

# The Problem

82%

of people fail their New Year's resolutions by February

## Why?

- Goals are vague ("get healthier")
- No clear action plan
- No tracking system
- Overwhelming to start

# Why This Matters

## Habits shape our lives.

- Small daily actions compound into massive results
- But most people don't know HOW to build effective habits
- Existing apps are either too simple (checkboxes) or too complex (gamification overload)

We needed something different.

# Our Solution

## AI-powered habit builder based on proven science

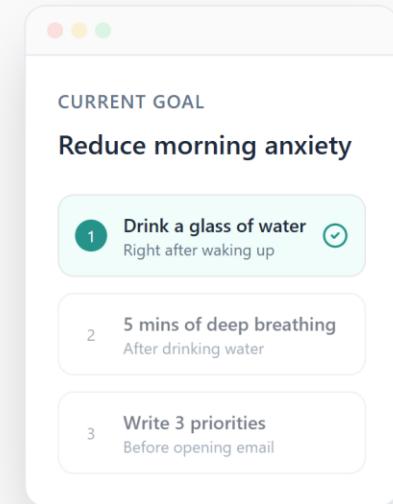
Transform any goal → Actionable atomic habits

-  Powered by James Clear's **Atomic Habits** framework
-  AI generates **personalized habit stacks**
-  Zero-friction tracking
-  Built with **Kiro**

 New: AI Habit Concierge

# Turn your goals into tiny, doable habits.

Set a meaningful goal, and our AI habit coach breaks it into small, stacked habits you can actually follow. Build calm, sustainable routines without the overwhelm.

[Create My First Goal →](#)[View Dashboard](#)

## STRIDE FLOW

## Habit Composer

Three gentle passes from intention to action.

1

**Define focus**

Share the change you want to see.

2

**Add context** OPTIONAL

Answer optional prompts for nuance.

3

**Curate stack**

Approve the rituals that resonate.

Need a pause? Close this flow and come back without losing your goal.

C A L M , H U M A N ,  
G R O U N D E D .

STEP

X

## Design your intention

Tell us what you want to change and why it matters.

## GOAL STATEMENT

Write as if you were explaining it to a friend.

73 / 500

I want to build deeper relationships and be more present with loved ones.

**Generate my habits**

Your words stay private and only help us craft a plan rooted in the four laws.

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CALM, HUMAN,  
GROUNDED.

## STEP

## Add nuance

These prompts sharpen the plan. Answer what feels useful.

## CONTEXT

### Tell us more about your environment.

These prompts are optional. Share what feels helpful and skip the rest.

## Progress

5 of 5 answered

- When you say "loved ones," who are you mainly thinking about (e.g., partner, kids, close friends, parents), and which relationships feel most important to focus on first?

My partner and close friends - I feel like work has taken over and I'm not giving them the attention they deserve

- In your day-to-day life right now, when do you most notice yourself feeling distracted or not fully present with them?

During dinner and evenings when I'm constantly checking my phone for work emails, and on weekends when I'm mentally still thinking about projects

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## STEP

## Review your habits

Select the rituals that belong on your dashboard.



## PERSONALIZED OVERVIEW

You want your time with your partner and close friends to feel intentional and protected instead of squeezed in around work and your phone. You're especially aware of how evenings, dinners, and weekends get hijacked by email, scrolling, and mental preoccupation with projects, and you feel the gap between how much you care about these people and how much presence they're actually getting from you.

Your main constraints are work demands, phone habits, stress, and overcommitting your time. At the same time, you're clear about what "better" looks like: phone-free quality time, truly listening, and recurring rituals like date nights and friend hangouts. We'll build a few small, consistent habits that protect time, calm your mind after work, and make presence feel easier and more rewarding, not like another obligation.

### Two-Minute Work Shutdown Ritual

productivity



#### CUE

After you close your laptop or finish your last

#### ACTION

Write one line about what you finished and

#### RWARD

Feel a small sense of closure and relief that

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G R O U N D E D .

### Phone in the Basket Before Dinner

mindfulness

## C U E

When you head to the kitchen or dining area to prepare or sit down for dinner

## A C T I O N

Place your phone on silent in a specific basket/spot in another room and leave it there until dinner is over.

## R E W A R D

Enjoy the feeling of uninterrupted conversation and the small relief of not needing to check anything for a short, defined period.

**Suggested time / Every evening at the start of dinner, even on nights when you eat casually or on the couch.**

Tying phone-free time to a daily anchor like dinner makes it predictable and easier to repeat, and it directly targets the time you most notice feeling distracted.

Make it Obvious

Make it Attractive

Make it Easy

Make it Satisfying

### Three-Question Check-In With Partner

mindfulness

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## Protected Weekly Date or Friend Night

general

### C U E

Every week on a specific day (e.g., Thursday at 7pm) when you'd normally be free

### A C T I O N

Block 90-120 minutes on your calendar as "relationship time" and treat it like a work meeting you cannot cancel; decide one simple activity with your partner or a close friend.

### R E W A R D

Look forward to having at least one guaranteed pocket of quality time that isn't squeezed in or negotiable.

**Suggested time / Pick one consistent weeknight or weekend slot that feels realistically sustainable, even during busy weeks.**

By scheduling and naming this time, you protect it from overcommitting and make it much easier to say no to competing demands.

Make it Obvious

Make it Attractive

Make it Satisfying

## Weekend Presence Reset (5 Minutes)



## Your Daily Routine

Small steps add up. Here is your progress.

⌚ ACTIVE

18

✓ DONE TODAY

4

🔥 BEST STREAK

1d



Add New Goal

工作任务 6

### Two-Minute Work Shutdown Ritual

0d

Write one line about what you finished and one line about your top task for...

Mark Complete

### Weekend Presence Reset (5 Minutes)

0d

Write a quick 3-item list: one person to see or call, one shared activity, and on...

Mark Complete

### Two-Minute Study Setup Ritual

1d

Spend 2 minutes clearing your desk except for today's materials and your...

✓ Done

### One-Tap Phone Parking

1d

Put your phone in another room or in a closed drawer and start a 25-minute...

✓ Done

### Single-Task Study Intention

1d

Write one clear task on a sticky note (e.g., "Do 5 practice problems from...

✓ Done

### Five-Minute Review & Shutdown

0d

Spend 5 minutes reviewing what you did and writing tomorrow's first study...

Mark Complete

## Your Daily Routine

Small steps add up. Here is your progress.

ACTIVE

12

DONE TODAY

7

BEST STREAK

3d



Add New Goal

GENERAL HABITS 4

### Quick Weekly Check-In and Adjust

Spend 2 minutes reviewing last week: note how many times you went and on...

### One Daily Check-In Message

Send a short text or voice note to one loved one saying you're thinking of...

### Shared Mini-Activity Ritual

Invite them to join you for a 5–10 minute shared activity (short walk, quick gam...

### Monthly Loved-One 'Spotlight'

Choose one person to focus on that month and plan one slightly more...

✓ Done

## One Daily Check-In Message

✓ Done Today



General

### DESCRIPTION

Send a short text or voice note to one loved one saying you're thinking of them.

🔥 CURRENT STREAK

1 days

✓ TOTAL COMPLETIONS

9

### LAST COMPLETED

Nov 25, 2025, 04:00 PM

### LAST 7 DAYS

Thu

Fri

Sat

Sun

Mon

Tue

Wed



Created Nov 19, 2025, 04:29 PM

# How We Built It: Kiro - Spec-Driven Development

Started with clarity, not code.

Kiro's spec system:

`requirements.md`

What we're building

`design.md`

How it works

`tasks.md`

Step-by-step plan

Result: Clear roadmap before writing code

The screenshot shows a software application interface with a dark theme. On the left, there is a sidebar with various icons and sections:

- Top icons: ai-goal-to-habits, sqlite-database-integration, a red upward arrow icon.
- Section: AGENT HOOKS (Automate repetitive tasks with smart triggers)
- Section: AGENT STEERING (Workspace, product, structure, tech)
- Bottom section: MCP SERVERS

The main area displays a document titled "Spec: ai-goal-to-habits". The document content is as follows:

```
1 # Requirements Document
17 ## Requirements
67 ### Requirement 5
my way
70
71 #### Acceptance Criteria
72
73 1. THE AI Habit Generator SHALL suggest a specific time of day for each Habit Recommendation
74 2. THE AI Habit Generator SHALL provide reasoning for the suggested timing
75 3. THE AI Habit Generator SHALL consider habit stacking when suggesting times
76 4. WHEN multiple habits are suggested, THE AI Habit Generator SHALL sequence them logically
77 5. THE AI Habit Generator SHALL suggest times in 12-hour format with AM/PM designation
78
79 ### Requirement 6
80
81 **User Story:** As a user, I want to review all suggested habits before adding them to my dashboard, so that I can select which ones to implement
82
83 #### Acceptance Criteria
84
85 1. THE Goal Input System SHALL display all generated habits in a reviewable format
86 2. THE Goal Input System SHALL provide checkboxes or selection controls for each Habit Recommendation
87 3. THE Goal Input System SHALL include an "Add Selected Habits" action button
88 4. WHEN the user clicks "Add Selected Habits", THE Goal Input System SHALL save selected habits to the user's dashboard
89 5. THE Goal Input System SHALL provide feedback confirming habits were added successfully
90
91 ### Requirement 7
92
93 **User Story:** As a user, I want to see a loading state while the AI processes my goal, so that I know the system is working
94
95 #### Acceptance Criteria
96
97 1. WHEN the goal is submitted, THE Goal Input System SHALL display a loading indicator
98 2. THE Goal Input System SHALL disable the submit button during processing
99 3. THE Goal Input System SHALL display status text indicating AI processing
100 4. WHILE processing, THE Goal Input System SHALL prevent modal dismissal
101 5. IF processing takes longer than 30 seconds, THE Goal Input System SHALL display a message indicating continued processing
102
103 ### Requirement 8
104
```

At the top right, there are tabs for Requirements (selected), Design, and Task list. A "Refine" button is also present. The bottom of the screen shows a footer with various status indicators and the text "Kartheek Penagamuri (22 hours ago) Ln 11, Col 11 (6 selected) Spaces: 4 UTF-8 CRLF Markdown Autocomplete Report issue Kiro Pro 451.59 / 1000 updated 1m ago".

# How We Built It: Kiro - Steering Documents

Kiro created our project DNA

3 steering documents:

1 `tech.md`

Stack decisions (Next.js, SQLite, OpenAI)

2 `structure.md`

Code organization patterns

3 `product.md`

User experience principles

Result: Consistent code across 40+ files

## AGENT HOOKS

 Source Files to Docs Sync 

## AGENT STEERING

## Workspace

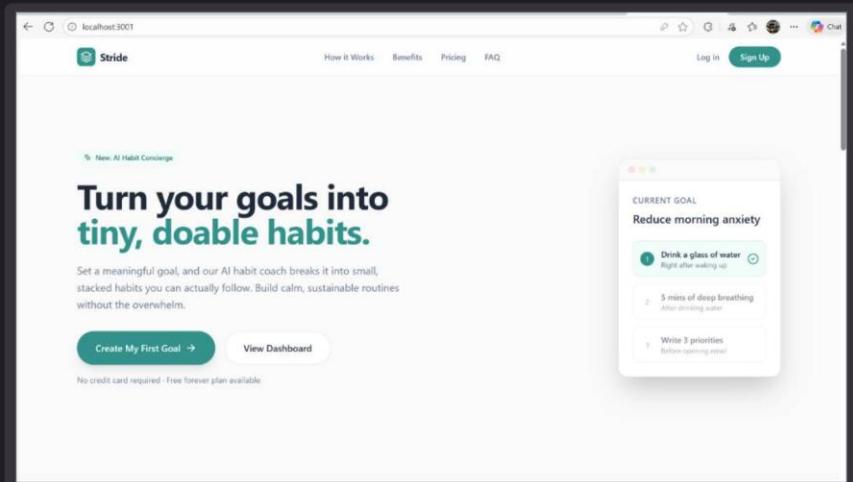
 product structure tech

```
1  ---  
2  inclusion: always  
3  ---  
4  
5  # Project Structure & Conventions  
6  
7  ## Directory Organization  
8  
9  ...  
10 stride/  
11   | app/           # Next.js App Router  
12   |   | api/        # API routes (REST endpoints)  
13   |   |   | ai/       # AI-related endpoints  
14   |   |   | auth/     # Authentication endpoints  
15   |   |   |   | habits/  # Habit CRUD endpoints  
16   |   |   |   | dashboard/ # Dashboard page  
17   |   |   |   | login/    # Login page  
18   |   |   |   | layout.tsx # Root layout with metadata  
19   |   |   |   | page.tsx  # Home/landing page  
20   |   |   |   |   | globals.css # Global styles and Tailwind  
21   |   | components/ # Reusable React components  
22   |   | hooks/      # Custom React hooks  
23   |   | lib/         # Core utilities and business logic  
24   |   | services/   # External service integrations  
25   |   |   | api.ts    # Client-side API wrapper  
26   |   |   | auth.ts   # Authentication utilities  
27   |   |   | db.ts     # Database layer (SQLite)  
28   |   |   | types.ts  # Shared type definitions  
29   |   |   |   | constants.ts # App-wide constants  
30   |   |   | types/    # Additional TypeScript types  
31   |   |   |   | stride.db # SQLite database file (gitignored)  
32  
33  
34  ## API Route Patterns  
35  
36  When creating or modifying API routes:  
37  
38  1. **Structure**: Use Next.js route handlers in `route.ts` files  
39  2. **Authentication**: Always check auth first with `getAuthUserFromCookies()` - return 401 if unauthorized
```

.kiro > steering > 🚗 product.md > 📈 # Product Overview

```
1 # Product Overview
2
3 **Atomic Habits Tracker** is a web application that
4 helps users build and track atomic habits based on Jame
5 Clear's methodology.
6
7 ## Core Features
8
9 - **AI-Powered Habit Generation**: Transform user goals
10 into actionable habits using OpenAI
11 - **Habit Tracking**: Create, track, and manage daily
12 habits with streak counting
13 - **Progress Visualization**: Display streaks,
14 completion rates, and habit history
15 - **Atomic Habits Framework**: Based on the four laws:
16 Make it Obvious, Attractive, Easy, and Satisfying
17
18 ## User Experience
19
20 - Modern, responsive design with smooth animations
21 - Real-time updates when completing habits
22 - Mobile-friendly interface
23 - Zero-configuration database (SQLite)
24
25 ## Key Concepts
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27 - **Habit Stacking**: Chain habits together for better
28 adherence
29 - **Streaks**: Track consecutive days of habit completi
30 - **Categories**: Organize habits by type (health,
31 learning, productivity, mindfulness, fitness, general)
32 - **Cue-Action-Reward**: Each habit follows this
33 structure for clarity
```

 Refine



when a non logged in user clicks on create my first goal and when the user tries to save habits instead of erroring out saying failed to save can we ask user to login at that time and then save their habits

Kir

 Including Steering Documents  product.md  structure.md  tech.md

I'll help you implement a better UX flow where non-logged-in users are prompted to login when they try to save habits, rather than showing a generic error. Let me first check the relevant files to understand the current flow.

① Read file(s) ② GoalInputModal.tsx ③ HabitReviewCard.tsx ④ route.ts ⑤ api.ts

Now let me check the auth utilities to understand how authentication works.

Board file (-)  auth\_to

Now let me check the login page to understand the login flow.



# How We Built It: Kiro - Autopilot Mode

From spec to working feature in a short time period

## Kiro Autopilot:

- Read specs → Generate code
- Run tests → Fix issues
- Built AI habit generation
- Database with 15+ operations
- Full authentication flow

10×

faster than traditional

Result: Semi-autonomous development

structure.md Source Files to Docs Sync product.md X ⌓ ⌓ ⌓

.kiro > steering > product.md # Product Overview

Refine

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```

stride

execute task: 13. Fi... X Generate Steering Ru... X what is .next folder... X when a non logged in... X I plan + ⌓ ⌓ ⌓

**STRIDE FLOW**

**Habit Composer**

Three gentle passes from intention to action.

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Need a pause? Close this flow and come back without losing your goal.  
CALM, HUMAN, GROUNDED.

Generating personalized habits...  
Our AI is sketching the cue, action, and reward so you get a thoughtful stack.

habit composer should have a close button for the user to close the modal popup



I can see the issue - the close button is only shown on certain steps but not on the 'loading' and 'login' steps. Let me fix that:

Accepted edits to GoalInputModal.tsx

Checked diagnostics GoalInputModal.tsx

Done! The close button now appears on all steps including the loading and login screens. It's:

- Visible on all steps except the success screen (where auto-redirect happens)
- Disabled during loading to prevent interrupting the AI generation
- Disabled while submitting habits
- Shows a "not-allowed" cursor when disabled so users know they can't close at that moment

Credits used: 0.43 Elapsed time: 21s

Ask a question or describe a task...

# ⌓

Claude Sonnet 4.5 ⌓ Autopilot ⌓

# How We Built It: Kiro - Model Selection

Right AI for the right job

Kiro's flexible model selection:

## Auto Mode

Let Kiro decide the best model

## Claude Sonnet 4.5

Detailed code generation

## Dynamic

Switch models mid-development

- Mostly used "Auto" mode for intelligent selection
- Switched based on task complexity

Result: Optimal quality and cost balance

File Edit Selection View Go Run Terminal Help ⌘ ⌘ ⌘ ⌘ ⌘ ⌘

structure.md Source Files to Docs Sync product.md ✎ ⌂ ⌂ ⌂

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Kiro

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Credits used: 0.43 Elapsed time: 21s

Ask a question or describe a task...

#

Auto 1x credit  
Models chosen by task for optimal usage and consistent quality

Claude Sonnet 4.5 1.3x credit  
The latest Claude Sonnet model

Claude Sonnet 4 1.3x credit  
Hybrid reasoning and coding for regular use

Claude Haiku 4.5 0.4x credit  
The latest Claude Haiku model

Claude Opus 4.5 2.2x credit  
Claude Sonnet 4.5 Autopilot

Ln 1, Col 1 Spaces: 4 UTF-8 CRLF () Markdown ⌂ Autocomplete ⌂ Report issue ⌂ Kiro Pro 452.72 / 1000 updated 13m ago

# What We Built

## Full-stack habit tracker in 100 hours

- AI habit generation with clarifying questions
- SQLite database with 15+ operations
- Streak tracking & progress visualization
- Responsive UI
- Cookie-based authentication
- Property-based testing suite

### Tech Stack

**Frontend:** Next.js 14, TypeScript

**Backend:** SQLite, OpenAI API

**Development:** Kiro

Zero runtime errors in production build

# Real Users, Real Feedback

We asked friends and family to try Stride (

*"Like the concept. Good start."*

*"Agent's follow-up questions are good."*

*"Building sustainable habits is hard. Will try this app."*

*"App is awesome. I shared with my friend to try out."*

**Early validation: people want guidance, not just tracking.  
Kiro made it possible.**

Try it: [Atomic Habits - Build Better, Stack Higher](#)