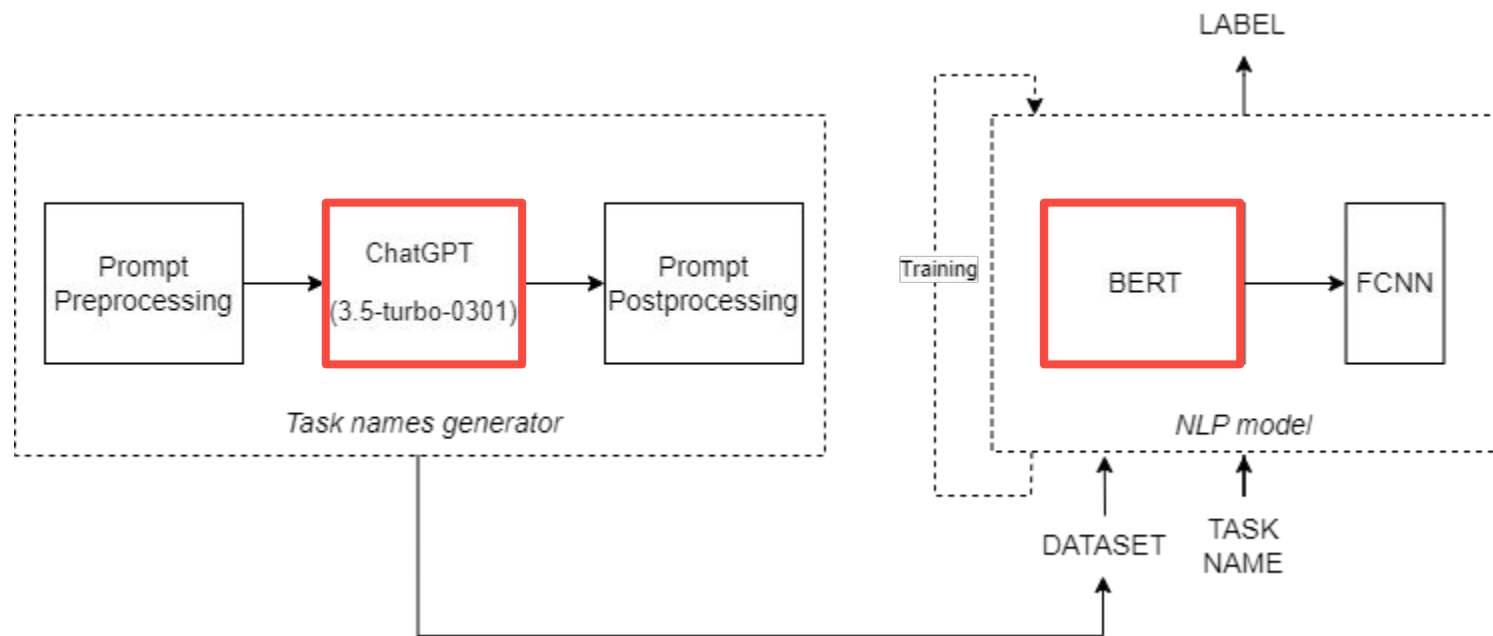
# Schedule generation workflow



# Machine Learning parts

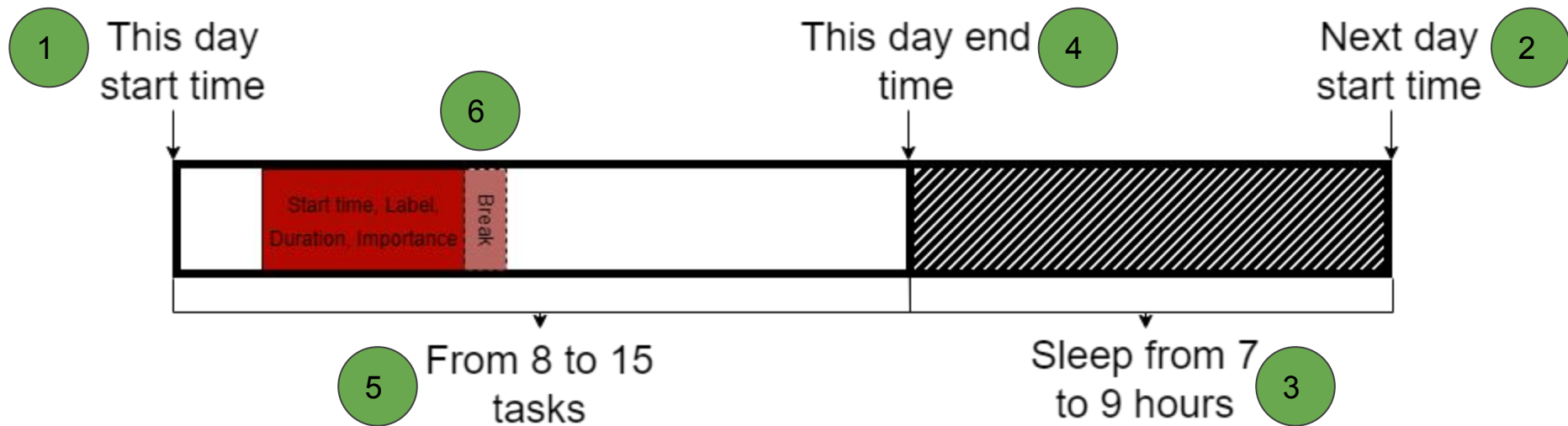


# NLP model





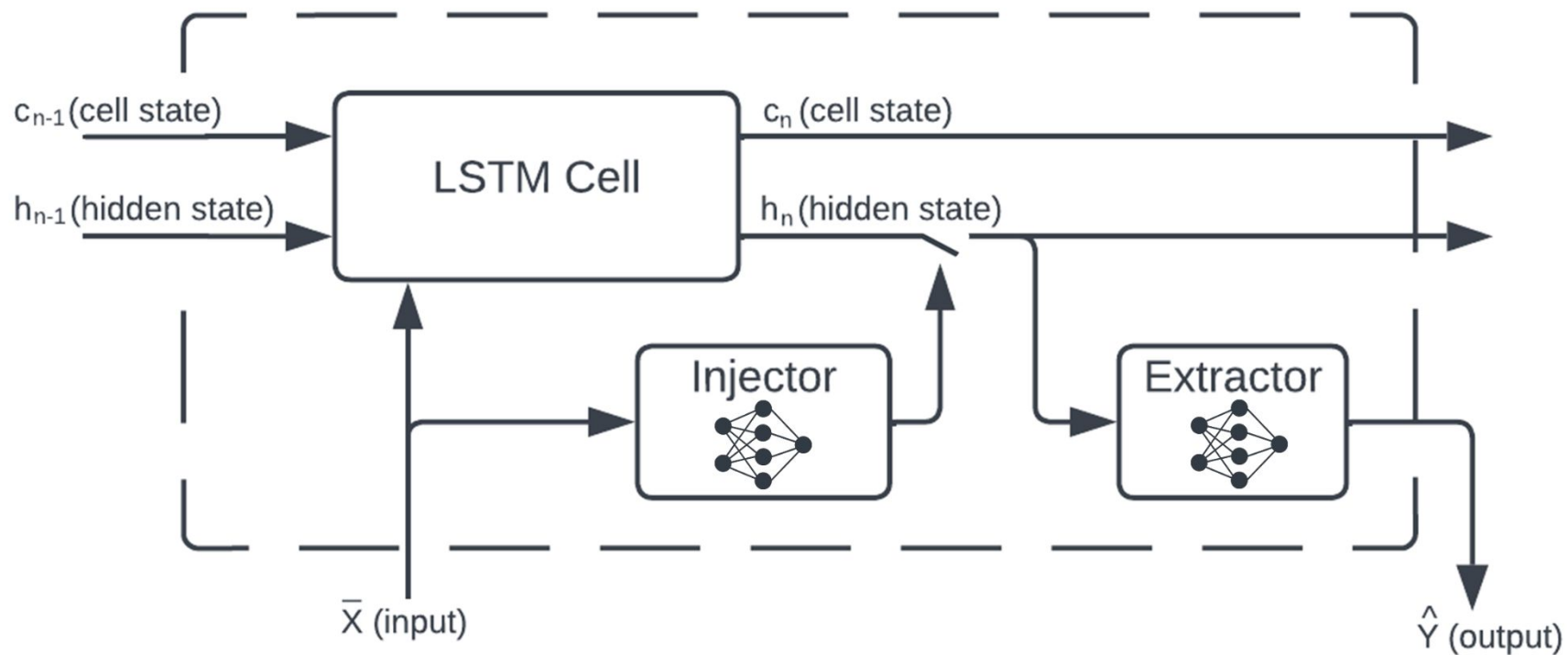
# Dataset generation



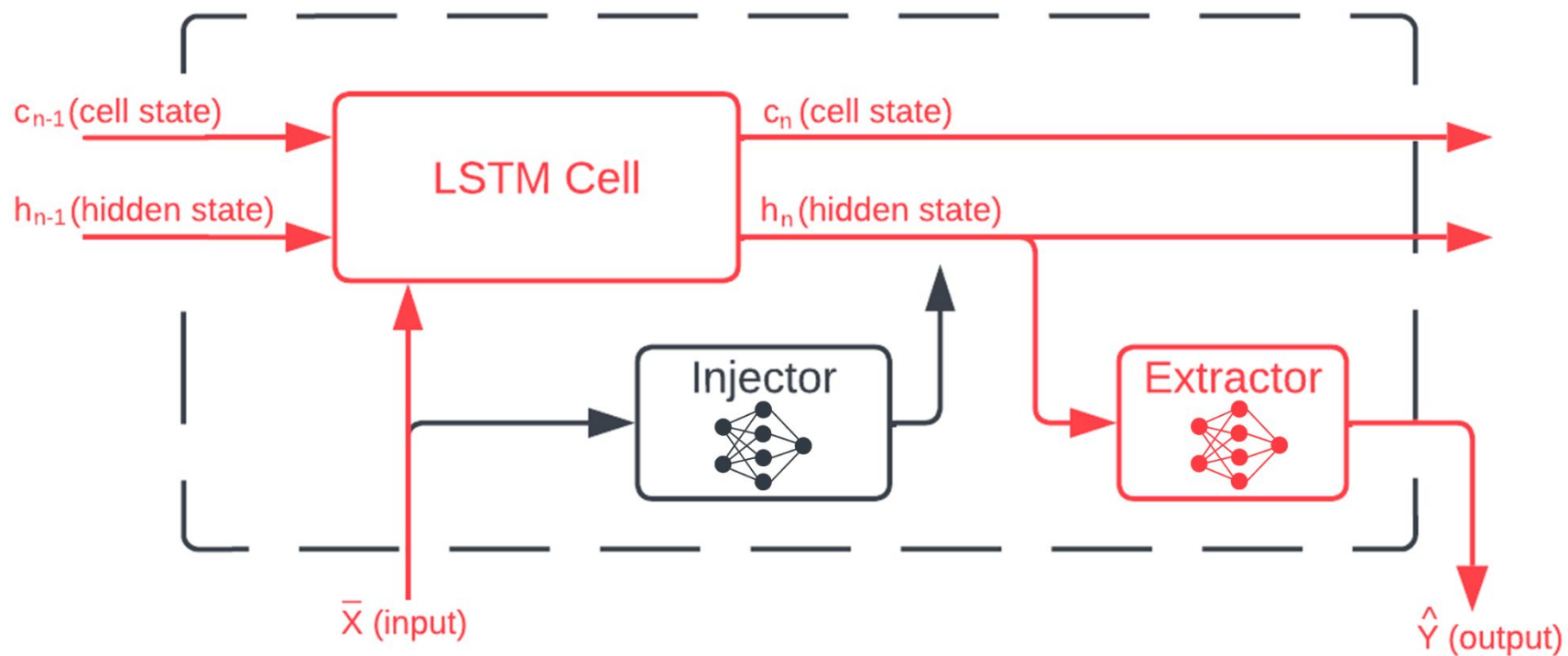
# Dataset preprocessing

- 1) **Normalization** → numerical data
- 2) **One-Hot Encoding** → nominal categorical data
- 3) **Cyclical scaling** → date and time

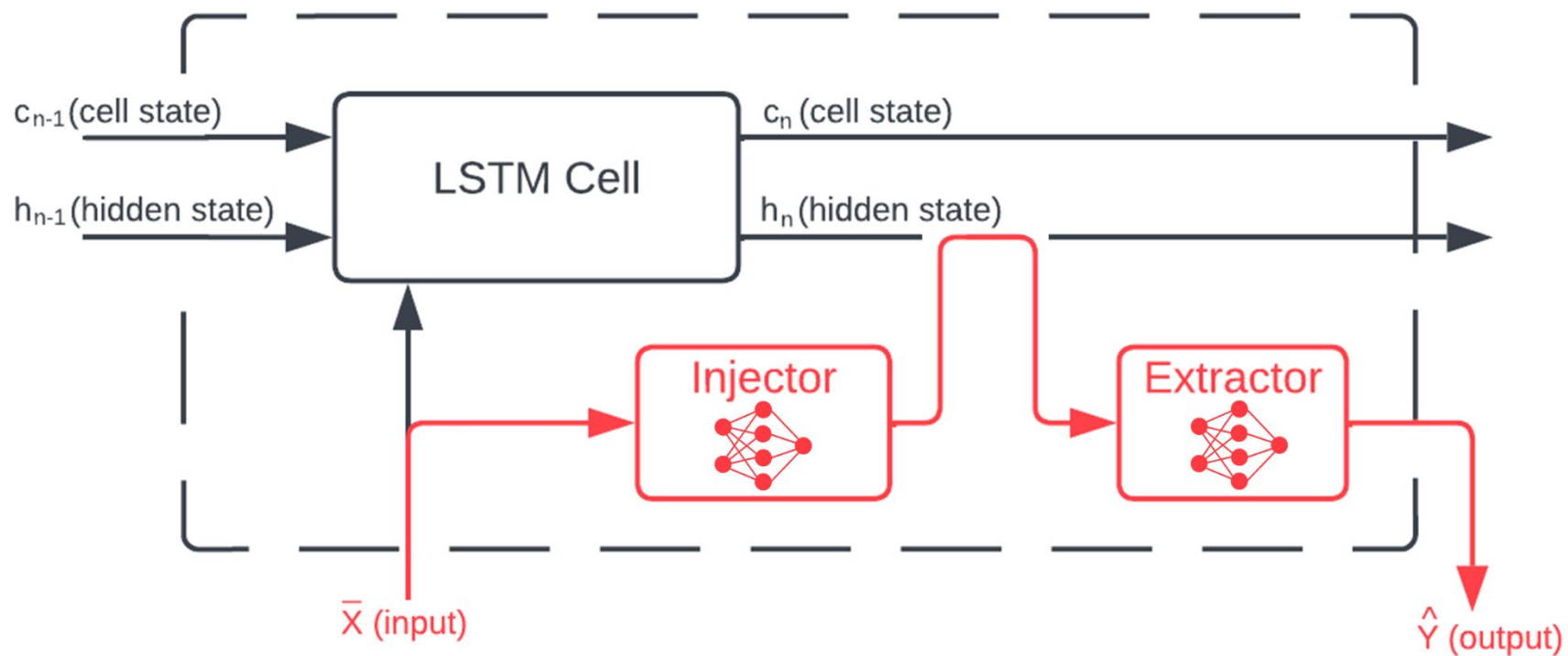
# Injecting LSTM Architecture (Scheduler)



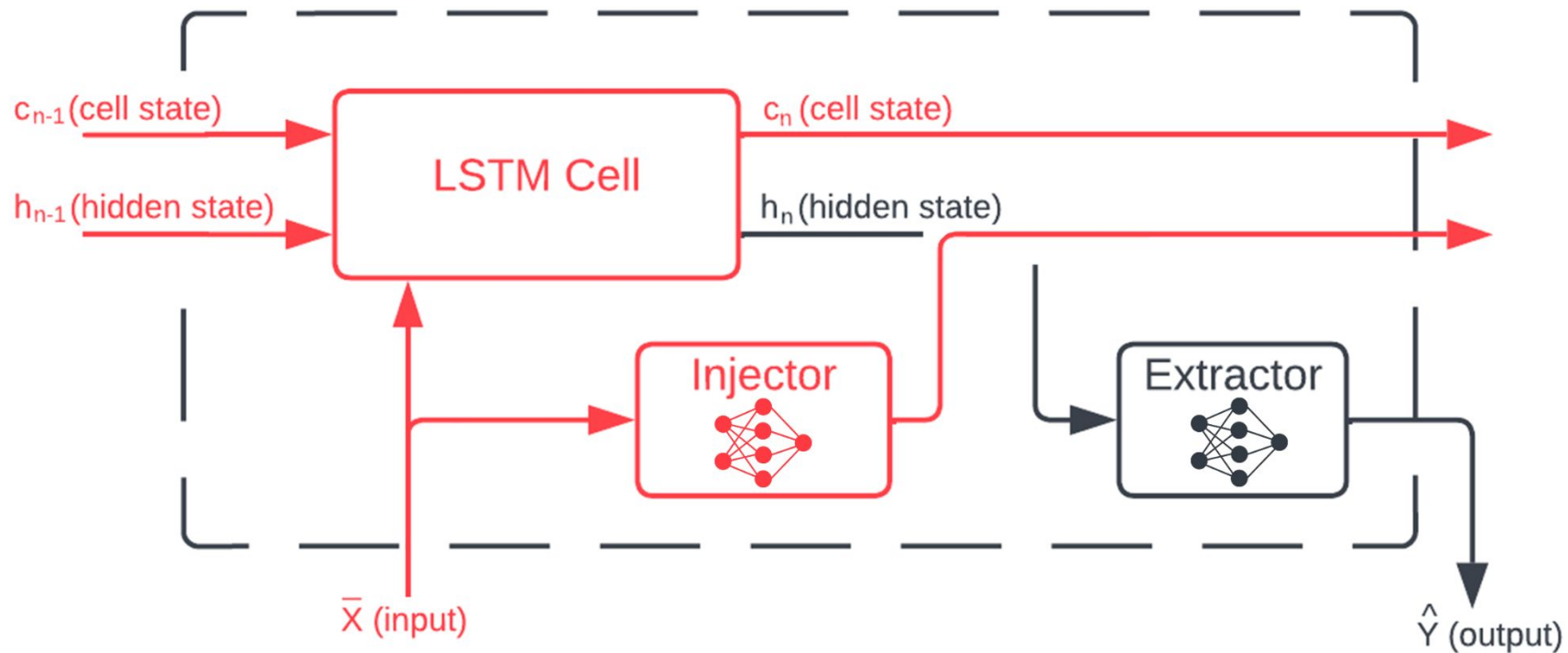
# Training: First Step



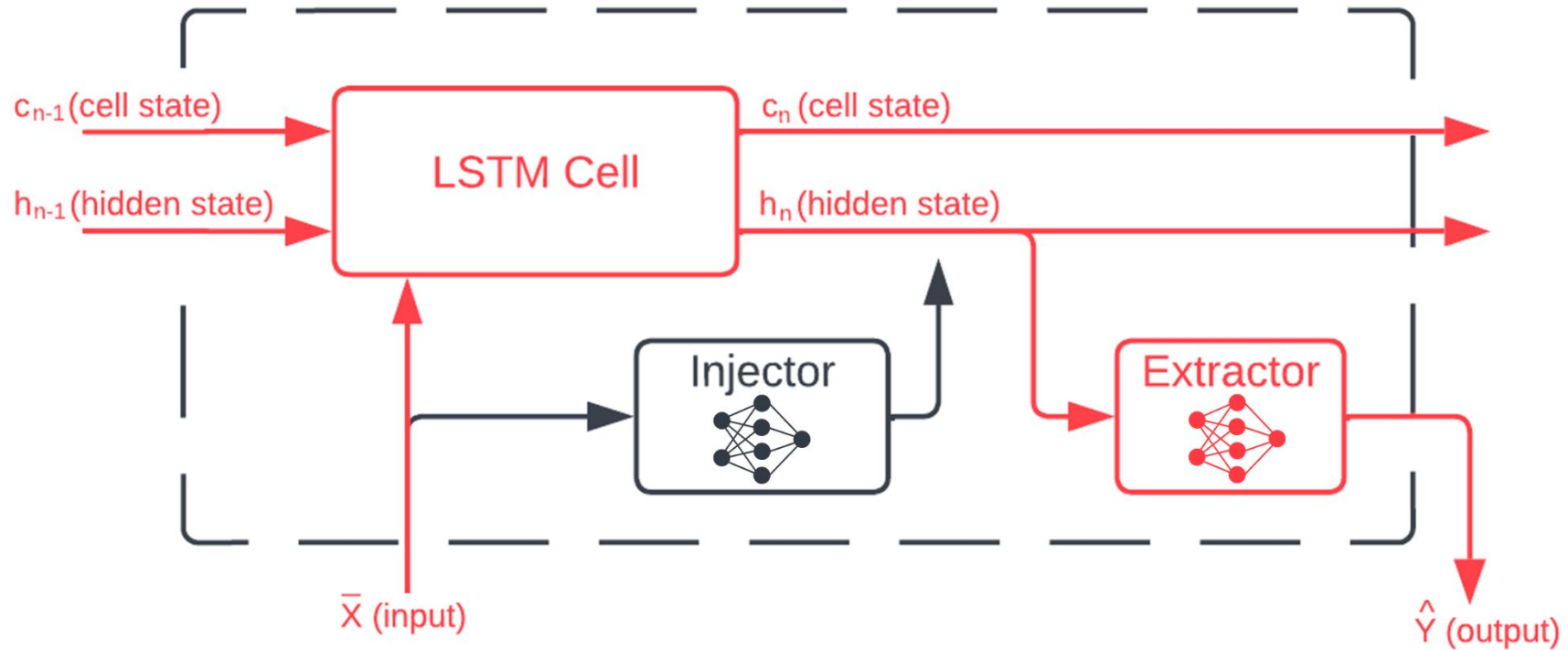
# Training: Second Step



# Event Scheduling



# Task Scheduling



# Telegram bot and database management

Advantages:

- Convenience
- Security
- Scalability

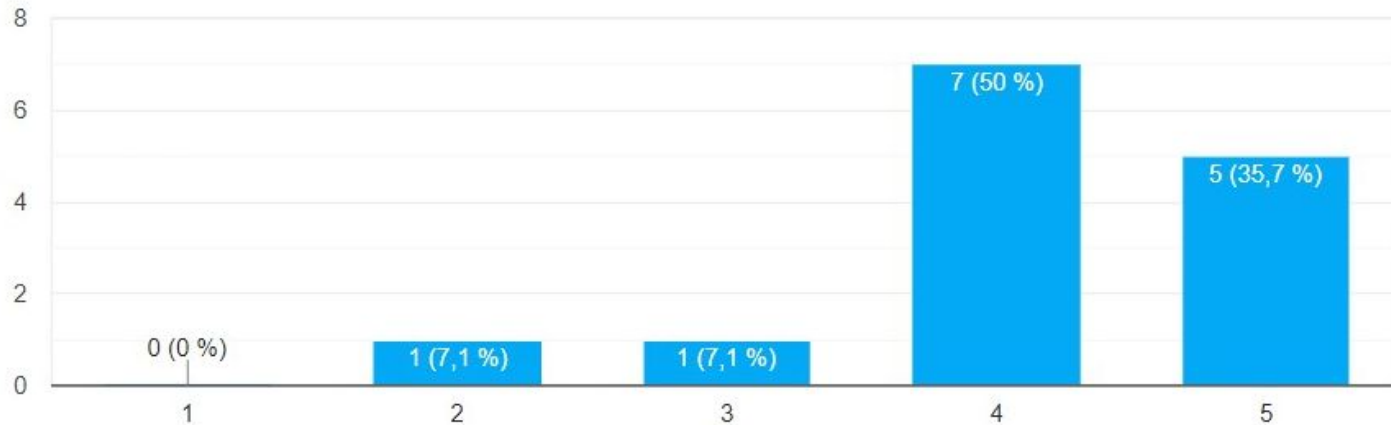


SQLA



# User experience

How would you rate your overall experience of using our system on a scale of 1 to 5 ?



# Demo

## Start of communication

Personal planning бот

14 июля

/start 12:08 ✓

Hello, I'm InnoPlan bot. 🙌  
I'll help you to generate optimal daily schedule. 📅  
I will collect a list of the tasks which you will have during the day, analyze these tasks and your task history and suggest a schedule for the day which will fit your habits. 📅

My main job is to determine the order of tasks, start time, and duration. All of this will be regulated using breaks between tasks. 🕒

How should I call you? 12:08

Danila 12:08 ✓

Меню

Add Task Plan

Add Event List

Mark History Formats

## Start of communication

Personal planning бот

Nice to meet you! 😊

This is the format of a particular type of input data should look like:

- 🕒 Time - '13:00' or '1:00AM' or '1:00PM'
- 📅 Date - 1/1/1970 (month/day/year)
- ⚠️ Importance - number from 0 to 3
- 📄 Task name - word or phrase in English. Note that currently the task is classified by its name into four categories:
  - 💪 Physical activity
  - 📖 Work and study
  - 🎮 Passive hobby
  - 🏠 Daily routine

❌ In case of absence of any task data write 'no'

If you forget the format of any input data you can always recall it with the command /format. 12:08

Please write the time at which you usually start to do tasks 12:08

7:00 12:08 ✓

And at which time do you end your day? 12:08

Меню

## Add task

Personal planning бот

23:00 12:08 ✓

Now we can start planning! Let me explain how to work with me 🙌  
Here are 2 concepts: events and tasks: Events are ones that have a precise start time and duration, I will never change these parameters. Tasks are items you want to complete during the day. Here you can specify the importance, the assumed start time and duration. Based on your history, I will modify the event parameters using time to finish the task 🕒

12:08

Add Task 12:09 ✓

I'm happy that you want to add a task 😊 What is the name of the task? 12:09

Sport 12:09 ✓

🕒 Now, what time do you want to start? 12:09

15:30 12:09 ✓

🕒 How long are you going to do it (in minutes)? 12:09

Меню

# Demo

## Add event

Personal planning бот

90 12:09 ✓

📅 What date do you want to schedule it? 12:09

today 12:09 ✓

📌 Last question. How important is it (from 0 till 3)? 12:09

2 12:09 ✓

Successfully saved! 12:09

📅 Add Event 12:09 ✓

New event? Cool! What is its name? 12:09

Presentation 12:09 ✓

🕒 What time will it start? 12:09

1600 12:09 ✓

Ups, can you, please, repeat the time in this format: '13:00' or '1:00AM'? 12:09

16:00 12:09 ✓

☰ Меню 🗣️ Сооб... 📎 📎 📎

## Formats

Personal planning бот

🕒 And how long is it? (in minutes) 12:09

30 12:09 ✓

📅 What date will it be? 12:09

today 12:09 ✓

🗣️ Is it a repeatable event? 12:09

no 12:09 ✓

Successfully saved! 12:09

✍️ Formats 12:09 ✓

This is the format of a particular type of input data should look like:

- 🕒 Time - '13:00' or '1:00AM' or '1:00PM'
- 📅 Date - 1/1/1970 (month/day/year)
- ⚠️ Importance - number from 0 to 3
- 📌 Task name - word or phrase in English. Note that currently the task is classified by its name into four categories:

- 🏃 Physical activity
- 📖 Work and study
- 🎮 Passive hobby

☰ Меню 🗣️ Сооб... 📎 📎 📎

## Mark history

Personal planning бот

14 июля 📅 Plan 12:10 ✓

I'll do my best to create an optimal schedule for you 12:10

Your schedule:

- 📌 Presentation 16:00 - 16:30
- 🏃 Sport 16:40 - 18:10 36 min to finalize the task
- 🎮 Music 19:55 - 20:40 16 min to finalize the task 12:10

✅ Mark History 12:10 ✓

Task:

- Task name: Sport
- Task duration: 90
- Task importance: 2
- Task start time: 15:30:00
- Task date: 2023-07-14 12:10

Did you complete the task? (yes/no) 12:10

yes 12:10 ✓

☰ Меню 🗣️ Сооб... 📎 📎 📎

# Healthy Based Productivity

