



# Avalanche

A journal that writes to you

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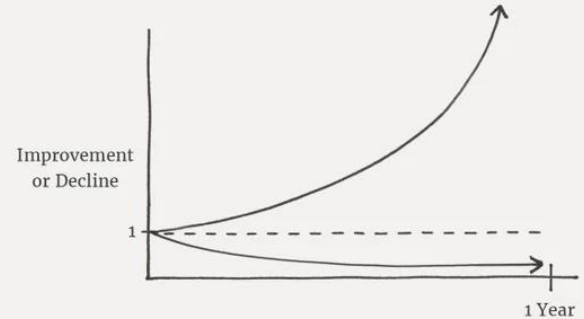
# WHAT IS AVALANCHE?

- AI-integrated journal that provides its users with **personalized advice**
- Learns about the **user's habits and goals** to gain an understanding of the user
- By giving **small-scale** advice consistently, we can realistically help the user reach their goal
- Improving 1% everyday leads to **37x improvement** over the span of a whole year

## The Power of Tiny Gains

$$1\% \text{ better every day } 1.01^{365} = 37.18$$

$$1\% \text{ worse every day } 0.99^{365} = 0.03$$



JamesClear.com

# IMPACT // SOCIAL GOOD

- We can use this app to help people achieve their goals systematically
- This new AI based journaling can help people better track their progress
- We hope to help people guide themselves to change their behaviour gradually to change themselves into who ever they want to be...
- We want to show people they can do anything given proper guidance



## DEMO // FEATURES

- **Login/signup system** for unique users
- Creates a **profile** of the user:
  - 2 journal entries per day (plan & reflection) using text-to-speech for ease of use
  - Onboarding page that asks for goals, hobbies, occupation
- Curates small-scale advice daily based on the user's profile using **Llama**
- **Chat history** preserved for future viewability

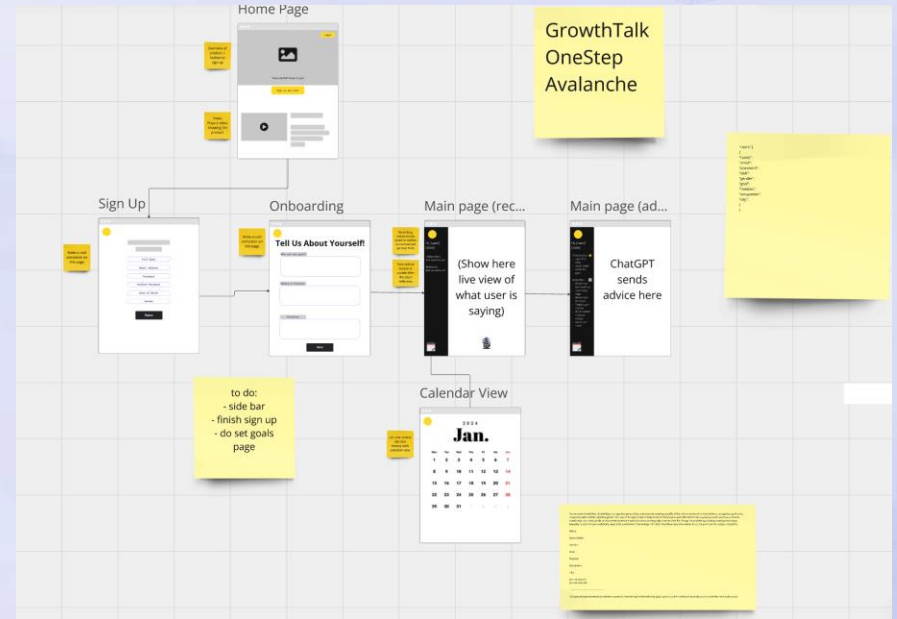
# LEARNING // ROADBLOCKS

New skills gained:

- Product planning
- Working with AI
- Learnt how to use Git

Roadblocks:

- Data parsing from AI
- Creating layout for the website



[https://miro.com/app/board/uXjVLZ40fNw=](https://miro.com/app/board/uXjVLZ40fNw=/)



# THANKS!

Any questions?