

# NeuroForge: Deep Feature Breakdown

## 1. Dashboard Overview

- Personalized productivity cockpit
- Live status: Energy, Focus Score, Cognitive Load
- Quick glance: Today's Plan, Habits, Mood, AI suggestions

## 2. Adaptive Planner

- Time-blocking with auto-replanning via AI
- Drag & drop, voice input, smart suggestions
- Intent tagging: Creative, Learning, Deep Work
- Review mode: What worked, what didn't

## 3. Neuroplasticity-Based Habit Tracker

- Identity-based habit creation
- Discomfort-based growth loops
- Weekly reviews, milestone-based motivation
- Audio/visual habit cues

## 4. AI Copilot Agent

- GPT-powered agent for planning, motivation, edits
- Learns user style, task types, attention span
- Suggests routines, breaks, learning tasks
- Chat-style + slash commands + voice access

## 5. Cognitive Feedback & Analytics

- Tracks energy, task-switching, deep focus time
- Weekly brain-map: productivity vs burnout
- Emotional tagging of sessions
- Auto-generated focus reports

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## 6. Integration Layer (Search-Paste-Connect APIs)

- Search apps/services (like Notion, Slack, Drive)
- Paste API key once to connect
- Smart sync: Fetch tasks, notes, events automatically
- Use APIs in automations via blocks or n8n-style flows

## 7. AI Peer Agent Plugin System

- Users can link their other agents (GPT bots, Claude, etc)
- Agents can talk, share info, co-plan tasks
- Set privacy limits: info visibility and control
- Great for multi-agent workflows

## 8. Voice Control System

- Start timer, reschedule task, log progress via voice
- Offline/online voice mode
- Personalized wake word
- Ideal for phone use or focus-mode

## 9. Plugin & Future Tools Ecosystem

- Custom plugins (like Read Tracker, Fitness Logger)
- Public API for devs
- Community marketplace
- Modular upgrades: add/remove features