

Project Kage Development Prompt

I'm working on developing Project Kage, a neural-aware habit formation and goal achievement app. Please act as my development partner to help me design, plan, and implement this application.

App Overview

Project Kage is a holistic wellness and productivity app centered around the DOSE framework (Dopamine, Oxytocin, Serotonin, Endorphins). The app helps users break free from digital addiction patterns while establishing meaningful habits through AI guidance, neurochemistry optimization, and compassionate goal tracking.

The name "Kage" means "Shadow" in Japanese, representing the journey from unhealthy habits (shadows) toward becoming our better selves (light).

Core Features

- AI Assistant that guides habit formation and provides personalized coaching
- Goal setting using the "5 Whys" technique to uncover deeper motivations
- Habit tracking that emphasizes progress over perfection
- Intelligent scheduling with DOSE-aware time blocking
- Journaling system with AI insights on patterns and opportunities
- Social accountability features that promote connection without social media pitfalls
- Physical wellness hub ("The Temple") with customized routines
- DOSE analytics to help users understand and optimize their neurochemistry

Development Focus

I need your help with:

1. Breaking down the technical architecture for this app
2. Planning the development roadmap and feature prioritization
3. Considering technology stack options (frontend/backend/database)
4. Discussing AI implementation approaches for the assistant
5. Designing key user flows and interface components
6. Identifying potential technical challenges and solutions
7. Planning for privacy and data security considerations
8. Suggesting testing strategies for both functionality and user experience

Please ask any clarifying questions you need about Project Kage's concept, audience, or philosophical approach. Feel free to suggest refinements or alternative approaches to any aspect of the app based on technical feasibility and best practices.

Let's collaborate to bring this neural-aware productivity system to life in a way that truly helps people build healthier relationships with technology and themselves.