



Seshat

MARK THE TIME. KEEP THE MEANING.

ILLUSTRATIVE PHARMACY STUDENT

Nour's study stopped disappearing.

A synthetic 91-day record showing how consistent context can reveal more than a countdown alone.

92

SESSIONS

79h 45m

FOCUSED TIME

58

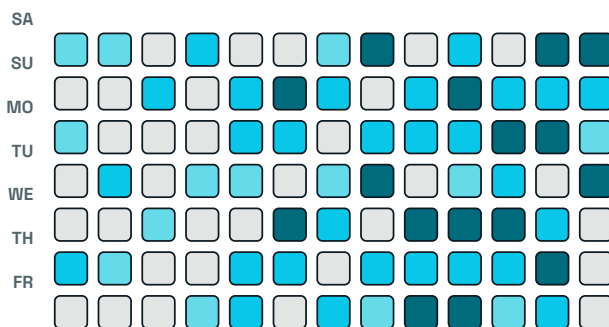
ACTIVE DAYS

10 days

BEST STREAK

THE 91-DAY RECORD

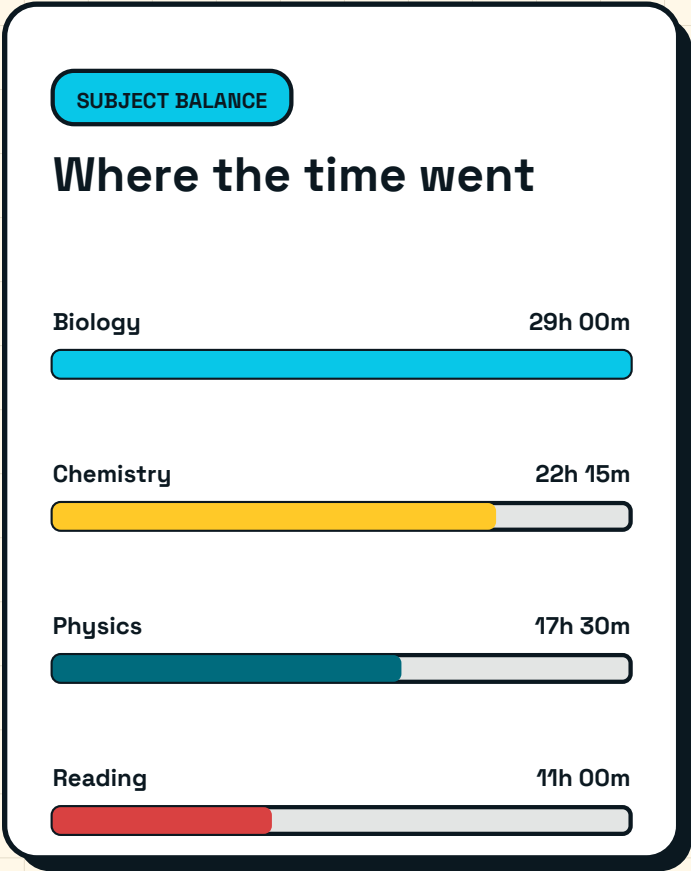
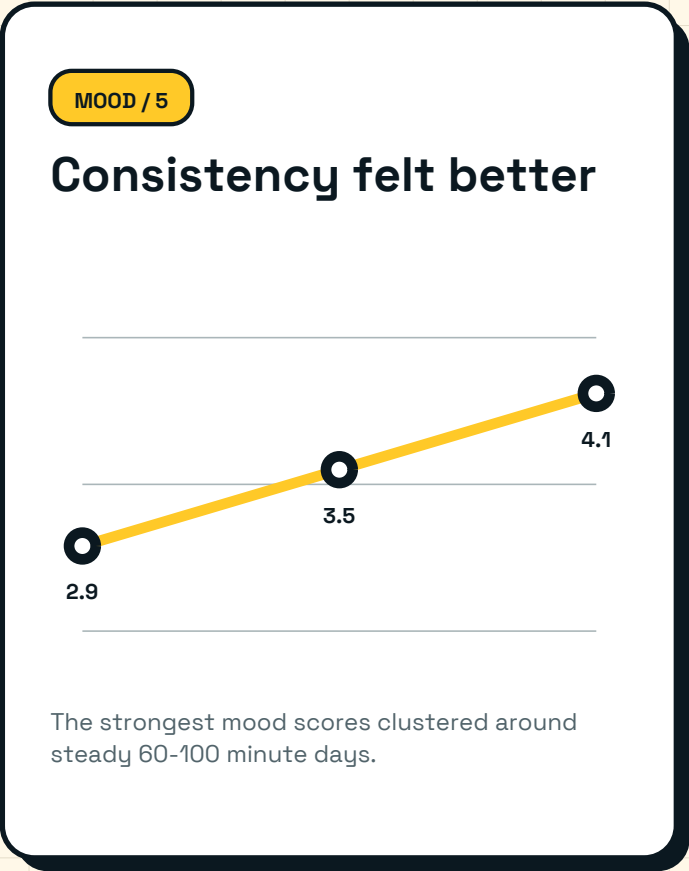
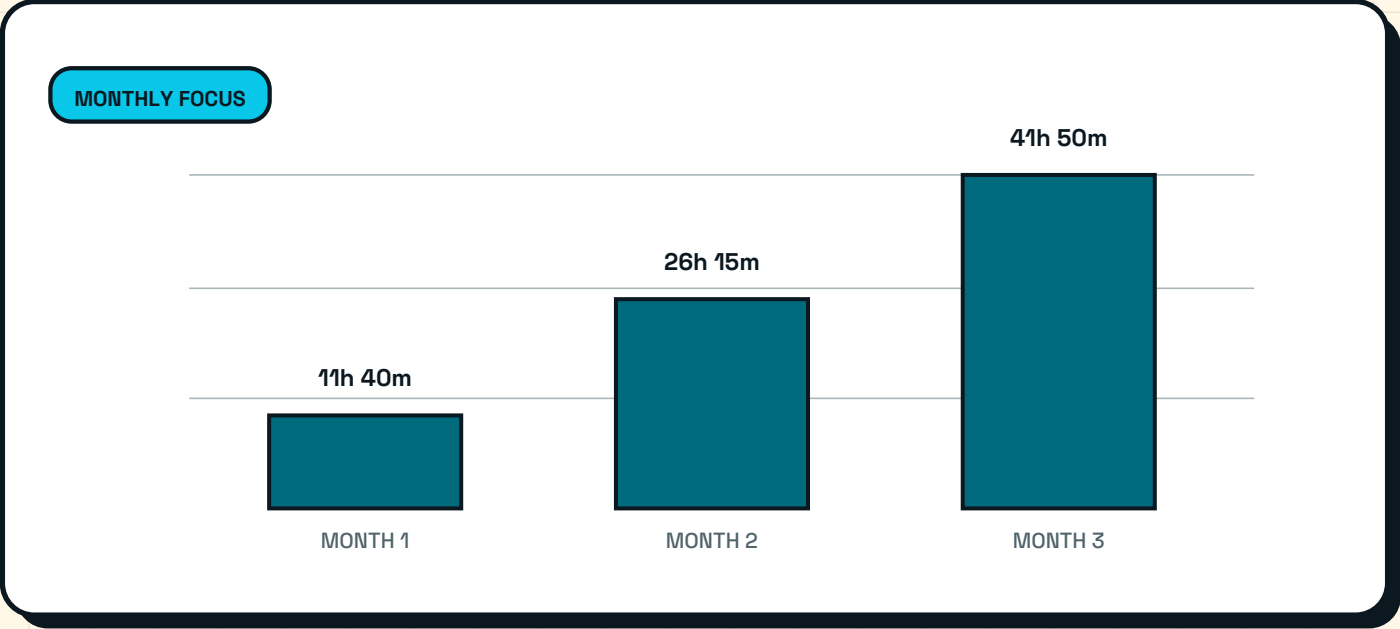
Saturday to Friday



Quiet days remain visible. Stronger cyan means more focused minutes.

The rhythm behind 79h 45m

Three views of the same record: time, mood, and subject balance.



What Seshat noticed

Rules turn the record into a useful reflection without pretending to predict the student.

WIN

Consistency became visible

Active days rose from 12 to 26 without hiding the rest days in between.

01

PATTERN

Longer was not always better

Nour's strongest mood scores appeared around steady 60-100 minute days.

02

NEXT MOVE

Protect Thursday's rhythm

Keep the late-week biology block before adding more hours.

03

MONTH BY MONTH

PERIOD	SESSIONS	FOCUS	ACTIVE DAYS	AVG MOOD
Month 1	18	11h 40m	12	2.9
Month 2	31	26h 15m	20	3.5
Month 3	43	41h 50m	26	4.1

ONE SESSION, REMEMBERED

Biology / Cell division

45 focused minutes | Mood 4/5 | One interruption

Intention: finish the mitosis diagrams. Note: revisit spindle fibers before Thursday.



HOW TO READ THIS REPORT

Evidence, not judgment.

This sample uses synthetic data for Nour, an illustrative pharmacy student. It is not a testimonial and makes no promise about academic outcomes.

01

Quiet days stay visible

A blank heatmap cell is part of the record, not a failure to erase.

02

Mood stays contextual

Seshat reports mood alongside duration rather than claiming that one caused the other.

03

Insights stay explainable

Each reflection comes from visible rules and can be checked against the chart.

04

The archive stays local

The app keeps core study data on-device and exports only when the student chooses.

Your study deserves a memory.

Seshat is designed and developed by Riyadh Elsayed Sibai.

[SESHAT.RIYADSIBAI.COM](https://seshat.riyadsibai.com)