Synthesis

Themes

Copy sticky clusters from the right into notable themes.

20 min

Reminders

A background reminder with a blue light and a buzz

Baris Yildirim

iOS reminders

Maeve Conneely

Watch reminders

Maeve Conneely

Randomized notification, when they are nearby each tother

Maeve Conneely

Community

Streak pot: each member puts a small stake into a shared pool, only those with >= 90 gets to split it.

Baris Yildirim

It randomly chooses one friend at each threshold as someone slips: 90 mins later to person A, 1 day later to person B. It adds these people in a group and grows it as time passes. This is an actual message board and vanishes when the person gets back on track.

Baris Yildirim

Gamification

- Every logged workout or sip adds points to one group progress bar; when it fills, the whole squad unlocks a fun perk (new badge, discount, emoji pack).

Ranvir Deshmukh

Assume there is a Social component that shows what other people in your friend group has done. You can click on a button that will allow you to do the same thing (or more) in a calling/raising dynamic.

Baris Yildirim

Can only send an AI-generated image to nudge so the supporter would spend time to create a better image and the recipient would get a thoughtful message

Baris Yildirim

Each week a different member is crowned captain—they pick a mini-challenge and send pep notes, so everyone gets a turn to lead and keep energy fresh.

Ranvir Deshmukh

Next steps

Capture next steps discussed during the brainstorm.

Type anything, @mention anyone

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