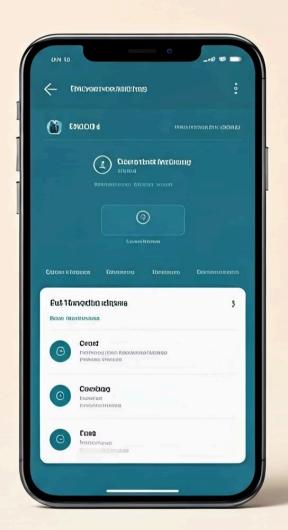
Introducing Kage: Your Al Productivity Assistant

Leverages productivity systems to set goals and balance work-life.

Reminds you: missing a day isn't failure, try again tomorrow.





Al Assistant & Dashboard

Al Assistant

Talk to Kage to set goals or add journal entries

Dashboard

View schedule, to-dos, goals, and habits in one place

Summary

Easy dropdowns for quick access to daily info



Goals & Habits Section

Switch Between Goals & Habits

Toggle pages to manage each easily

Predefined Templates

Health, wellness, work categories to start quickly

Timers & Reminders

Start sessions or get habit reminders via AI



Today Section & Accountability

Daily Habits & To-Dos

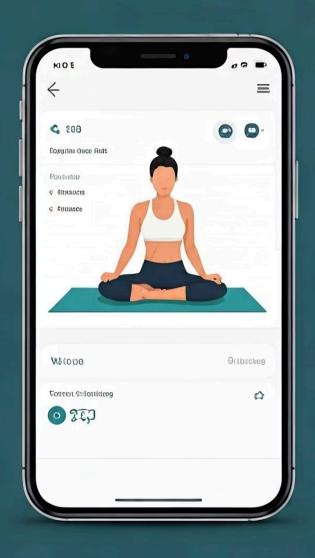
Mark complete, start timers, switch views

Task Sharing

Tag household members and ping for accountability

Social Support

Inform friends when starting
workouts or reading



Temple Section: Physical Health



Personalized Routines

Yoga, home gym, or on-site gym support

Al Guidance

Helps maintain routines daily, even while traveling

Exercise Alternatives

Find substitutes for unavailable or disliked exercises

Core Features Overview





Goal Setup



Journaling

Create, categorize, link to goals, mark complete

Templates and AI-tailored goals with tasks and habits

Manual or AI voice entries linked to goals or habits



Scheduling

Time-block work/rest, AI adjusts calendar dynamically





Al Assistant Capabilities

Journal Notes

Expand ideas, suggest improvements

Prompt Engineering

Customize AI responses in settings

Habit Tracking

Start and track time on activities via AI

Community & Motivation

Community Board

Share tips, quotes, and journaling insights

Celebrate Achievements

Like posts and recognize progress

Supportive Network

Encourage motivation and accountability

