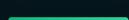


PRODUCT GUIDE



# Vibe OS



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

FRANKX | 2026

# 01

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.

# 02

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."*

# 03

INTEGRATION

## 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

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

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Build what matters.