Project Kage - Wellness Features

31. Exercise Routine Suggestions

Personalized physical activity recommendations based on goals and capabilities:

- **Routine Library**: Collection of pre-designed workout plans for various fitness levels
- **Equipment-based Filtering**: Suggestions based on available exercise equipment
- **Time-constrained Options**: Workouts optimized for different time availability
- **Progressive Programming**: Structured advancement in difficulty over time
- **Exercise Demonstration**: Visual guides for proper form and technique
- **Alternative Suggestions**: Modifications for different abilities or preferences
- **Rest Day Recommendations**: Strategic recovery planning
- **Variety Ensuring**: Balanced development across different fitness aspects
- **Travel-friendly Routines**: Workouts designed for limited space or equipment
- **Goal-specific Programs**: Tailored to weight management, strength, flexibility, etc.
- **Injury Accommodation**: Modified routines for working around limitations
- **Outdoor/Indoor Options**: Adaptable suggestions based on weather and setting

32. Nutrition and Meal Planning

Supportive tools for developing healthy eating habits:

- **Meal Template Library**: Framework suggestions for balanced nutrition
- **Dietary Preference Settings**: Customization for various eating approaches
- **Simple Tracking Options**: Basic food group or pattern tracking
- **Hydration Monitoring**: Water intake tracking and reminders
- **Meal Timing Suggestions**: Optimal scheduling based on activities
- **Shopping List Generation**: Create lists based on planned meals
- **Recipe Suggestions**: Ideas aligned with nutritional goals
- **Mindful Eating Prompts**: Reminders for present-focused eating
- **Habit Stack Integration**: Connect nutrition habits to existing routines
- **Restaurant Guidance**: Strategies for healthier choices when dining out
- **Prep Day Planning**: Scheduling and guidance for batch preparation
- **Progress Visualization**: Track consistency of nutritional habits

33. Sleep Quality Tracking

Tools to monitor and improve rest and recovery:

- **Sleep Schedule Tracking**: Record of bedtime and wake times
- **Quality Assessment**: Subjective rating of sleep quality
- **Disturbance Documentation**: Record factors that interrupted sleep
- **Pre-sleep Routine Builder**: Develop consistent bedtime habits
- **Environment Optimization**: Suggestions for ideal sleep conditions
- **Pattern Analysis**: Identification of factors affecting quality
- **Sleep Goal Setting**: Personalized targets for duration and quality
- **Device Integration**: Optional connection with sleep tracking devices
- **Wind-down Reminders**: Notifications to begin pre-sleep routine
- **Sleep Debt Calculation**: Running tally of sleep surplus or deficit
- **Recovery Suggestions**: Strategies to address sleep debt
- **Sleep Journal**: Specialized journal templates for sleep reflection

34. Meditation and Mindfulness Guides

Resources and tools to develop mental wellness practices:

- **Guided Session Library**: Collection of audio-guided meditations of varying lengths
- **Technique Variety**: Multiple approaches including breath focus, body scan, visualization
- **Progress Tracking**: Record of session completion and duration
- **Mindfulness Reminders**: Intermittent prompts for present-moment awareness
- **Breathing Exercise Tools**: Guided breathing patterns with visual cues
- **Quick Reset Options**: Brief 1-3 minute exercises for stress management
- **Environmental Sounds**: Background audio options (nature sounds, ambient)
- **Posture Guidance**: Instruction for comfortable meditation positions
- **Focus Training**: Graduated exercises to develop attention control
- **Integration Suggestions**: Ways to incorporate mindfulness into daily activities
- **Session Scheduling**: Optimal timing recommendations based on user's calendar
- **Reflection Prompts**: Post-session questions to deepen practice

35. DOSE Principles Education

Educational content explaining the neuroscience behind habit formation and motivation:

- **Core Explainers**: Clear illustrations of how each neurochemical works
- **Habit Connection**: How DOSE principles relate to habit formation

- **Digital Wellness Link**: Explanation of technology's effect on brain chemistry

- **Practical Applications**: Concrete ways to apply DOSE understanding

- **Progressive Learning**: Content tailored to different knowledge levels

- **Visual Explanations**: Diagrams and animations of brain processes

- **Self-assessment Tools**: Quizzes to identify personal patterns

- **DOSE Dictionary**: Quick reference for key terms and concepts

- **Research Summaries**: Accessible overviews of scientific studies

- **Expert Interviews**: Insights from neuroscience and psychology professionals

- **Interactive Models**: Manipulable visualizations of cause and effect

- **Personal Application Worksheets**: Templates to connect concepts to individual lives

36. Digital Wellbeing Statistics

Tools to monitor and improve relationship with technology:

- **Screen Time Tracking**: Optional monitoring of device usage

- **App Usage Breakdown**: Analysis of which applications consume most attention

- **Notification Metrics**: Quantification of interruptions

- **Digital Habit Patterns**: Identification of usage triggers and cycles

- **Comparison Tools**: Current versus goal states for digital consumption

- **Intervention Suggestions**: Personalized strategies for healthier tech use

- **Distraction Quantification**: Measurement of focus interruptions

- **Digital Detox Planning**: Structured approach to technology breaks

- **Environment Optimization**: Suggestions for device and notification settings

- **Success Celebration**: Recognition of improved digital habits

- **Integration Strategy**: Balanced approach to technology in daily life

- **Mindful Usage Prompts**: Reminders for intentional technology engagement