Hand*Log*

An AI journal that thinks with you —
capture your day by voice or text, get weekly reviews written back to you.

VOICE INPUT · AI REVIEW · NOTION SYNC · MOOD SCORE

handlog.app

People who want to *remember their lives.*

The Reflective One

Journals occasionally but never goes back to read it. Wants to understand their own patterns — emotions, energy, relationships — without the effort of a therapist.

"I write a lot but I never know what it all means."

The Busy Person

Life moves fast. Meetings, family, decisions. Wants to capture the day in 2 minutes — voice note on the way home — and have something meaningful to look back on.

"I forget what happened last week, let alone last year."

The Self-Builder

Tracks habits, reads self-improvement books, wants data on themselves. Mood scores, people patterns, energy trends — they want the dashboard of their own life.

"I want to see myself the way data sees me."

Most journals *never get read* again.

We write, we forget. There's no structure, no reflection, no way to see the patterns in your own life — until now.

1 No structure

Free-form notes pile up with no summary, no themes, no meaningful takeaways.

2 Too much friction

Opening an app, typing a full entry — it feels like homework. Most people stop within a week.

3 No reflection

Without review, journaling is just venting. The growth comes from looking back — but nobody does.

Three steps. *Effortless habit.*

1

Capture

Speak or type freely — what happened, who you saw, how you felt. No format required. Voice transcription included.

2

AI Reviews

Every week, AI reads your entries and writes a structured review — key events, mood score, themes, and personal reflections.

3

Auto-Saved

Everything syncs to your Notion workspace automatically. Your memories, organised exactly the way you like them.

Your life, *visualised.*

8.2

AVG MOOD SCORE

Daily, weekly & monthly mood tracked from 1–10.

47

ENTRIES THIS MONTH

Voice + text. Short is fine. Consistency is everything.

12

PEOPLE MENTIONED

Timeline tracks every person in your life story.

3×

REVIEW TYPES

Daily · Weekly · Monthly — all AI-generated, all in Notion.

Everything you need, *nothing you don't.*

Voice Capture

Record a voice note, and Whisper AI transcribes it instantly. Log your day in under 60 seconds.

Weekly Review

AI reads your week and generates a full narrative review — with highlights, patterns, and a mood score.

Deep Chat

Ask your AI about your own life. "Who did I see most this month?" "What made me stressed in November?"

Mood Dashboard

Visual mood tracking across weeks and months. See your emotional patterns at a glance.

Timeline

Browse your life story chronologically — every entry, every review, every person you mentioned.

Notion Sync

All your notes and reviews auto-save to Notion. Your data, in your workspace, always.

Ask your AI *about your life.*

Your journal knows you. Ask it anything — your AI has read every entry and can surface insights you never noticed yourself.

PERSONAL MEMORY · PATTERN DETECTION · CONTEXT-AWARE

YOU

"Who did I spend the most time with in May?"

HANDLOG AI

"Based on your May entries, you mentioned Sarah 11 times — mostly around work projects and two weekend brunches. You also spent significant time with your sister during the 18th–22nd."

YOU

"What's been making me stressed lately?"

HANDLOG AI

"Your last 3 weeks show a recurring theme around deadlines and sleep quality. Mood scores dip noticeably on Sunday evenings — you mentioned work pressure 8 times this month."

"

It was a Sunday morning. I asked HandLog
"What made me happy this month?"
It came back with three things I had comp
forgotten.

That's the moment I understood what this tool is for.
Not productivity. Not habit tracking. **Memory.**

The Sunday Ritual

> ☀️ 9am — open HandLog on your phone

> 🎤 Voice note — 2 mins about your week

> ✨ AI generates your weekly review

> 💬 Ask it anything about your month

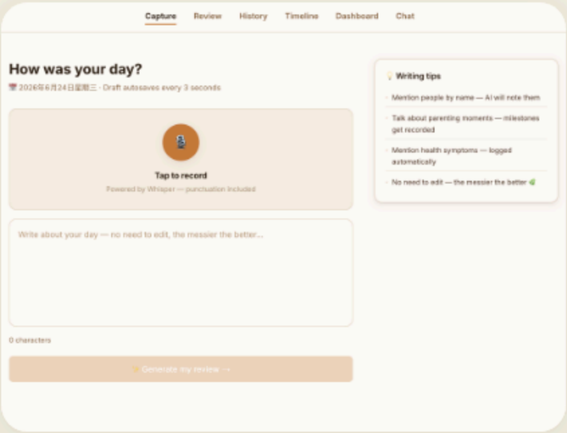
> 📓 Everything saved to Notion, forever

See it *working.*

Every page has one job — capture, review, reflect, or explore. Daily, weekly & monthly reviews, all AI-generated.

REAL APP

LIVE ON VERCEL



CAPTURE

DAILY REVIEW

DEEP CHAT

DASHBOARD

Built in *7 days.* Shipped to the world.

Solo, from scratch. No prior AI experience — just Claude Code and curiosity. Generates daily, weekly, and monthly reviews automatically. The whole workflow runs on AI-first tools from day one.

Claude Code	AI coding assistant — wrote, debugged, and shipped the whole app
Claude API	Reviews, mood scores, deep chat — all powered by Anthropic
OpenAI Whisper	Speech-to-text — voice notes transcribed in seconds
Notion API	Auto-saves every entry and review to your Notion workspace

CLAUDE CODE SKILLS USED

Anthropic Frontend Design Skills
UI generation · slide decks · design systems
skills.sh/anthropics/skills

Superpowers
Persistent memory · cross-session context
github.com/obra/superpowers

Playwright
Browser automation · end-to-end testing
github.com/microsoft/playwright

Vibe code *your life.*

You don't need to be a developer.
You just need a problem worth solving
and the curiosity to try.

TECHNICAL NON-TECHNICAL EVERYONE

I keep a Notion table of ideas — problems I notice in my daily life that don't have good solutions yet. When I have time, I pick one and vibe code it into existence.

MY AI IDEA TABLE — NOTION

Start small
One problem. One weekend.

Use AI tools
Claude Code does the coding.

Ship it
Vercel free. Share it.

Keep going
Next idea. Next weekend.

Thank you *for being here.*

Michelle ✦

For building this community and creating the space for all of us to learn, share, and grow in AI together.

Doris ✦

For believing in my potential, encouraging me to show up, and recommending Zara Zhang's channel — which inspired this very PPT.

This PPT was made with Zara Zhang's frontend-slides.

Try it yourself — it's free and open source.

TOOLS & SOURCES

Claude Code + Claude API + Skills + Hooks + Plugins
anthropic.com

OpenAI Whisper API
platform.openai.com

Notion API
developers.notion.com

Anthropic Frontend Design Skills
skills.sh/anthropics/skills

Superpowers
github.com/obra/superpowers

Playwright
github.com/microsoft/playwright

frontend-slides — Zara Zhang
github.com/zarazhangrui/frontend-slides

START YOUR JOURNEY

Your story, *remembered.*

Capture today. Let AI make sense of your week.
Your memories, structured and searchable — forever.

TRY HANDLOG FREE

VIEW ON GITHUB