MorningMindful

Start your day with intention, not notifications

A digital wellbeing app for Android

We wake up and immediately reach for our phones

- 30+ minutes lost to scrolling before getting out of bed

- Starting the day reactive, not intentional

- Notifications hijacking our morning mindset

- Decreased focus and productivity all day

Block distracting apps until you journal

A simple habit that transforms your mornings

Wake up → Try to open Instagram → **Write a quick journal entry** → Apps unlocked!
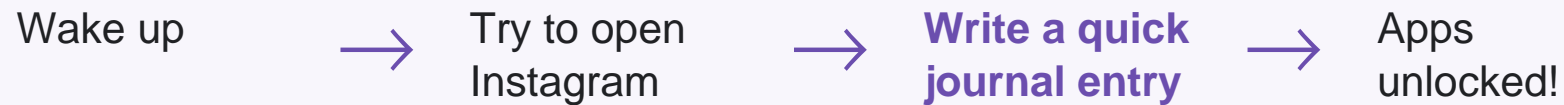
Key Features

Customizable Morning Window

Set your blocking hours (e.g., 6 AM - 10 AM)

Choose Apps to Block

Social media, messaging, games - you decide

Adjustable Word Count

Set how many words before unlocking

Mood Tracking

Track how you feel each morning

Journal History

Review past entries and build a streak

Privacy First

All data stays on your device

Your journal is yours alone

✓ No account required

✓ No cloud sync - everything stays on device

✓ AES-256 encrypted database

✓ No data collection or tracking

✓ Open and transparent

The Story

"I thought of this idea while at the gym -
the one place I wasn't staring at my phone."

Built from scratch using Claude Code (AI coding tool)

by a solo developer who wanted to fix their own morning habit
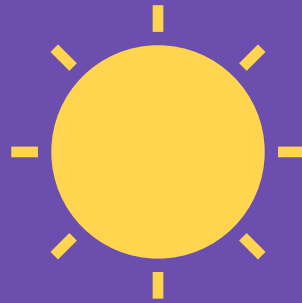
Start your day mindfully

Available on Google Play Store

MorningMindful

alanwmurphy@gmail.com