



Problem

We have the capability to increase our productivity by 23% if we conform our schedules to our body. We only have 4-5 hours of flow state a day, determined by our dopamine cycles and circadian rhythms. We waste 2% of our waking hours planning. It is hard to keep focus in such a busy world.



Solution

UNAI, your AI personal assistant. Optimizing your schedule for your body, taking into account your feedback, goals, biology, and more. UNAI will ensure everything you do will be focused on your goals, whether it be health, mental well-being or productivity goals. Working with you not just as a tool, but as a friend.

See a 23% boost in productivity with UNAI. Save 15 minutes every hour and unlock your true potential. UNAI understands how valuable your time is.

- 7:00 am - Wake up, get ready for school
- 8:30 am - School begins
- 3:30 pm - School ends, commute to the gym
- 3:45 pm - Begin workout at the gym (duration: 1:15 hours)
- 5:00 pm - Commute back home while reflecting (duration: 40 mins)
- 5:40 pm - Begin cooking dinner (duration: 20 mins)
- 6:00 pm - Eat dinner and watch anime
- 7:00 pm - Meditate or start coding (duration: 1 hour)
- 8:00 pm - Read before sleeping (duration: 30 mins)
- 10:30 pm - Go to bed

It's important to find a balance with your daily activities and make sure you're giving yourself enough time to rest and relax. Do you think this schedule works for you?

You
Can it be more rigid?

UNAI

Certainly, I can make the schedule more structured if that's what you prefer. Here's a suggested daily schedule with specific times for each activity:

- 7:00 am - Wake up, get ready for school
- 8:30 am - School begins
- 3:30 pm - School ends
- 3:45 pm - Commute to the gym
- 4:00 pm - Begin workout at the gym (duration: 1:15 hours)
- 5:15 pm - Finish workout, commute back home while reflecting and Talk to UNAI

May 2023							
30	1	2	3	4	5	6	
7	8	9	10	11	12	13	
					School		
					Gym		
					Reflecting and Commute		
					Dinner and Anime		
					Coding		
					Meditation		
					Reading		
					Prepare for Bed		
					Sleep		
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30	31	1	2	3	

A conversation with UNAI about the user's day, goals, and feedback. UNAI then adds this schedule to the calendar so they can get reminders and notifications and keep UNAI updated.



Calendar

UNAI auto-injects events into your calendar based off your goals, data and feedback. The main way

UNAI helps you.



Bio-Metrics

Using bio-metric data from your health apps, unai can make plans to match your circadian rhythm and exercise patterns.



Daily Reflection

UNAI utilizes users notes and daily reflections to better adapt, and orient your schedule to match accordingly.



Feedback

UNAI encourages user feedback to help develop the perfect plan catered for you.