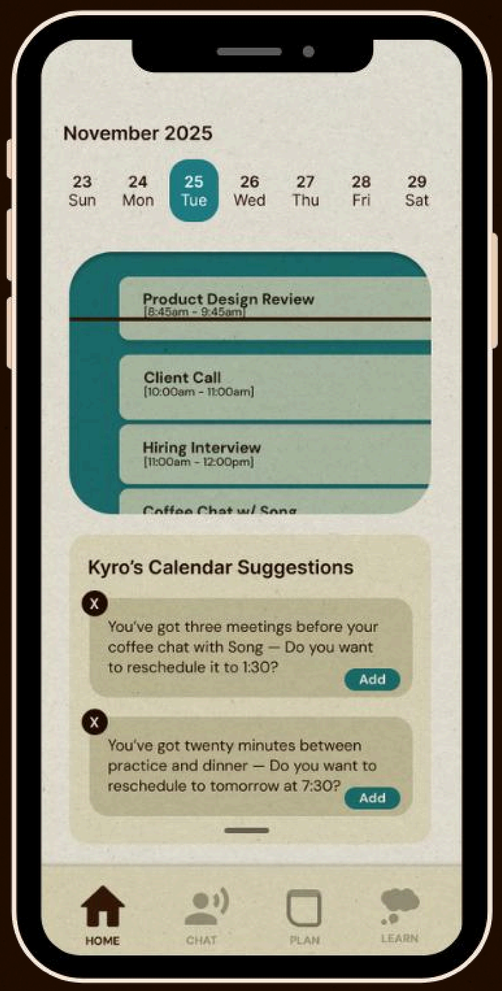
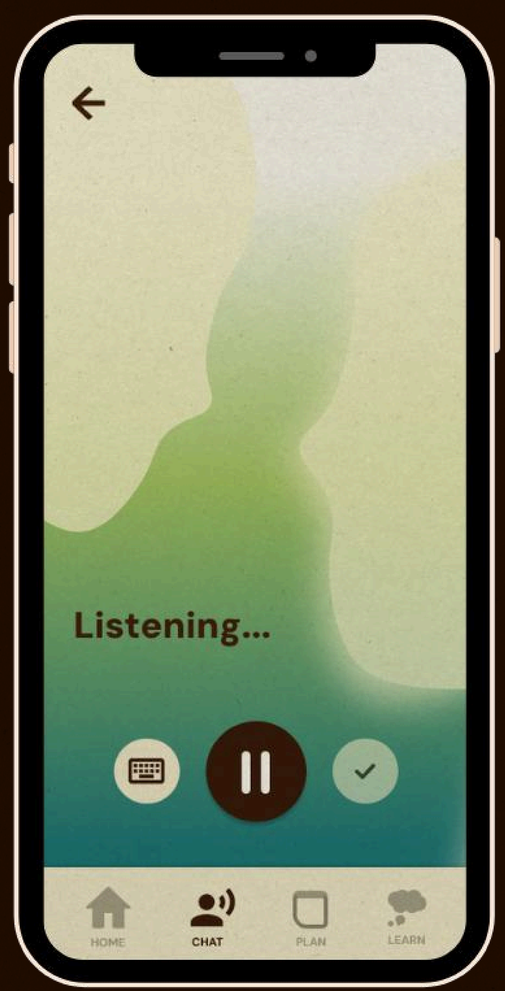
KYRO

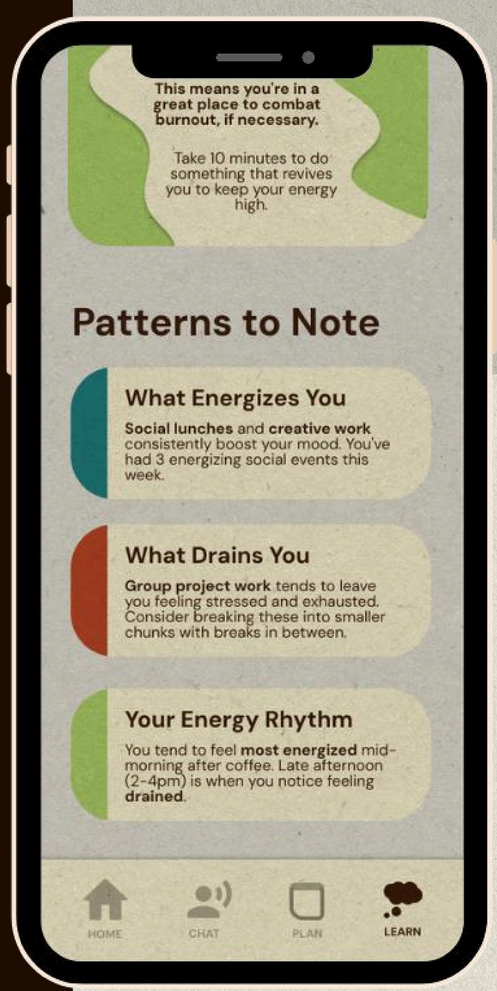
Planning life by how you feel



Plan your day intentionally



Reflect on your day

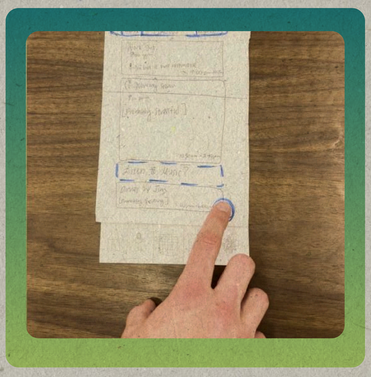


Learn about your energy patterns

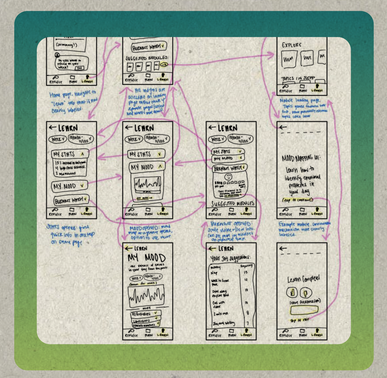
Needfinding

Experience Prototyping

Testing



Low Fidelity



Medium Fidelity

PROBLEM

Young adults don't notice how the events in their day affect their energy until they unexpectedly burn out.

SOLUTION

Kyro introduces emotional scheduling to help users understand, protect, and plan around their personal energy, building healthier days and burning out less often.

BENNIE N, AMESHA B, GABRIELLA U, GIL S • CS147 AUTUMN 2025 • https://hci.stanford.edu/courses/cs147/2025/au/projects/DesignforMentalWellbeing/Kyro/