

Phase 0.5 Toolkit - Executive Summary

The Phase 0.5 Toolkit is a self-hosted, privacy-focused platform designed to unify creative workflows,

health and nutrition tracking, financial metrics, and automation with AI-driven insights.

Key Highlights:

- Data Warehouse: Nextcloud, Prometheus, and Grafana form the backbone of a personal data hub.
- Creative Workflows: Centralized storage and tracking for writing, music, and video production.
- Health & Nutrition: Automated Apple Health data ingestion, glucose tracking, and nutrition analysis.
- Financial Metrics: Firefly III (personal finance) and Akaunting (accounting) integrations.
- AI Integration: Local LLMs (LLaMA, Vicuna) for summarization, insights, and Q&A.
- Voice Journaling: Whisper-based offline voice transcription pipeline.
- Roadmap: 30-Day plan with daily checklists for implementation milestones.

Next Steps:

- Deploy core services (Nextcloud, Prometheus, Grafana).
- Begin automation of data pipelines (Apple Health, finance, creative).
- Migrate from SaaS tools (Notion, WordPress) to open-source alternatives.
- Expand dashboards and AI summaries for holistic insights.

This toolkit ensures complete data ownership, improved privacy, and long-term sustainability while offering deep insights across creative, health, and financial domains.