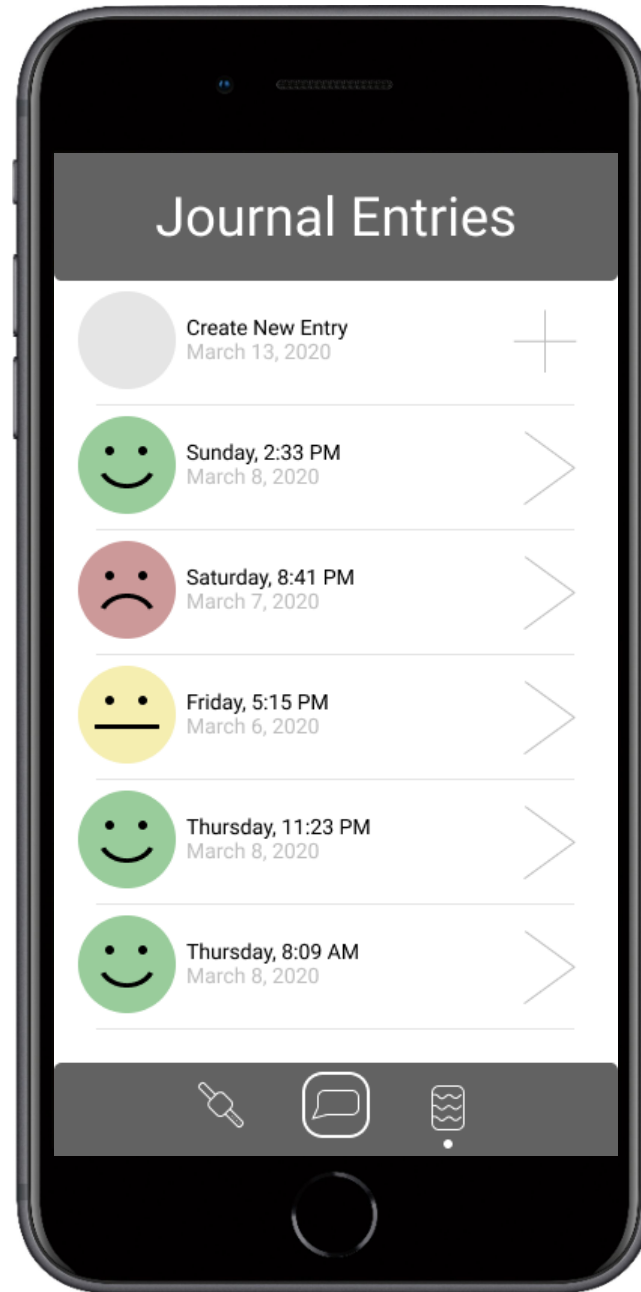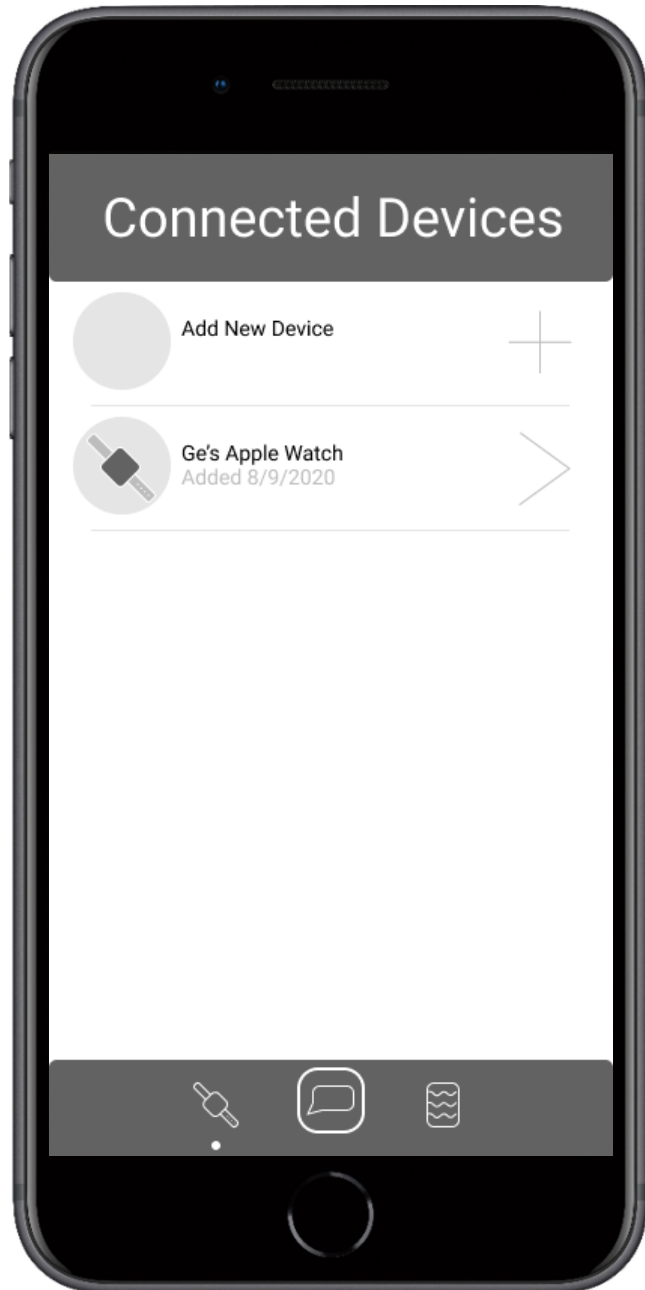# Optimyze
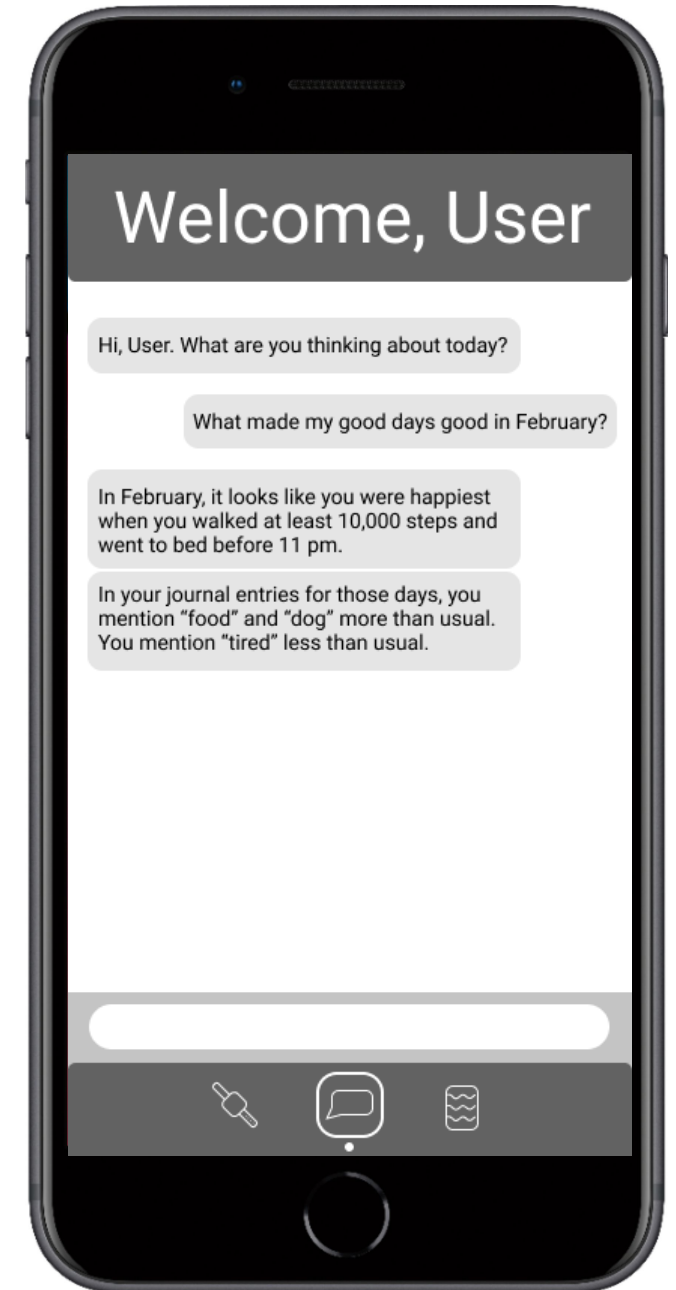## The smarter smart assistant

Connect smart devices, like watches. Optimyze will automatically keep track of data like steps taken and sleep.

Feeling curious about how to optimize your life? Optimyze's smart assistant can interpret your questions and give you valuable feedback on ways you can optimize your life

Connected Devices

Add New Device +

Ge's Apple Watch
Added 8/9/2020 >

Journal Entries

Create New Entry
March 13, 2020 +

Sunday, 2:33 PM
March 8, 2020 >

Saturday, 8:41 PM
March 7, 2020 >

Friday, 5:15 PM
March 6, 2020 >

Thursday, 11:23 PM
March 8, 2020 >

Thursday, 8:09 AM
March 8, 2020 >

Welcome, User

Hi, User. What are you thinking about today?

What made my good days good in February?

In February, it looks like you were happiest when you walked at least 10,000 steps and went to bed before 11 pm.

In your journal entries for those days, you mention "food" and "dog" more than usual. You mention "tired" less than usual.

Log journal entries as often or as seldom as you like. Along with each journal entry will be a quick poll on how you are feeling. The more entries, the smarter Optimyze becomes

How to Use Optimyze

- The "Devices" screen
    1. Tap "Add New Device"
    2. Use the interface to select the Bluetooth device of your choice
    3. Give Optimyze appropriate permissions to access data
        - This and all other data is never sent from your device; it is 100% confidential and contained entirely locally

    Examples of devices that can be connected:
    - Apple/Garmin/other smart watch
    - Oura ring/other sleep tracking devices
    - Fitbit/other exercise monitoring devices

- The "Journal" screen
    1. Tap "Create New Entry"
    2. Fill out the survey on how you feel. This information will be used to contextualize the journal entry for Optimyze
    3. Journal as you normally would. These journal entries are always available if you ever want to reread your past entries.
- The "Chat" screen
    1. Ask Optimyze a question via the chat feature. Our bot is smart enough to interpret simple questions, like "Have I been sleeping well when I eat dinner earlier?" or "What works best to help me stop procrastinating?"
    2. The bot will scan over past data, including Bluetooth device info, journal trends, and mood trends to answer your question as well as possible. Remember, the bot is only as smart as the data it has access to, so the longer you use Optimyze, the smarter and more helpful it gets.