










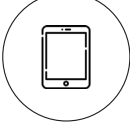



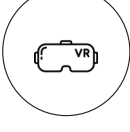

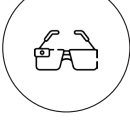


The Pixel Tracker

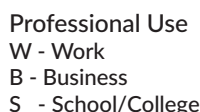
Track Your Time

by Colourful Pixel

Decide the colours for the number of hours spent on digital screen devices, the internet, television, gaming, etc. on daily basis. Use colourful markers or pencils.

Optional: Highlight in the same pixel, the first letter of the devices used mainly. Draw a small circle for personal and a triangle for professional use. Additionally, add the letter S for education (school, college), W for work or B for business. Modify the legend as you like.

	0-1 hour		TV for television
	1-2 hours		M for mobile
	2-4 hours		L for laptop
	4-8 hours		D for desktop computer
	8-10 hours		T for tablet
	10-12 hours		E for e-reader
	12-14 hours		VR for virtual reality headset
	14+ hours		AR for augmented reality glasses
	Professional Use W - Work B - Business S - School/College		Personal Use



Version 2 small iteration PRACTICAL SAMPLE

1 2 3 4 5 6 7 8 9 10 11 12

days

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

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21

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27

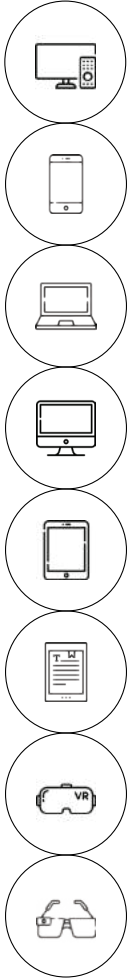
28

29

30

31

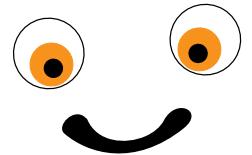
SUM



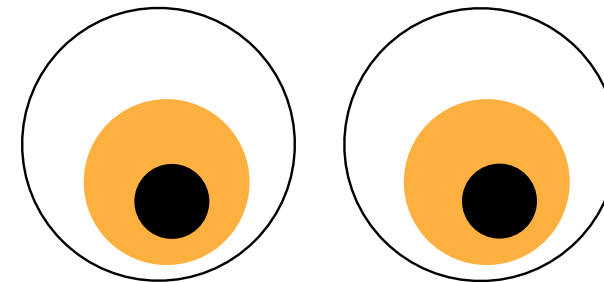
small CHANGES *big* RESULTS

I, EYE

The Eyes' Diary

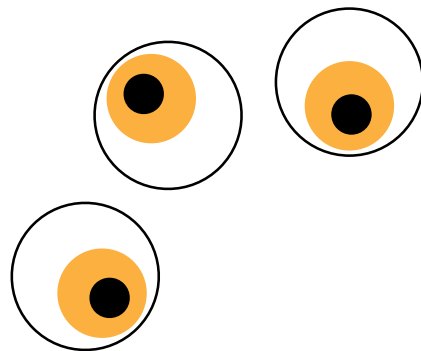


Time is precious. Track how much time you spend on digital screen devices to bring change to your life with a smile!



Dedicated to your precious eyes

The Eyes' Diary

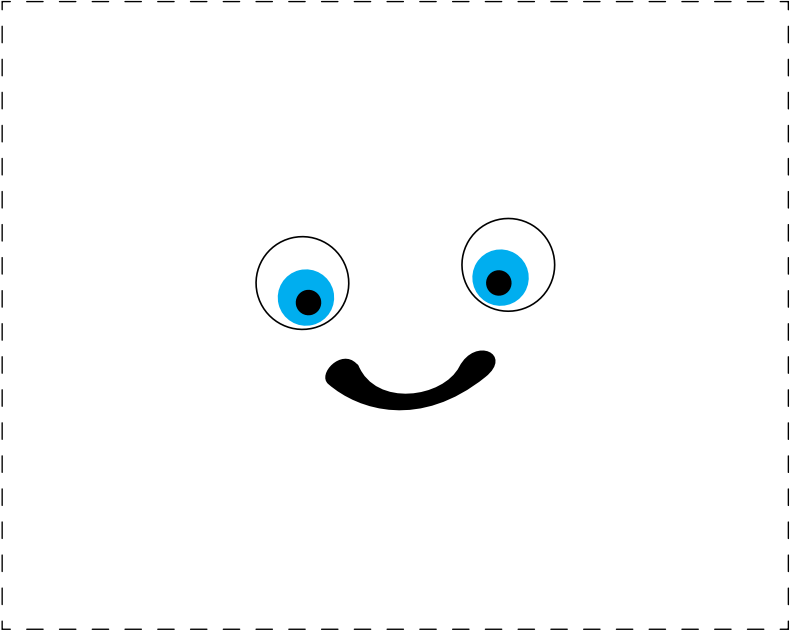


I, EYE

The Eyes' Diary

This Diary will help you with tracking the amount of time spent on digital screen devices to help your eyes rest anytime you need and want. Small Changes, Big Results! Enjoy and have fun with this personal journal. Your Eyes will be grateful for it!

Place here Your photo



Your details

Full Name
Age
Phone Number
Email
Address
Profession
Hobbies
Others

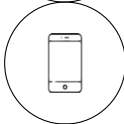
What my eyes...

do on each device?

How much time
on devices
until become crime
for my eyes?
Because they become literally a dime
This is not a grime
but I need to get a herbal thyme
to properly let them rest
and do scroll less
No more social media mess...
Let's play chess
On the real board.
Btw, you really look good in this dress!
Thank you, Ches.
You are welcome my Bess.
Wow! this is so tasty cress.
You eat a lot, leave a bit for Tess.
Hey, this is called fress!
Yes! Yes!
I feel alive.
I feel like I came out of the mine.
I have to get over this online stress.
I can do this change.
It is in my range.
Be my own lord.
Oh yeah, the bless!



TV



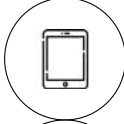
Mobile phone



Laptop



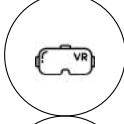
Desktop computer



Tablet



E-reader



VR headset

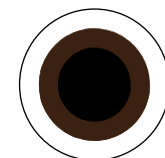


AR glasses

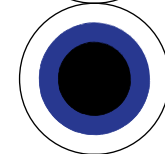
My Eyes are the colour of...

My relatives' eyes are the colour of...

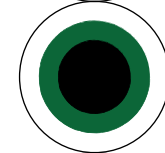
highlight, write or draw and have a fun



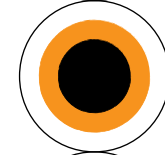
BROWN



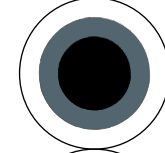
BLUE



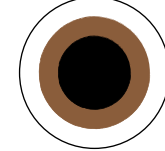
GREEN



AMBER



GREY

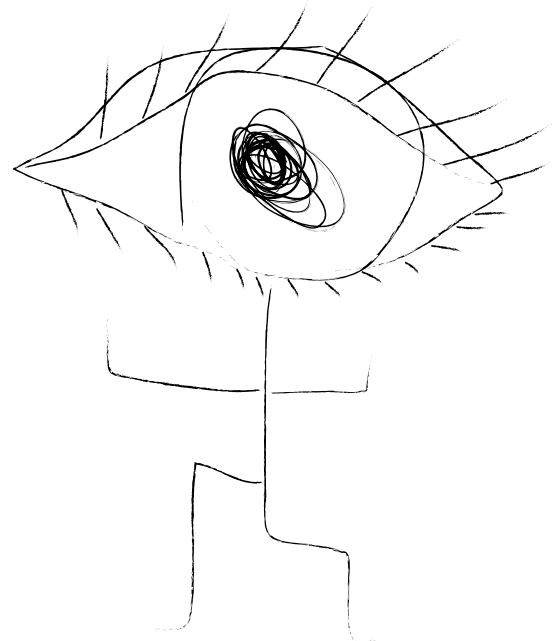


HAZEL

My eyes

My relatives' eyes

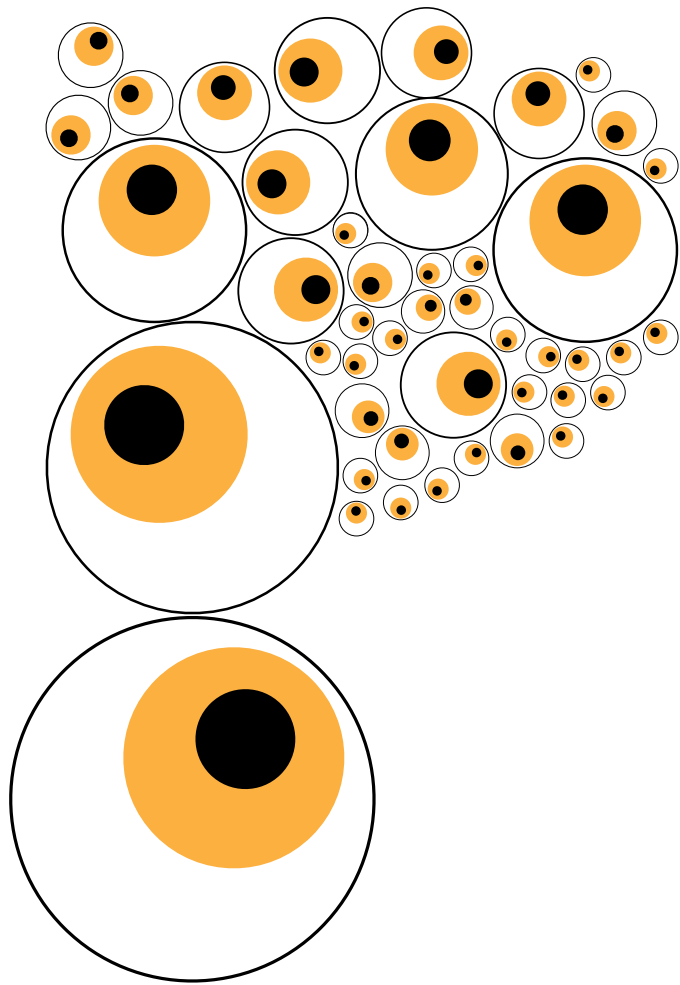
I, EYE



Doodle or Write a Poem

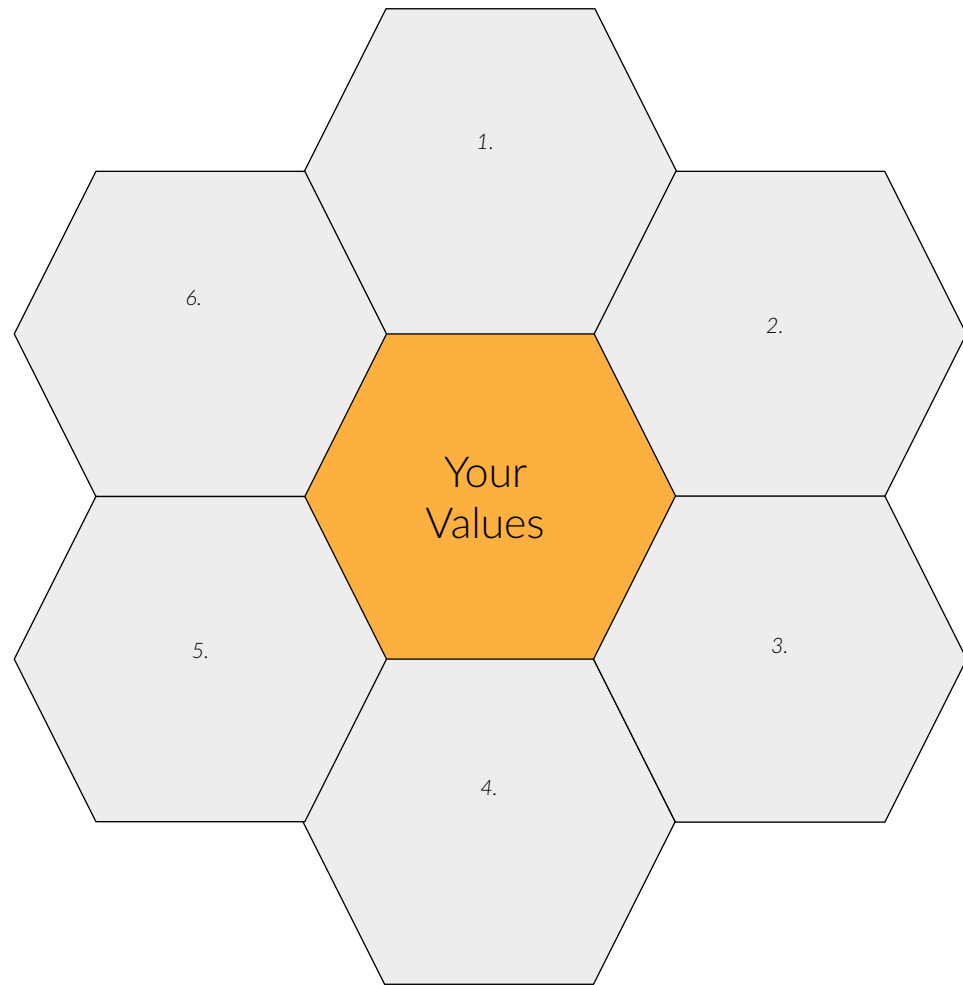
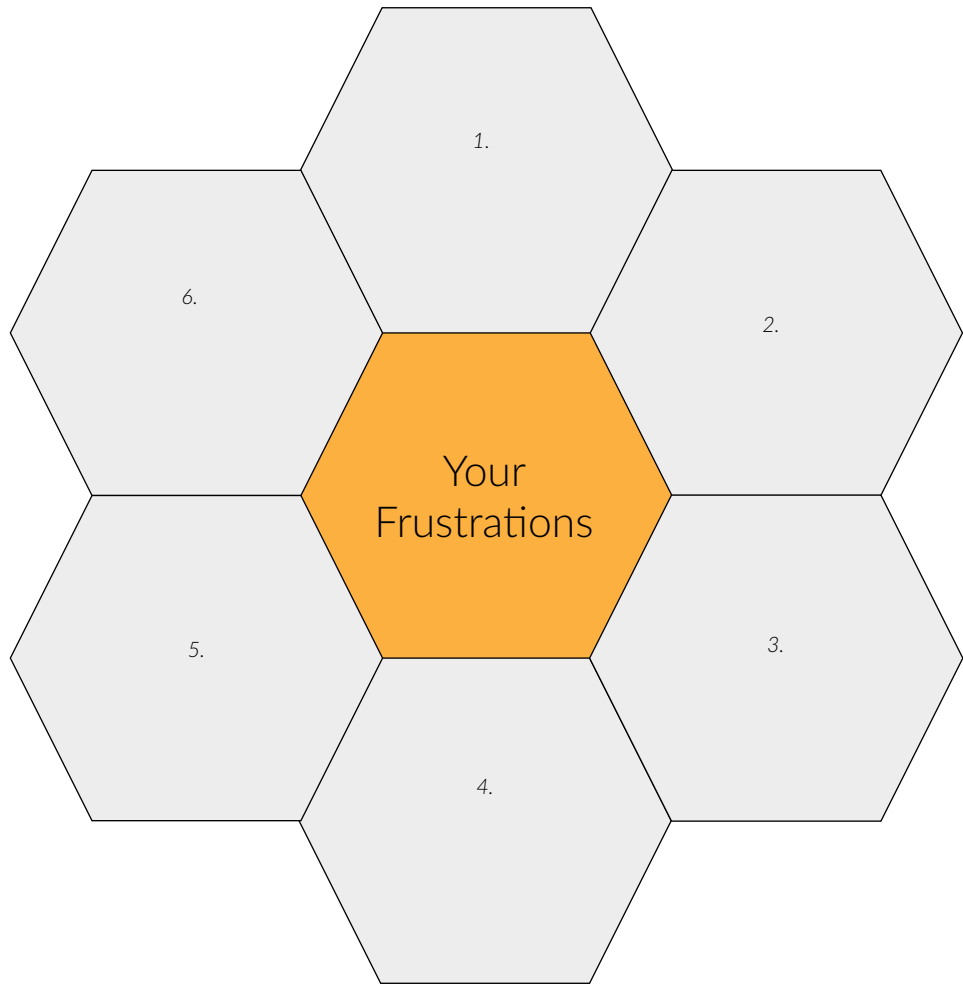
about Your Eyes

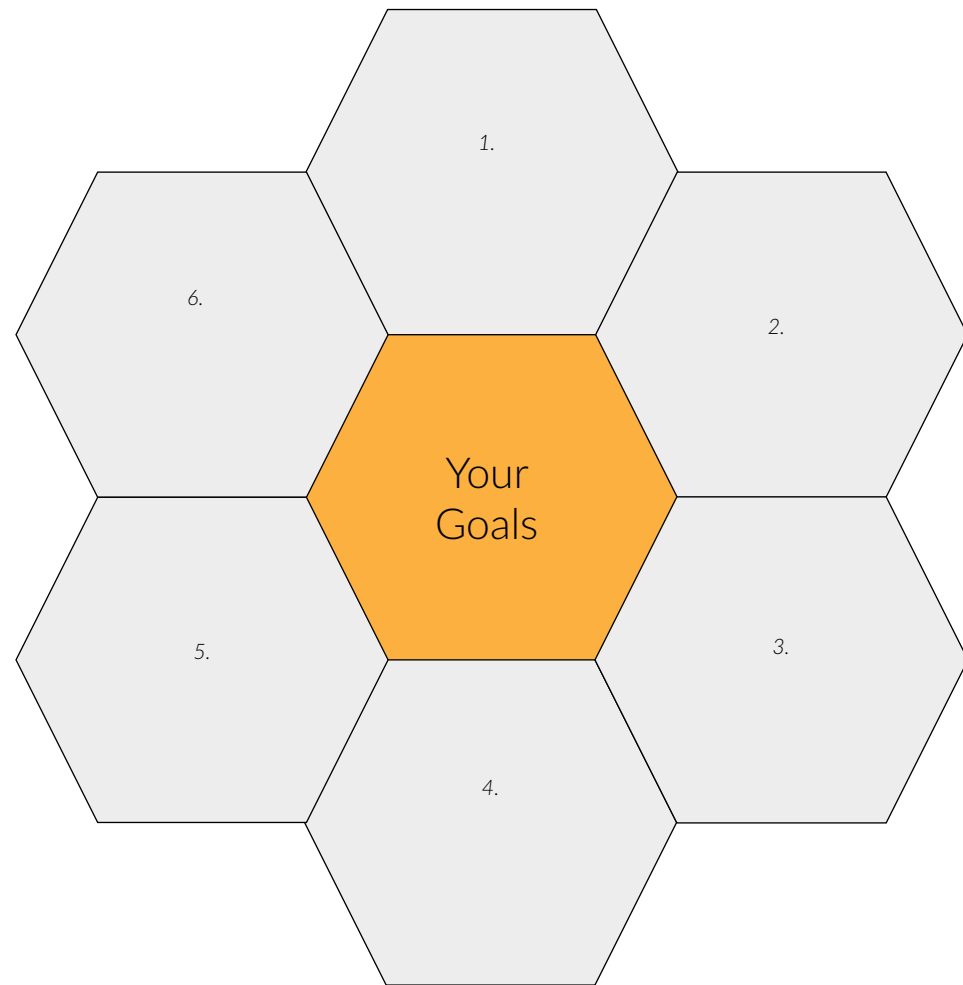
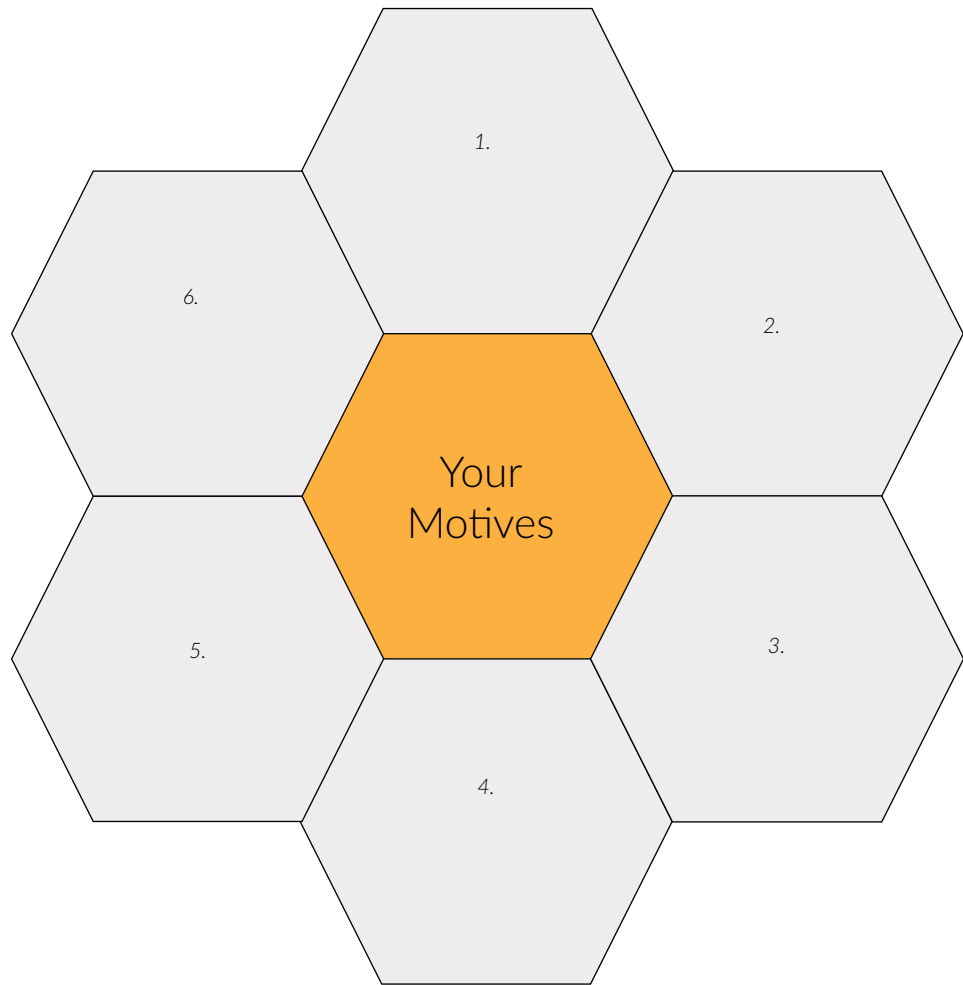
A large, empty rectangular box with a dashed border, intended for doodling or writing a poem.



This is my place

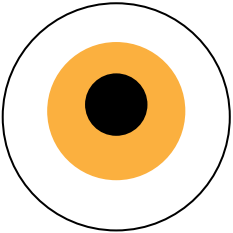
For my eyes' story





Day 1

Device Screen Digital Tracker



How many minutes/hours altogether?

Rate your achievement



Smart goals

Self-reflection

Next steps

Awake and Morning

Afternoon

Evening

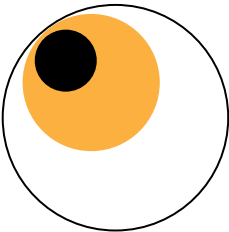
Night and Bed Time

Personal device usage

Professional device usage

Day 2

Device Screen Digital Tracker



How many minutes/hours altogether?

Rate your achievement



Smart goals

Self-reflection

Next steps

Awake and Morning

Afternoon

Evening

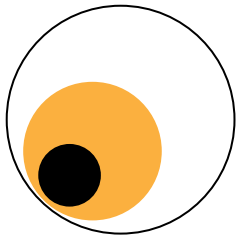
Night and Bed Time

Personal device usage

Professional device usage

Day 3

Device Screen Digital Tracker



How many minutes/hours altogether?

Rate your achievement



Smart goals

Self-reflection

Next steps

Awake and Morning

Afternoon

Evening

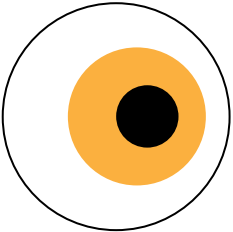
Night and Bed Time

Personal device usage

Professional device usage

Day 4

Device Screen Digital Tracker



How many minutes/hours altogether?

Rate your achievement



Smart goals

Self-reflection

Next steps

Awake and Morning

Afternoon

Evening

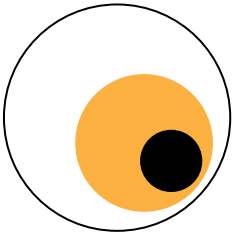
Night and Bed Time

Personal device usage

Professional device usage

Day 5

Device Screen Digital Tracker



How many minutes/hours altogether?

Rate your achievement



Smart goals

Self-reflection

Next steps

Awake and Morning

Afternoon

Evening

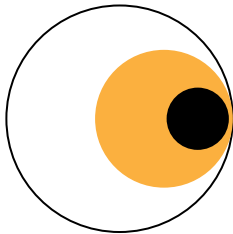
Night and Bed Time

Personal device usage

Professional device usage

Day 6

Device Screen Digital Tracker



How many minutes/hours altogether?

Rate your achievement



Smart goals

Self-reflection

Next steps

Awake and Morning

Personal device usage

Professional device usage

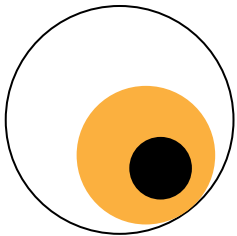
Afternoon

Evening

Night and Bed Time

Day 7

Device Screen Digital Tracker



How many minutes/hours altogether?

Rate your achievement



Smart goals

Self-reflection

Next steps

Awake and Morning

Afternoon

Evening

Night and Bed Time

Personal device usage

Professional device usage

*Time for your new ideas! How can you maintain what you achieve
and improve even better your lifestyle to achieve your future goals?*

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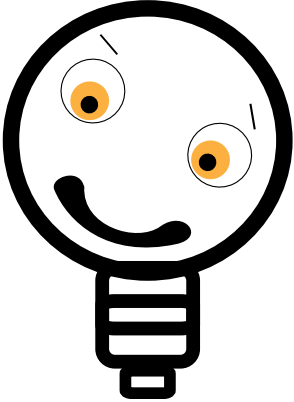
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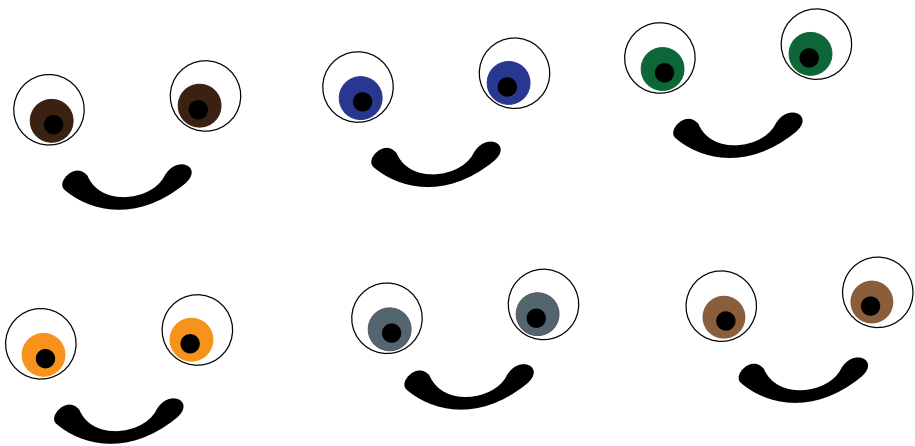
.....



Time for Weekly Reflection and Calculation

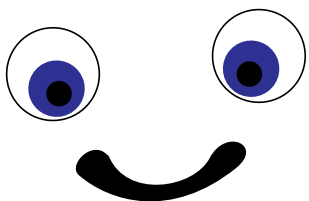
<i>Final Monthly Results</i>	<i>Your Thoughts</i>	<i>Next Steps</i>

Time for smile!

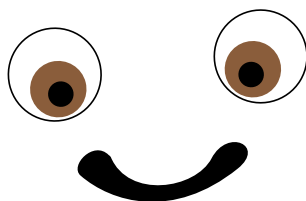
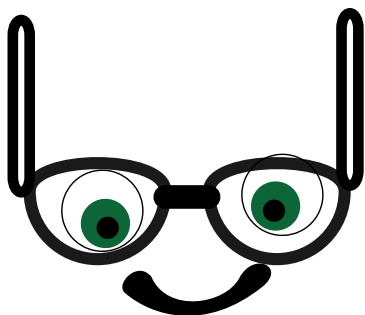
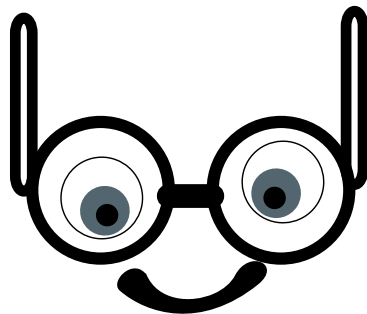


What are you grateful for?

This image shows a full page of white paper with horizontal dotted lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

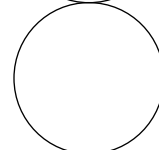


My eyesight is...
My relatives' eyesight is...

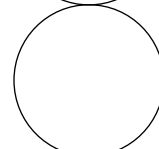


*example
category*

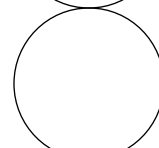
Corrective
Glasses



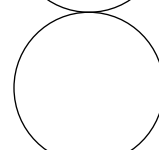
.....



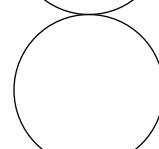
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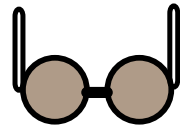
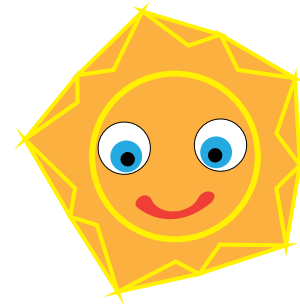
My eyesight

My relatives' eyesight

The reward for achieving goals

summer

Maybe it is time for good
and new sunglasses...?

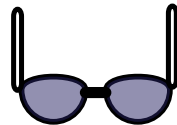


time



is

coming



pamper
yourself :-)

How would you like to reward yourself?

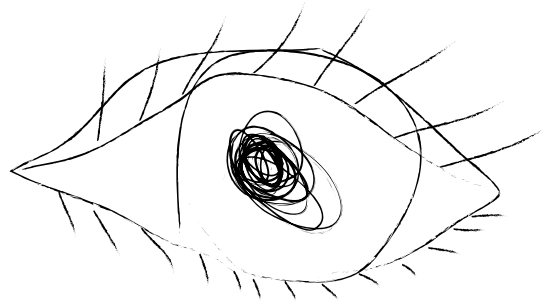
Idea No 1.

Idea No 2.

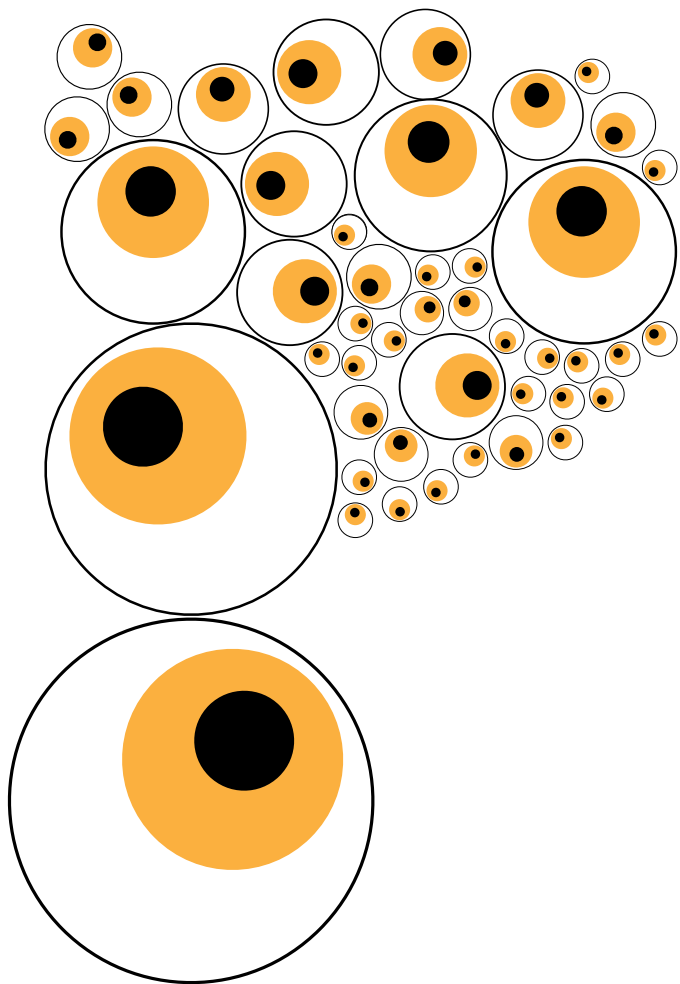
Idea No 3.

20% off [brand name] sunglasses with this coupon Hasnik2023.*
*T&C apply. Check with the local retail shops or shop online at www.brandname.com

I, Eye - Notes



A series of horizontal dotted lines for writing notes, spanning the right side of the page.



More products at
www.hasnik.com

Contact us at
katarzyna@hasnik.com

Do you remember time without internet? Without smartphones? Well, if yes, you know what is about, if not, you might embrace new awareness, attitude and acceptance to vision augmentation technology. Only if you really want and need. All is up to you!