

Project Kage: Core Features

1. AI Assistant (Kage)

- **Personalized Guidance:** Conversational AI that understands neurochemistry and habit formation
- **Goal Breakdown:** Transforms abstract goals into actionable habit systems
- **Adaptive Learning:** Adjusts recommendations based on user feedback and progress
- **Journaling Companion:** Helps process thoughts and extract meaningful insights

2. Goal Setting & Habit Formation

- **The "5 Whys" Framework:** Deep exploration of motivations behind goals
- **Template Library:** Pre-built goal frameworks for common aspirations
- **Habit Tracking:** Daily progress monitoring with celebration of small wins
- **Friction Reduction:** Identifies and helps overcome barriers to consistency

3. Intelligent Scheduling

- **Adaptive Time-Blocking:** Creates realistic schedules based on user patterns
- **Flexibility Framework:** Adjusts when life happens instead of promoting guilt
- **Progress Metrics:** Shows how small daily actions accumulate toward goals

4. Wellness Integration

- **DOSE Optimization:** Activities tailored to balance brain chemistry
- **Exercise Programming:** Personalized workout routines based on equipment and fitness level
- **Nutrition Guidance:** Food recommendations focused on whole foods and mental health

5. Journal System

- **Guided Reflection:** Prompts based on goal progress and emotional states
- **Pattern Recognition:** Identifies correlations between activities and wellbeing
- **Voice-to-Text:** Seamless capture of thoughts through multiple input methods

6. Accountability Features

- **Community Connection:** Optional sharing of progress and milestones
- **Household Integration:** Tag family members for shared responsibilities
- **Progress Visualization:** Clear visual representation of habit streaks and goal advancement

7. The "Temple" Section

- **Physical Wellness Hub:** Customized routines for home, gym, or travel
- **Adaptive Exercise:** Alternative options when equipment or conditions change
- **Mindfulness Integration:** Yoga and meditation guidance tailored to user goals