VibeStreak

PRODUCT GUIDE

CUT DOWN SMOKING OR VAPING AT YOUR OWN PACE — FOR ADULTS

Cut down *at your own pace.*

A plan built around your real day, a live countdown to the next one, and streaks for every craving you skip — plus habits, focus, mood and a pet to look after.

iPhone | Android | No account | Pay once



INSIDE THIS GUIDE

A plan that *fits your day*

VibeStreak does not ask you to quit overnight. It learns your routine, gives each part of the day its own allowance and lowers it step by step while you stay on plan.

CONTENTS

3 Getting started

4 Personal plan

5 Live countdown

6 Today's plan

7 Habits

8 Focus

9 Mood journal & daily card

10 Pet, badges & Luna

11 Privacy & health

01 **Adults who smoke or vape**
A gentle, practical way to cut down.

02 **Shift and office workers**
Windows that match your real breaks at work.

03 **People who like data**
Money saved, cravings skipped and a 14-day chart.

04 **Anyone building better habits**
Habits, focus sessions and a mood journal in the same app.

THREE PACES

Gentle, Steady or Fast

Choose how quickly your allowances go down. Change pace any time.

Gentle
Small steps

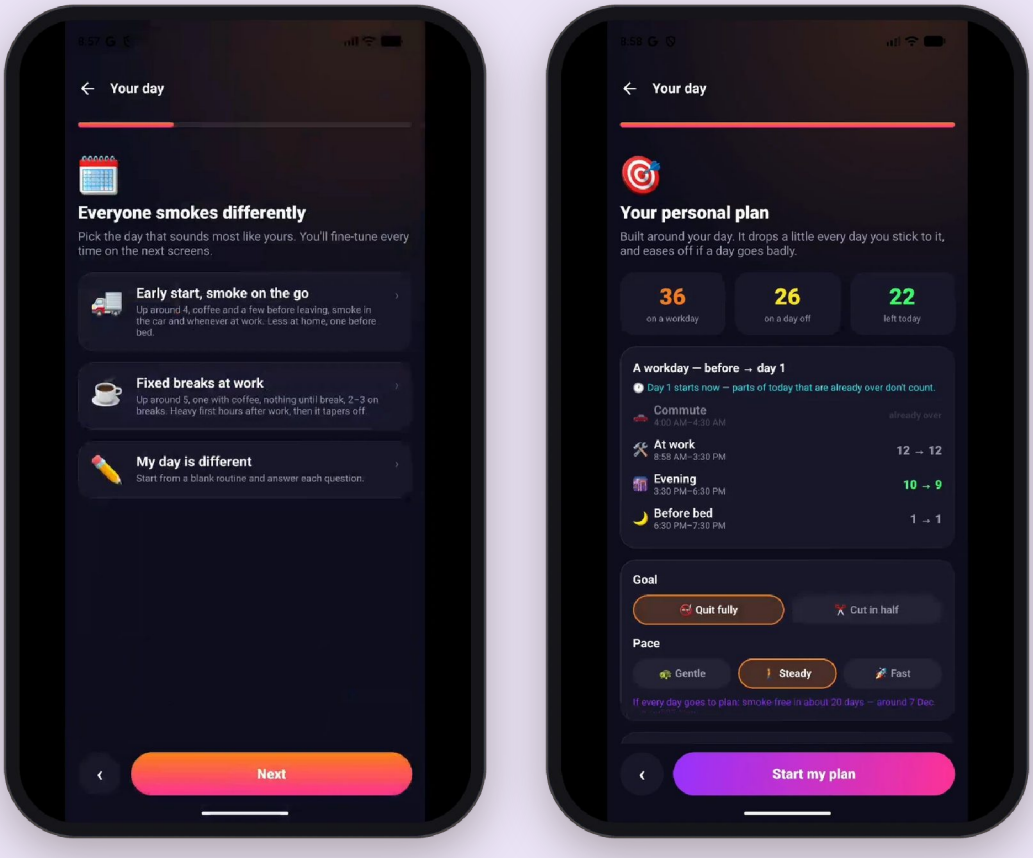
Steady
The balanced path

Fast
For a quicker change

GETTING STARTED

Your plan *in two minutes*

Tell VibeStreak about your day once — it builds the plan for you.



1 **Choose your goal**

Cut down or quit fully, for cigarettes or vapes.

2 **Describe your day**

Wake, commute, work breaks, after work and bedtime.

3 **Pick a pace**

Gentle, Steady or Fast.

4 **Start your plan**

Your first day's allowances appear straight away.

YOUR PLAN

Built around *your routine*

Each part of your day gets its own allowance, and the numbers go down every day you stick to the plan.

01

Per-part allowances

Morning, commute, work, evening and bedtime.

02

Workdays and days off

Different plans for different days.

03

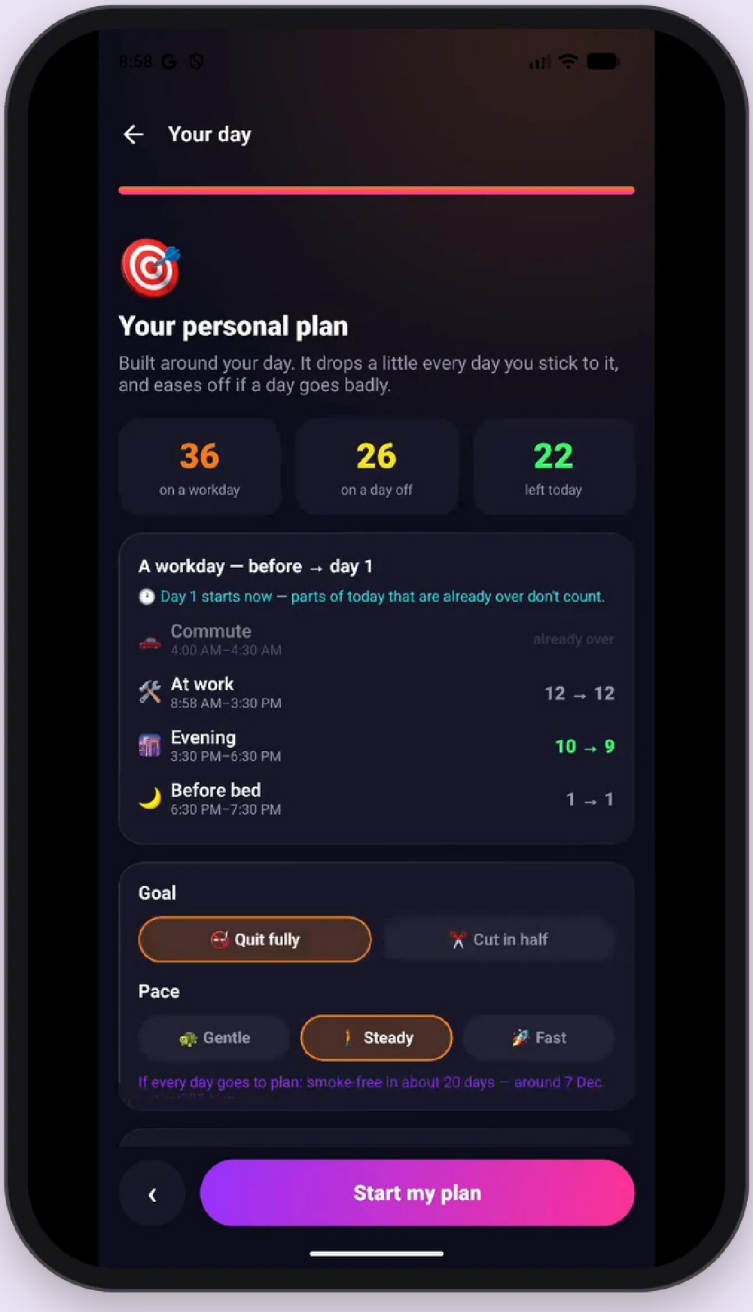
Fixed work breaks

Windows line up with your real breaks.

04

Price per pack

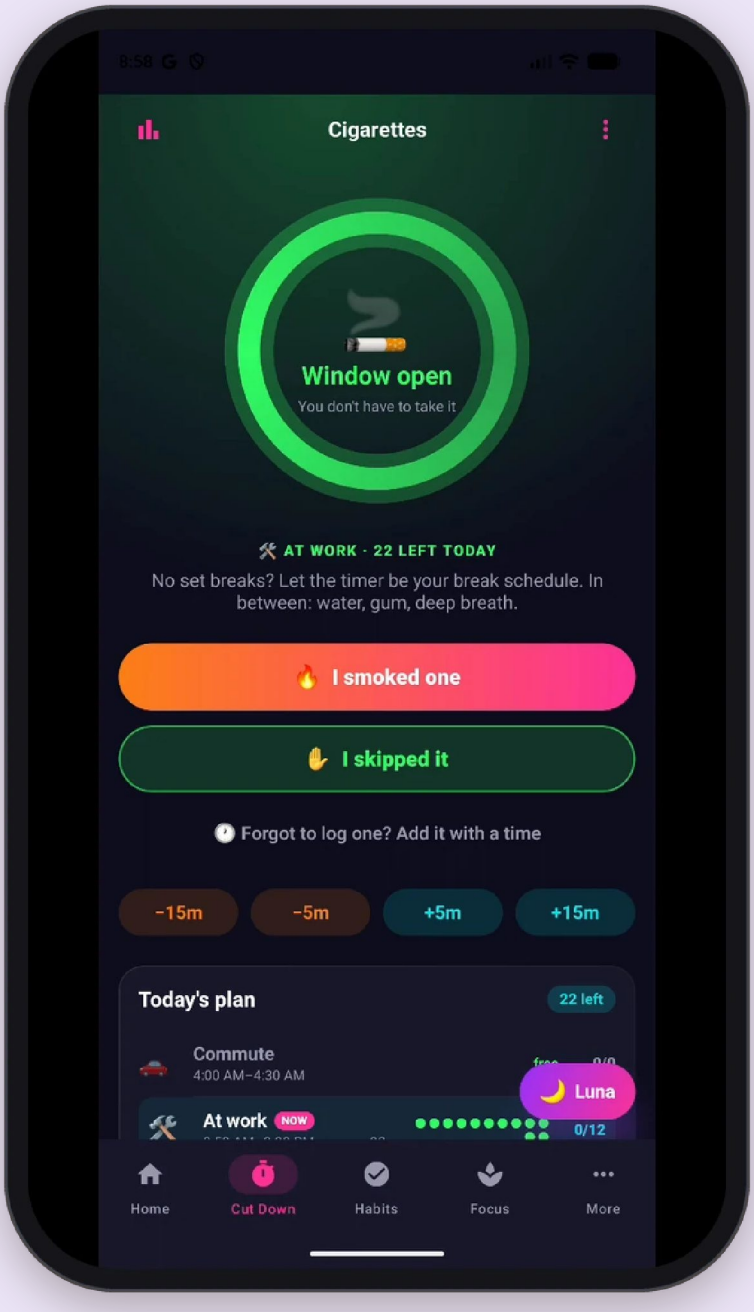
So VibeStreak can show the money you save.



COUNTDOWN

Know exactly *when it's next*

A countdown ring shows when the next window opens. When it does, have one — or skip it and push the plan forward.



01

Live countdown

On the Lock Screen, Dynamic Island, widgets and Apple Watch on iPhone; a live notification and widget on Android.

02

I smoked one / I skipped it

Log it in one tap, even from the notification.

03

Forgot to log?

Add it later with the right time.

04

No shame

Had one early? The plan adapts to what really happened.

TODAY

Today's plan *at a glance*

See today's windows, what is left in each part of the day and how close you are to a smoke-free day.

01

Today's windows

Commute, work, evening and before bed.

02

What's left

Allowance used and remaining in each part.

03

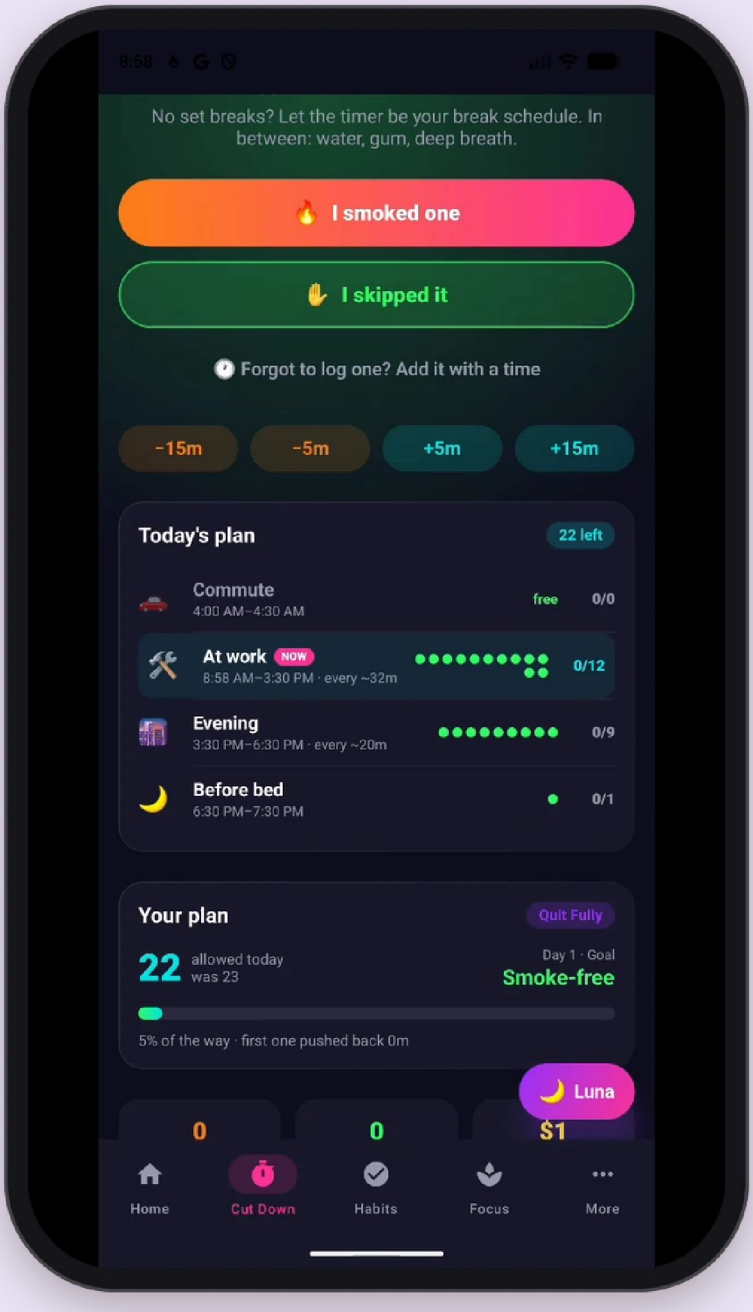
Skips earn XP

Every skipped craving adds XP and builds your streak.

04

Money saved

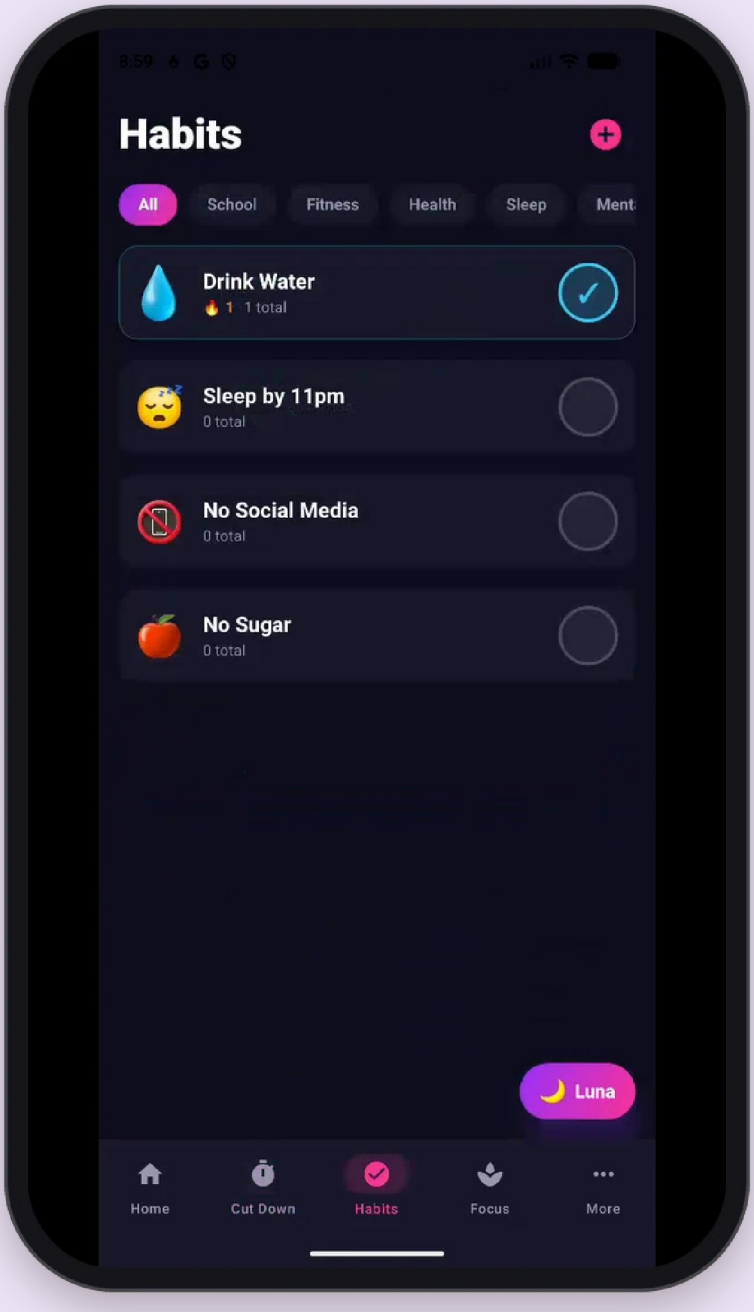
See what cutting down puts back in your pocket.



HABITS

Build habits *that stick*

Track good habits alongside your plan, with XP, levels and daily quests.



01

Habit list

Drink water, sleep earlier, less social media and more.

02

Categories

School, fitness, health, sleep and mind.

03

Daily quests

Small tasks that pay XP.

04

Streaks and levels

Keep going and level up.

FOCUS

Focus sessions *that grow a garden*

Start a focus timer and watch a plant grow. Finish sessions to fill your garden.

01

Focus timer

Choose a length and start.

02

Growing garden

Each finished session adds to your garden.

03

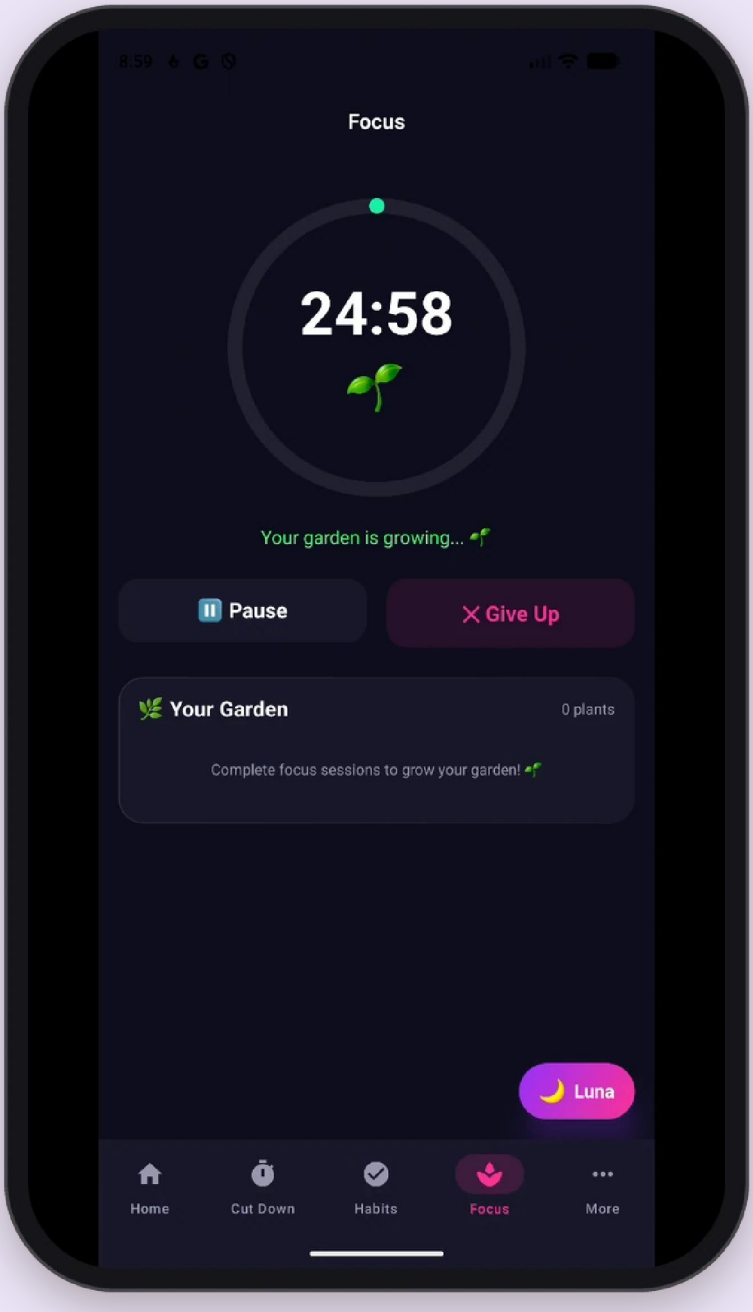
Pause or give up

Life happens — and that's fine.

04

A healthy distraction

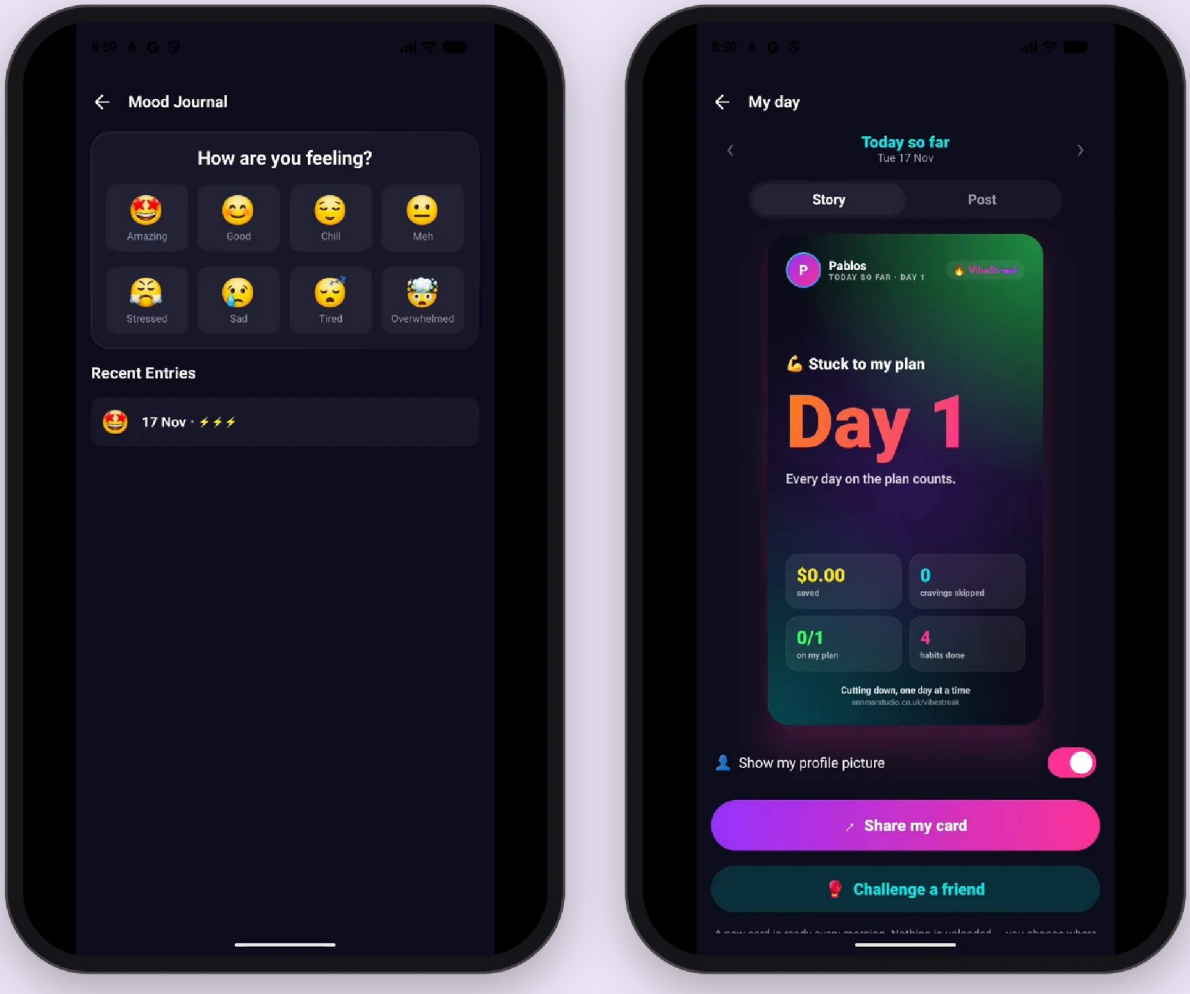
Ride out a craving with a short session.



MOOD & SHARING

Track your mood. *Share your wins.*

A quick mood journal helps you spot triggers, and a daily card celebrates your progress.



01 **Mood journal**
Pick how you feel and look back at recent entries.

02 **Triggers**
Learn which moments make cravings stronger.

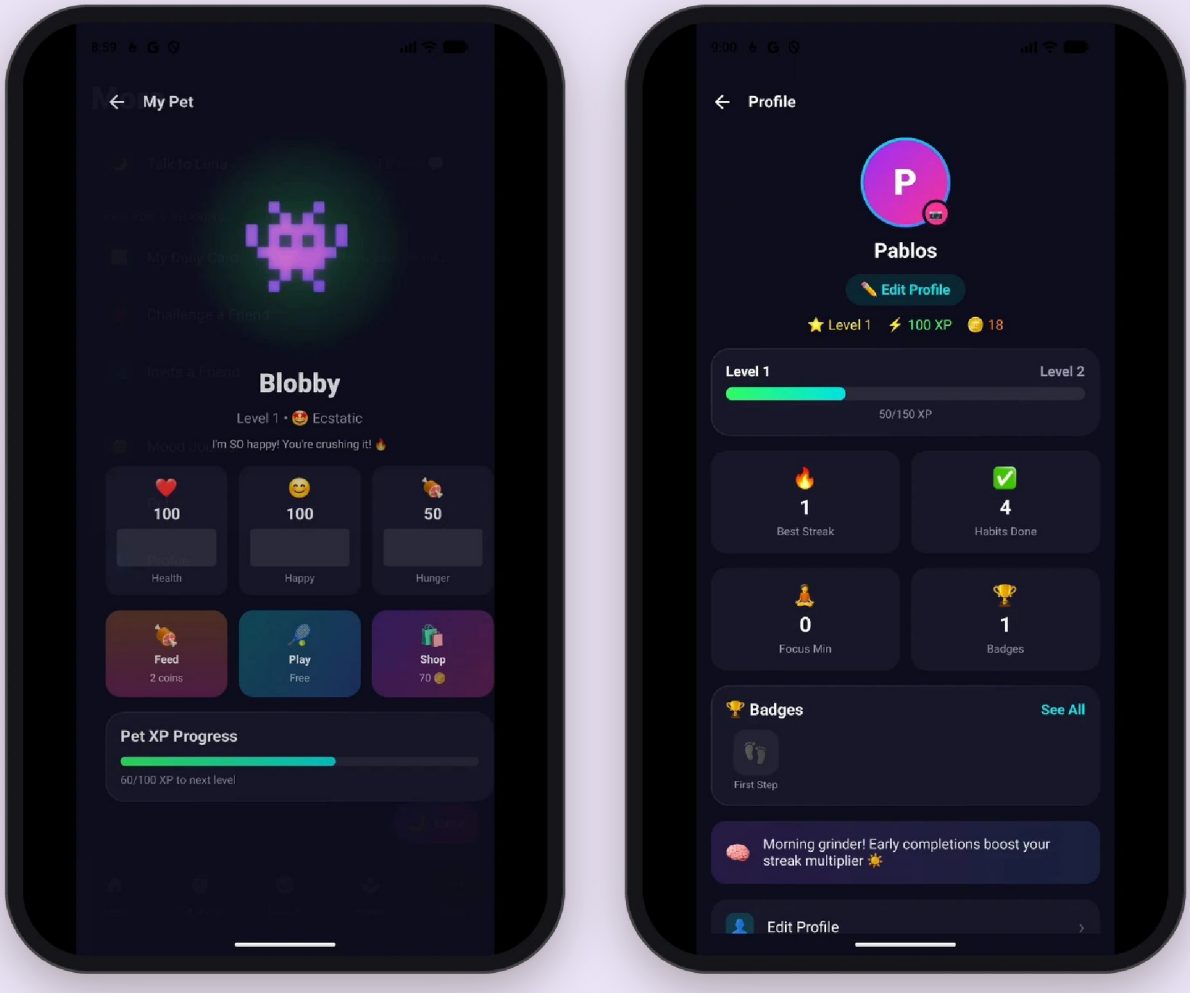
03 **Daily results card**
A ready-to-share card every morning.

04 **7-day challenge**
Invite a friend and cut down together.

PET & LUNA

A little company *on the way*

Look after a virtual pet, collect badges and chat with Luna, a friendly companion who cheers you on.



01 **Virtual pet**
Feed it, play with it and keep it happy.

02 **Badges**
Unlock badges for milestones and streaks.

03 **Luna**
A friendly chat companion for encouragement.

04 **Profile**
Your level, XP and best streak in one place.

PRIVACY & HEALTH

Private, *and honest about health*

VibeStreak is a self-tracking tool for adults. Everything stays on your phone.

No account, no ads, no tracking

Everything stays on your device.

Delete any time

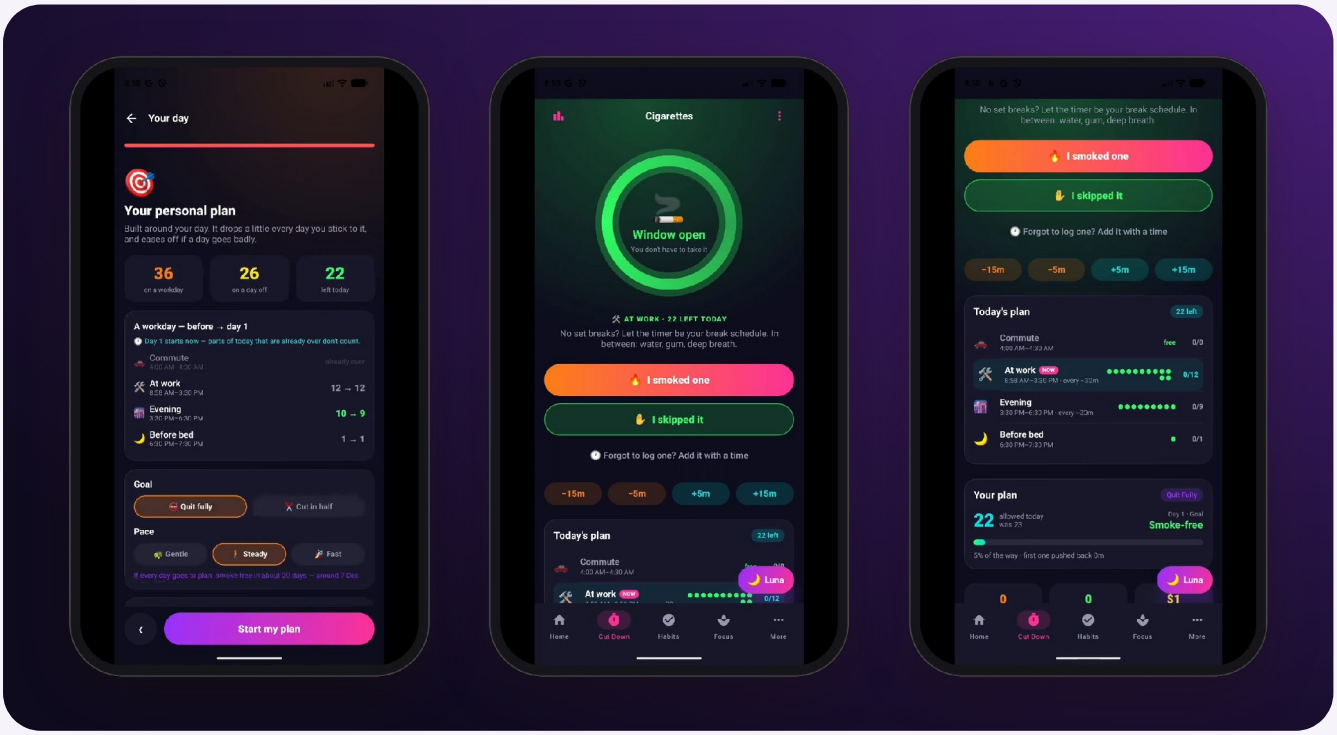
Profile → Privacy → Delete All Data.

For adults only

The cut-down tracker is for adults who already smoke or vape.

Not medical advice

For free expert help to quit, visit NHS Better Health – Quit Smoking or speak to your GP or pharmacist.



PLANS & PRICES

Pay once. *No subscription.*

VibeStreak is a one-time purchase. Every feature, every future update — and nothing to renew.

VIBESTREAK

£9.99 once

Personal plan, live countdown, habits, focus, mood, pet and Luna — forever.

EVERYTHING INCLUDED

- Routine-based cut-down plan
- Live countdown and widgets
- XP, streaks and money saved
- Focus garden
- Pet, badges and Luna
- Gentle, Steady or Fast pace
- I smoked / I skipped logging
- Habits and daily quests
- Mood journal and daily card
- No account, no ads

SCAN TO GET THE APP

annmarstudio.co.uk/vibestreak

Scan to open VibeStreak on the App Store. Also on Google Play.

Download on the App Store

Get it on Google Play

Price in GBP including VAT; the store shows the final price before you buy. VibeStreak is for adults 18+ and is not medical advice. For support to quit, visit NHS Better Health – Quit Smoking.