

# LIFE KEEPER

Companion you must have

# Problem Statement

- 1) Many professionals (e.g., software engineers) **face high stress, irregular schedules, sleep deprivation, and long screen hours**
- 2) These lead to **cognitive strain, mental health issues, and potential long-term neurological risks**
- 3) Current lifestyle tracking tools are fragmented, require active input, or are easily abandoned

# Identified Gaps

- 1) Lack of a **centralized memory** across all smart devices for pattern detection
- 2) No system provides context-aware guidance **without interrupting flow or work**
- 3) Emergency or behavioral shifts (e.g., sudden inactivity, unusual voice tone) go unnoticed **in solo lifestyles**

# Solution

01. Embedded edge devices

02. Passive monitoring

03. Context-aware nudging

04. Emergency handling

05. Boundaries defined by user

## Why Now?

More people are living alone, working remotely, and managing unhealthy routines

Advances in embedded ML, smart home tech, and behavioral AI make this project timely and impactful