

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](#)

CURRENT GOAL

Reduce morning anxiety

- 1 **Drink a glass of water**
Right after waking up 
- 2 **5 mins of deep breathing**
After drinking water
- 3 **Write 3 priorities**
Before opening email

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.

CALM, HUMAN,
GROUNDED.

STEP



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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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

1. 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

2. 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

REWARD

Feel a small sense of closure and relief that

STRIDE FLOW

Habit Composer

Three gentle passes from intention to action.

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- 2 Add context** OPTIONAL
Answer optional prompts for nuance.
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CALM, HUMAN,
GROUNDED.

Phone in the Basket Before Dinner

mindfulness

CUE

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

ACTION

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

REWARD

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

CUE

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

ACTION

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.

REWARD

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

📁 WORK & FOCUS 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 1d

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



✓ Done

One Daily Check-In Message 1d

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



✓ Done

Shared Mini-Activity Ritual 1d

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



✓ Done

Monthly Loved-One 'Spotlight' 3d

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

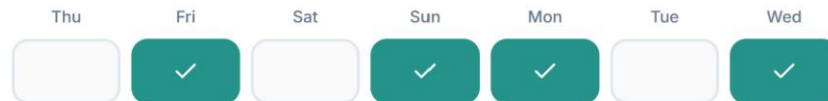
✓ TOTAL COMPLETIONS

9

📅 LAST COMPLETED

Nov 25, 2025, 04:00 PM

LAST 7 DAYS



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

ai-goal-to-habits

sqlite-database-integration

AGENT HOOKS

Automate repetitive tasks with smart triggers

AGENT STEERING

Workspace

product

structure

tech

MCP SERVERS

Spec: ai-goal-to-habits

1 Requirements

2 Design

3 Task list

1

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Requirements Document

Requirements

Requirement 5

my way

Acceptance Criteria

1. THE AI Habit Generator SHALL suggest a specific time of day for each Habit Recommendation

2. THE AI Habit Generator SHALL provide reasoning for the suggested timing

3. THE AI Habit Generator SHALL consider habit stacking when suggesting times

4. WHEN multiple habits are suggested, THE AI Habit Generator SHALL sequence them logically

5. THE AI Habit Generator SHALL suggest times in 12-hour format with AM/PM designation

Requirement 6

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

Acceptance Criteria

1. THE Goal Input System SHALL display all generated habits in a reviewable format

2. THE Goal Input System SHALL provide checkboxes or selection controls for each Habit Recommendation

3. THE Goal Input System SHALL include an "Add Selected Habits" action button

4. WHEN the user clicks "Add Selected Habits", THE Goal Input System SHALL save selected habits to the user's dashboard

5. THE Goal Input System SHALL provide feedback confirming habits were added successfully

Requirement 7

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

Acceptance Criteria

1. WHEN the goal is submitted, THE Goal Input System SHALL display a loading indicator

2. THE Goal Input System SHALL disable the submit button during processing

3. THE Goal Input System SHALL display status text indicating AI processing

4. WHILE processing, THE Goal Input System SHALL prevent modal dismissal

5. IF processing takes longer than 30 seconds, THE Goal Input System SHALL display a message indicating continued processing

Requirement 8

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

ai-goal-to-habits
sqlite-database-integration

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 ...
```

API Route Patterns

When creating or modifying API routes:

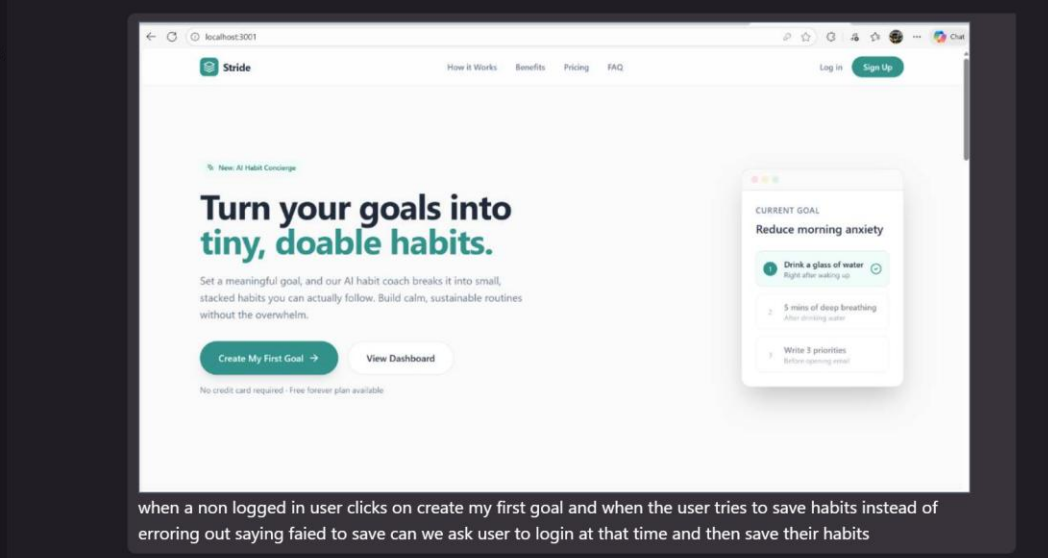
1. **Structure**: Use Next.js route handlers in `route.ts` files
2. **Authentication**: Always check auth first with `getAuthUserFromCookies()` - return 401 if unauthorized

MCP SERVERS


```

1 # Product Overview
2
3 **Atomic Habits Tracker** is a web application that
4 helps users build and track atomic habits based on James
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
26
27 - **Habit Stacking**: Chain habits together for better
28 adherence
29 - **Streaks**: Track consecutive days of habit completion
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
34
35

```



Kiro

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

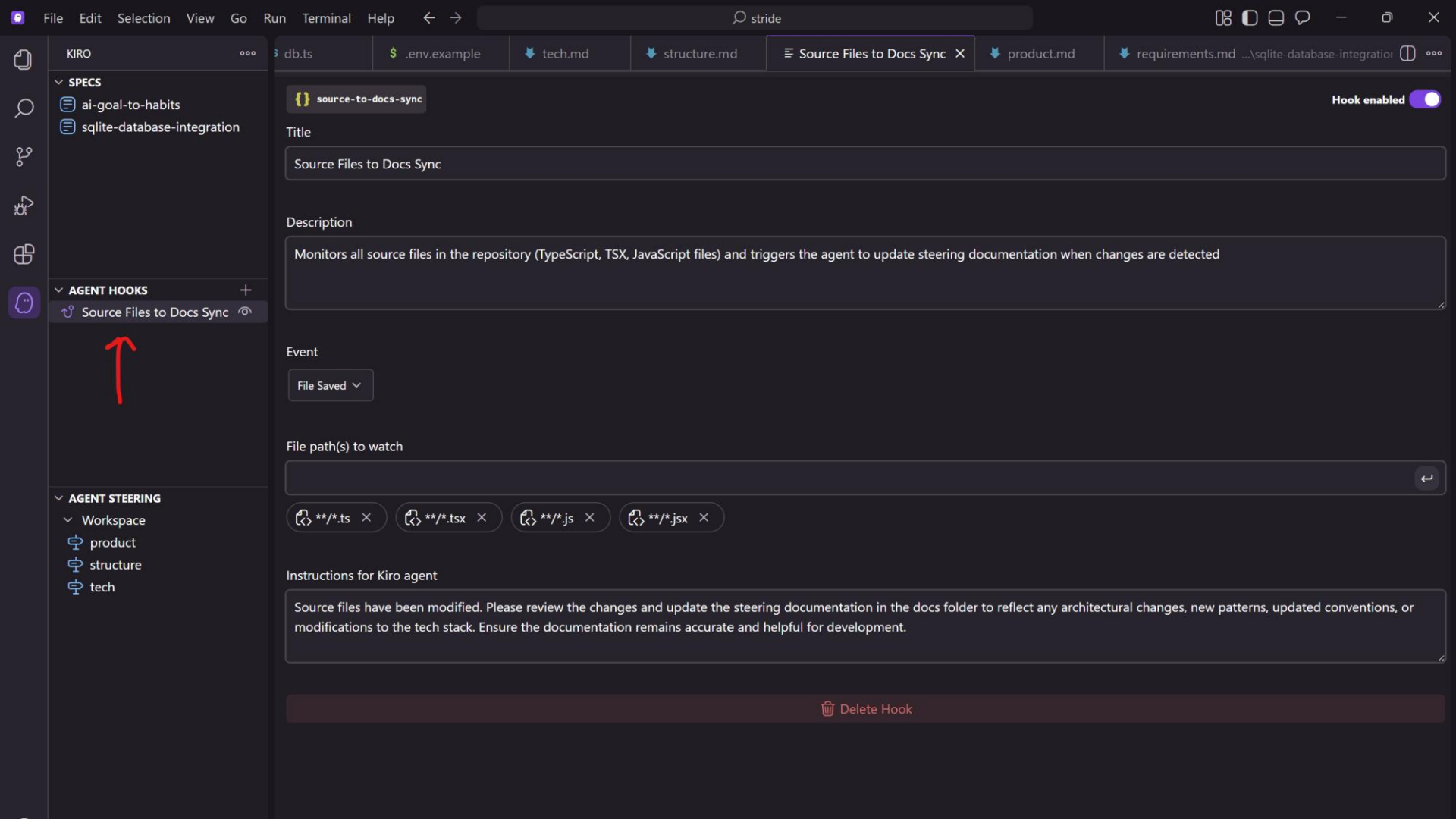
I'll help you implement a better UX flow where non-logged-in users are prompted to login when they try to save habits, rather than showing a generic error. Let me first check the relevant files to understand the current flow.

Read file(s) GoalInputModal.tsx HabitReviewCard.tsx TS route.ts TS api.ts

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

Read file(s) TS auth.ts

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

FileEditSelectionViewGoRunTerminalHelp< ->

structure.mdSource Files to Docs Syncproduct.md

.kiro > steering > product.md # Product Overview

Refine

1# Product Overview

2

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Stride Flow

Habit Composer

Three gentle passes from intention to action.

1Define focus

Share the change you want to see.

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Approve the rituals that resonate.

STEP

Composing your stack

Our AI is translating your goal into cue, action, reward.

Generating personalized habits...

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

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

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

Kiro

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 toGoalInputModal.tsx

Checked diagnosticsGoalInputModal.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 4.5Autopilot

Ln 1, Col 1 Spaces: 4 UTF-8 CRLF Markdown Autocomplete Report issue Kiro Pro 452.72 / 1000 updated 11m ago

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

FileEditSelectionViewGoRunTerminalHelp< ->stride

structure.mdSource Files to Docs Syncproduct.md

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

Refine

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Credits used: 0.43 Elapsed time: 21s

Ask a question or describe a task...

#

Auto1x credit

Models chosen by task for optimal usage and consistent quality

Claude Sonnet 4.51.3x credit

The latest Claude Sonnet model

Claude Sonnet 41.3x credit

Hybrid reasoning and coding for regular use

Claude Haiku 4.50.4x credit

The latest Claude Haiku model

Claude Opus 4.52.2x credit

Claude Sonnet 4.5Autopilot

Ln 1, Col 1Spaces: 4UTF-8CRLF()MarkdownAutocompleteReport issueKiro Pro 452.72 / 1000 updated 13m ago

What We Built

Full-stack habit tracker in 72 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

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

Key Metrics

50+

files generated

2,000+

lines of production code

15+

database operations

3

major features

Auth • AI • Tracking

72

hours

idea to demo

0

runtime errors

in production

Kiro made this possible