

## # Neuro Companion

**\*\*The World's Smartest AI Wellness and Productivity Guide\*\***

Neuro Companion is an AI-powered personal development app that adapts to your emotions, goals, and dai

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### ## How It Works

Neuro Companion seamlessly blends **\*\*AI intelligence\*\***, **\*\*biometric feedback\*\***, **\*\*habit tracking\*\***, and **\*\*sm**

#### ### Key Features:

- **\*\*Daily Ritual Mode:\*\*** Personalized check-ins based on mood, energy, and goals
- **\*\*Goal Tracker:\*\*** AI-suggested daily/weekly/monthly goals with visual progress bars
- **\*\*Mood Analytics:\*\*** Track emotional trends and correlate them with activities or routines
- **■■■■ **\*\*Meditation Coach:\*\***** Personalized sessions based on mental state and time of day
- **\*\*Therapist Mode:\*\*** Safe, conversational AI that checks in on your mental health
- **\*\*Biometric Lock & Data Encryption:\*\*** Keeps your data private and secure
- **\*\*Adaptive AI Persona:\*\*** Evolves with your habits, thoughts, and moods
- **\*\*Progress Reports:\*\*** Weekly summaries and reports (export to PDF/CSV)
- **\*\*Smart Notifications:\*\*** Custom reminders, quiet mode schedule, and wearable alerts
- **\*\*Gamified Experience:\*\*** Earn streak badges, level up, and unlock self-care quests
- **\*\*Wearable + Smart Home Integration:\*\*** Syncs with your environment and fitness data

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### ## Getting Started

#### ### 1. Clone or Download

```
```bash
git clone https://github.com/yourusername/neuro-companion.git
cd neuro-companion
```
```

Or [Download the ZIP](https://github.com/yourusername/neuro-companion/archive/refs/heads/main.zip)

#### ### 2. Install Dependencies

```
```bash
flutter pub get
```
```

#### ### 3. Launch the App

```
```bash
flutter run
```
```

Or open `lib/main.dart` in Android Studio and click ■■

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## ## Play Store Build Instructions

To create a release bundle for Google Play:

```
```bash
flutter build appbundle
```
```

This will generate an `.aab` file inside `build/app/outputs/bundle/release/`

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## ## Privacy & Security

- GDPR + CCPA Compliant
- Optional anonymous mode
- End-to-end encryption for journal & mood data
- Biometric lock enabled

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## ## ■ Advanced Capabilities (Coming Soon)

- Dreamscape Visualizer
- Voice Journaling + AI Transcription
- Offline Mode with Sync
- AI Companion Avatars
- Public Ritual Feed & Shared Challenges

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## ## About the Creator

Neuro Companion is developed by **VanTiger Technologies**, led by visionary builder **Steven VanTiger**,

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## ## Support or Feature Requests

Have ideas or need help? Contact us:

neurocompanion@appsupport.ai  
[neurocompanion.app](https://neurocompanion.app)