kairo-app

Kairo is a minimal productivity tool (I know...) that helps users focus and reflect during study or work sessions.

Why?

Simple. People don't stay focused often enough — and when they do, they rarely reflect on how it went.
Kairo brings structure and awareness to your deep work sessions by combining a smart timer with lightweight post-session reflections.

Table of Contents

Installation

```
# Clone the repository
git clone https://github.com/yourusername/kairo-app.git

# Navigate into the project directory
cd kairo-app

# Install dependencies (if any)
npm install

# Start the development server
npm run dev
```

> ⚙ This app is built with vanilla JavaScript, HTML, and CSS (no frameworks), powered by Vite for local dev.

Usage

1. Set your desired focus timer.
2. Start your session and get to work.
3. When the timer ends, write a short reflection on how it went.
4. Review past sessions to track your mindset and momentum.

Optional features like custom durations, dark mode, and session analytics are coming soon.

Screenshots or GIFs

Features

- Simple focus timer with session tracking
- Post-session reflections
- Local persistence or MongoDB (coming soon)
- Switch between Focus, Short Break, Long Break
- (Planned) Productivity stats and graphs
- (Planned) Light/Dark mode toggle

License

This project is licensed under the [MIT License](#).

Acknowledgements

- Inspired by techniques from [Deep Work](#) by Cal Newport
- Timer mechanics loosely based on the [Pomodoro Technique](#)
- Built with ❤ and a focus-first mindset

Want to contribute or suggest a feature? Open an issue or reach out — feedback is always welcome!