

PRODUCT GUIDE



Vibe OS

Your creative state management system. Track energy, optimize flow, and ship your best work consistently.

FRANKX | 2026

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OVERVIEW

What is Vibe OS?

Vibe OS is a **creative state management system** designed for builders, creators, and makers who want to consistently produce high-quality work without burning out.

Instead of productivity hacks, Vibe OS focuses on **energy awareness**, **flow optimization**, and **sustainable creative rhythm**. It's the operating system that runs underneath everything you create.

Energy

TRACKING

Flow

OPTIMIZATION

Rhythm

SUSTAINABILITY

"You can't optimize output without understanding input. Vibe OS makes the invisible visible."



Energy Mapping

Identify your peak hours, energy patterns, and optimal creative windows throughout the day.



Flow States

Structured approach to entering and maintaining deep focus states for creative work.



Session Design

Design work sessions around energy levels — not arbitrary time blocks or deadlines.



Output Tracking

Measure creative output quality and volume to find your sustainable maximum.

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FRAMEWORK

The Vibe OS Framework

Vibe OS operates on a three-layer model: **Sense** (awareness), **Align** (intention), and **Execute** (action). Each layer builds on the previous to create a complete creative workflow.

1

Sense

Check energy, mood, environment. What's available right now?

2

Align

Match task to energy. High-energy → creative. Low → admin.

3

Execute

Work within your optimal window. Ship, then recover.

Energy-Task Mapping

ENERGY LEVEL	BEST FOR	EXAMPLES
Peak (90-100%)	Creative breakthroughs	Writing, design, architecture decisions
High (70-90%)	Productive execution	Coding, content creation, problem-solving
Medium (40-70%)	Structured work	Reviews, emails, planning, research
Low (0-40%)	Recovery & input	Learning, reading, light admin, walking

"Matching the right task to the right energy level is the single biggest productivity unlock most creators miss."

Vibe OS + ACOS

Vibe OS integrates directly with the Agentic Creator OS. When you check in with your creative state, ACOS adapts — selecting simpler tasks when energy is low, creative challenges when you're in flow.

Daily Check-In

Use `/frankx-ai-daily` to log your energy state. ACOS uses this to prioritize tasks intelligently.

Adaptive Routing

Low energy? ACOS suggests content reviews and planning. Peak state? Creative builds and architecture.

Session Design

ACOS structures work sessions around your Vibe OS patterns — maximizing output without burnout.

Progress Tracking

Weekly recap shows correlation between energy management and creative output quality.

● ● ● Vibe OS Daily Check-In

```
$ /frankx-ai-daily
```

Energy check:  80%

→ High energy detected. Creative window optimal.

Recommended tasks:

1. Finish landing page redesign (creative)
2. Write blog post draft (deep work)
3. Architecture review (analytical)

→ Save admin tasks for afternoon energy dip

VIBE OS

Create at Your Best

Sustainable creative rhythm. Energy-aware workflows. Your
operating system for doing great work.

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