Save Yourself

# Executive Summary

In this world of hyper-optimization, everyone is constantly learning and unlearning habits. The obligations we have, whether familial, professional, etc., make it hard for those habits to stick. This proposal will bring forth an application that will facilitate the learning of good habits and the unlearning of bad one, using AI and highly personalized goals, to fit your time and abilities. Save Yourself will work with you every step of the way, giving you adjustments as you need them. You’re not just saving time, you’re saving yourself.

# Description

Upon sign up, Save Yourself will ask you to input the habits you look to build and the habits you want to get rid of. After, you will input your daily activities and weekly obligations, personality type, what motivates you, what is most likely to trip you up, etc. Save Yourself will then give you a plan of action for the next month. You will report how you feel, when ever you feel like it and Save Yourself will then make adjustments as you go to make it easier for you. The app is responsive and intuitive, with a list of features that will allow you to track your progress and adjust your goals very easily.

# Features

## Habits list

Very simple a Learn board and an unlearn board with a list of habits foreach. It will highlight:

* When you started and finished tracking that habit
* The days you successfully did or stopped (calendar)
* A button to add or remove a habit from the list

## Progress report

Dashboard of your progress with your choice of charts (Pie chart, Bar chart, Line chart, etc. ) and habits.

## Calendar

The calendar will have your daily objective for that day, along with your obligations at the appropriate time slots. It is nonbinding you adjust your day how you see fit and retroactively adjust the calendar for accurate data.

## Reminder

You will receive notifications, for your habits as you see fit.

## Syncing to calendars

You will be able to sync the calendar to you google calendar or whatever calendar you use.

## Group habits by

You will be able to group habits into categories other than learn and unlearn. This will help you prioritize or better visualize data.

## Habit stacking

You can add habits to ones you are successful with. To help you improve faster

## Prompted journal

You will get an optional prompted journal in which you will answer questions related to your progress. You can set the frequency (daily, weekly, monthly) and choose which questions you answer. It is best to be as detailed as possible as this will be a big source of information on how to modify and improve your improvement journey.

# About

This project came about from my introspection on how I was living my life. There were a ton of things I wanted to do, but I didn’t always find the time or worst, I didn’t hold myself accountable. All aspects of my life were lacking, and it felt like I lacked direction. My current biggest hurdle was the future for my career. I need to improve my personal portfolio with a project, a project that spoke to me and related to me on level that would keep me going. I then had the idea for Save Yourself as a habit tracking app that goes beyond what the current market delivers.

# Call to action

N/A

# Next steps

After the completion of the basic web app. I want to develop a mobile version of the app. I want to reach 10,000 users and eventually create our own AI model to really improve the plans and suggestions of Save Yourself.