STEPAWAY / ONE-PAGE BRIEF

Move to earn your next session.

Choose your work time and step goal. Example below: 30 minutes of work and 500 steps.



1. Sit & work

Work for your chosen time. This example uses 30 minutes.



2. Get a reminder

A warning, then StepAway opens over your dimmed work screen.

WALKING EARNS SCREEN TIME



3. Stand & walk

Open StepAway on your Watch or iPhone. Walk your chosen goal.



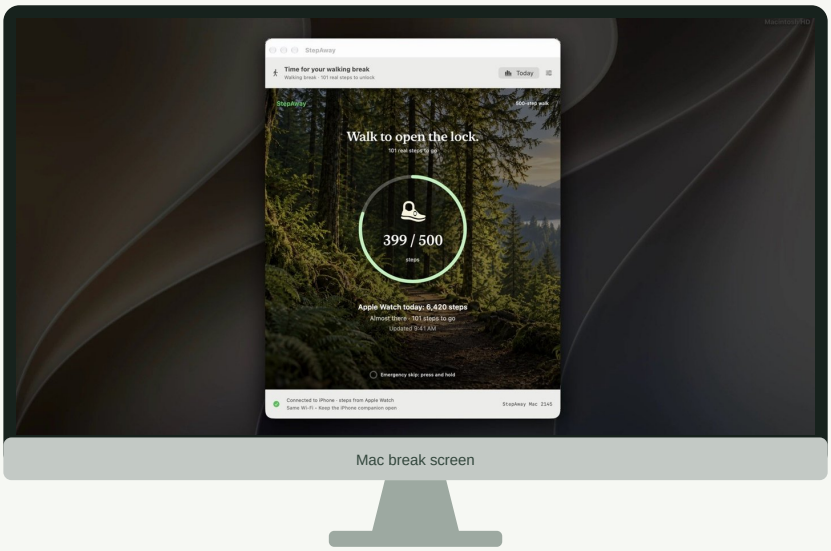
4. Come back

Goal done: StepAway minimizes. Return to work; the timer restarts.

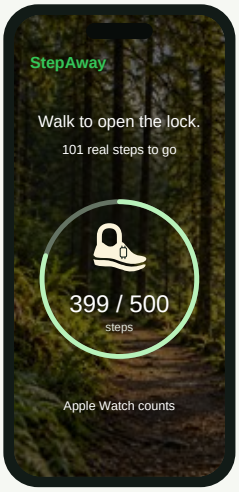
WHY I BUILT IT

I'm an engineer diagnosed with high blood pressure, and my work keeps me at a screen for hours. My Apple Watch told me to stand, then said *"You did it"* a few seconds later. That wasn't a break. At home I limit my child's iPad time, yet I had no limit for myself. StepAway is that rule for grown-ups: **earn your screen time by walking.**

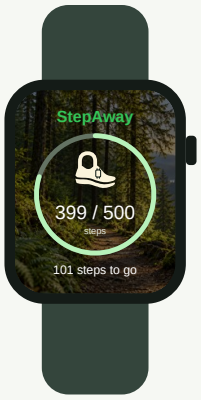
SAME EXPERIENCE / MAC + IPHONE + APPLE WATCH



MAC



IPHONE



WATCH

What it does: Launch Mac defaults (build 99): 45-minute work periods, 5-minute warning and 1,000 steps; all adjustable. Shown example: 30 minutes / 500 steps. Phone-only: keep the iPhone app open and connected. Watch walks save to Fitness and Apple Health.

Safety: Your work stays where you left it. Force Quit, shut down and restart always work, and a press-and-hold Emergency skip is there for real emergencies. Health data is never shared.

Availability: Available now. Mac (macOS 14+), iPhone (iOS 17+); Watch (watchOS 10+) optional. This is a break cover, not the macOS login lock. App Store and press assets: airflystudios.com/press/

AirFly Studios / Updated November 13, 2026