

LabLab AI

# Atomiq Habit

The Ultimate Habit Tracker

- Micro-Habit Tracker
- Mental-Health Efficiency





**i** Empowering better habits, one small step at a time.

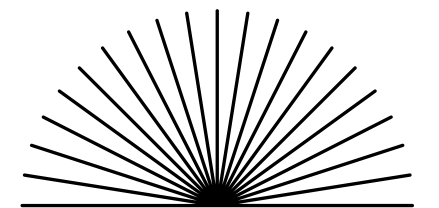
# Atomiq Habit

## **MICRO-HABIT TRACKER**

**AI-powered app for building better habits with less effort**

**NAME OF PROJECT:**  
Atomiq Habits

**PRESENTED BY:**  
Team Tech Titans



# Problem Statement



In today's fast-paced world, people struggle to stay consistent with small but life-changing habits. Distractions, lack of time, and no feedback loop lead to low motivation and dropped routines.



# Our Solution

The Micro-Habit Coach app uses AI to suggest small daily actions based on mood, screen time, and user preferences.

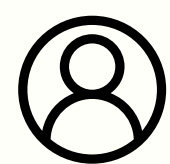
Think of it as a personalized life coach that nudges you toward better habits – without the overwhelm.



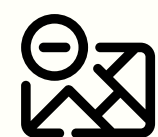




# How It Works



**Sign up and log  
mood/preferen  
ces**



**AI suggests a  
daily micro-  
habit**



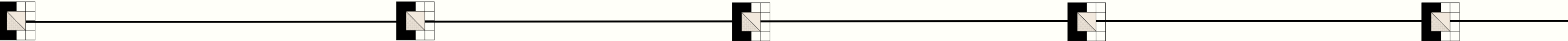
**User completes  
and tracks the  
habit**



**Progress/streak  
s are celebrated**

# User Workflow

The User's Journey



**Onboarding &  
authentication**

**Mood and habit  
preference input**

**AI habit  
suggestion**

**Completion +  
motivation via streaks**

**Progress tracking &  
optional reminders**

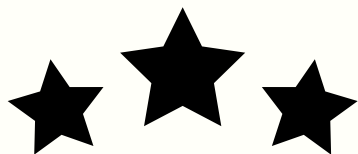
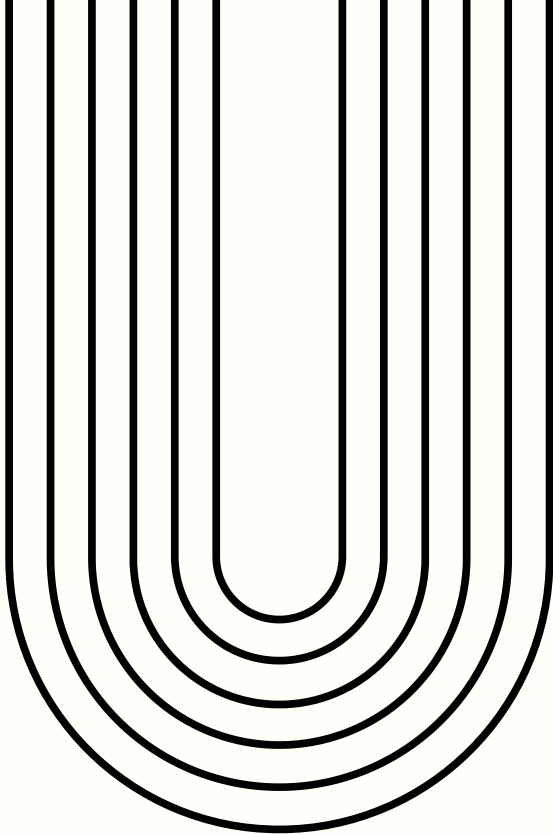


# MVP Tech Stack

- Firebase: Auth, Firestore, Notifications
- Flutter: Frontend + Local Notifications
- AI Model: Rule-based logic based on mood/screen time

# Impact & Benefits

Why It Matters To US



## Goal # 1

Healthier Habits → Mood-based nudges



## Goal # 1

Better Productivity → Mindful breaks from screen



## Goal # 1

Motivated Users → Streaks, reminders, encouragement





**Thank You.**