KOKOROLOGY · PRODUCT WALKTHROUGH

The Journal, screen by screen.

Anchor selection → first five days → hacks integration → customisation → coach review → quarterly call.

WHAT'S INSIDE

01 **Choosing your Anchor**
Primary + up to 2 supporting

02 **Anchor-shaped prompts**
Specialist prompts stacked on the NS baseline

03 **Morning — first 5 days**
How the AM screen evolves Day 1 → Day 5

04 **Afternoon — first 5 days**
Optional midday signal check (lightweight)

05 **Evening — first 5 days**
Reflection + tracker PM values

06 **Daily Hack integration**
Check-in: done / progress / skipped

07 **Customise your protocol**
Rename trackers, swap Anchors (plan-gated)

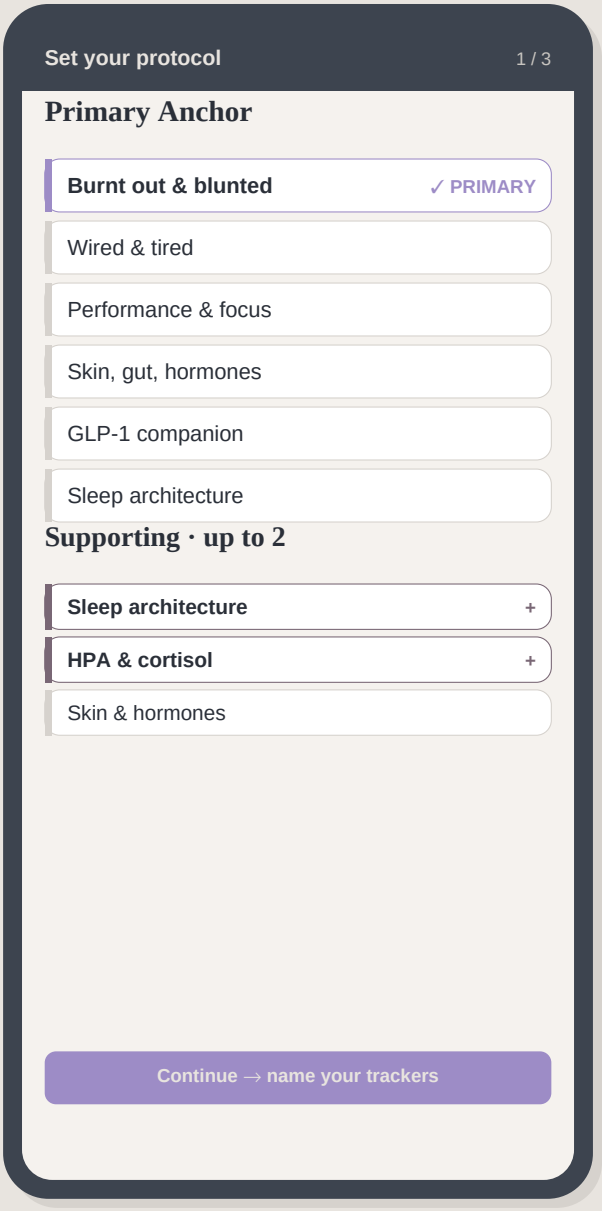
08 **Share with your coach**
Selective entry sharing for analysis

09 **Quarterly coach call**
Annual plan · 1 call / quarter, not 3 1:1s

10 **What's next**
Trends, weekly review, ritual

SET PROTOCOL

Choose your Anchor



1 PRIMARY, UP TO 2 SUPPORTING.

Primary shapes morning, evening, weekly and hack family.

· Supporting add one prompt to AM, PM and weekly review.

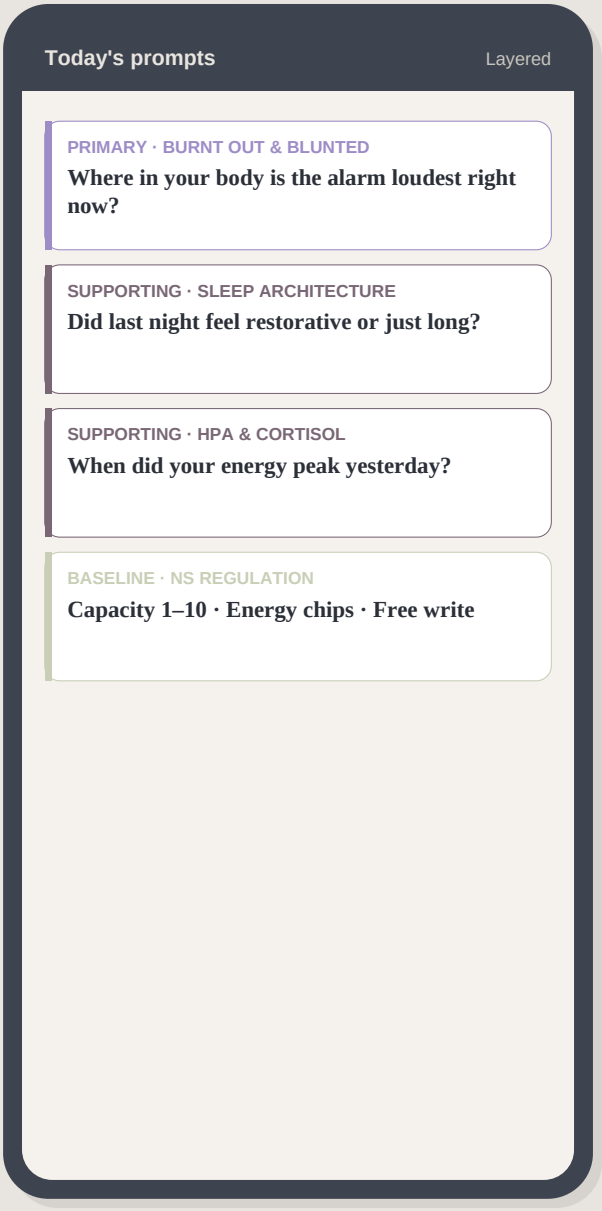
· Plan controls switching: monthly = 1 swap/month, annual = primary 1×/quarter.

· All 18 Anchors available — pick what's loudest right now.

Journal · €25/mo — includes the full Hacks library and quarterly coach call on annual. kokorology.com/journal →

PROMPT ARCHITECTURE

Anchor prompts + NS baseline



SPECIALIST PROMPTS STACKED ON THE REGULATION BASELINE.

2 prompts from primary Anchor.

· 1 prompt from each supporting Anchor (max 2).

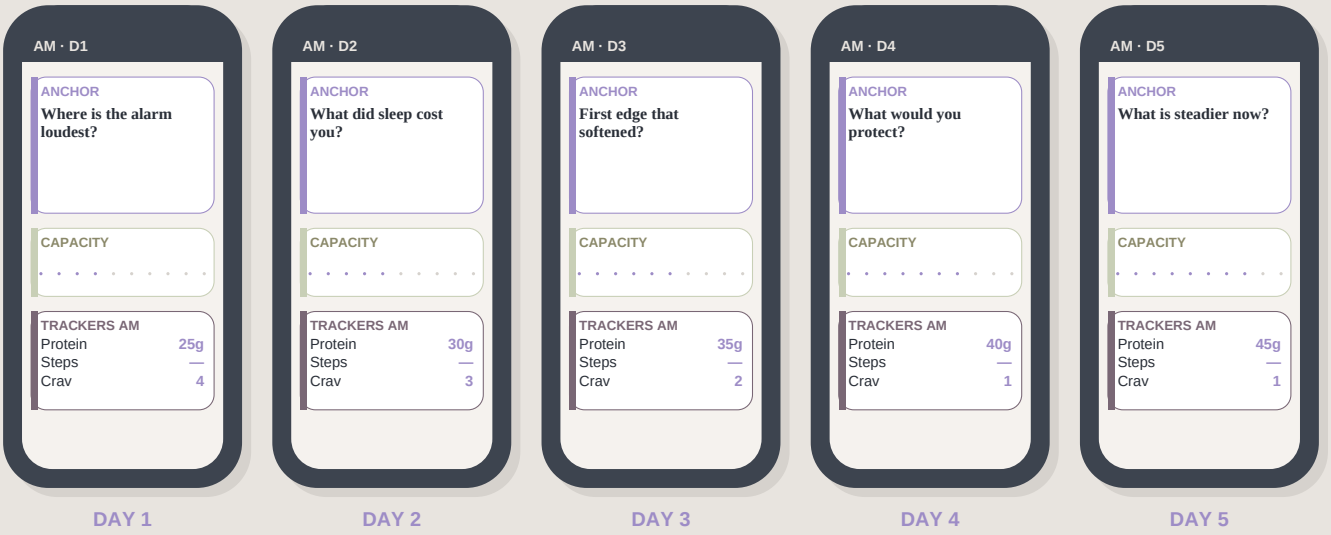
· Capacity slider + energy chips + free-write stay underneath, every day.

· Total time per screen stays under 2 minutes.

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STEP 03

Morning · first 5 days



DAY 1 DAY 2 DAY 3 DAY 4 DAY 5

What shifts day by day

Day 1 — Pure baseline. Anchor prompts open, trackers start at zero, hack is the simplest in its family.

Day 2 — Same scaffold. The system already knows your sleep and capacity range.

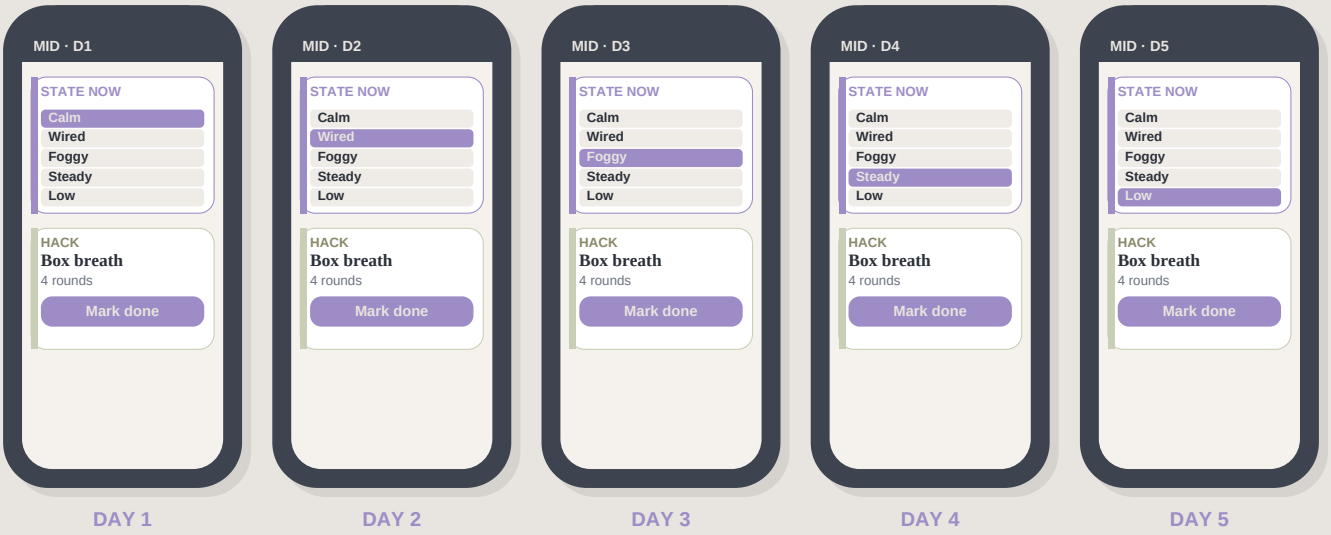
Day 3 — Prompts widen by one Anchor. Trackers start showing AM / PM deltas.

Day 4 — A signal flag becomes available based on what you've logged.

Day 5 — First per-Anchor mini-pattern appears (capacity dots fill in, hack difficulty steps up).

STEP 04

Afternoon · first 5 days



What shifts day by day

Day 1 — Pure baseline. Anchor prompts open, trackers start at zero, hack is the simplest in its family.

Day 2 — Same scaffold. The system already knows your sleep and capacity range.

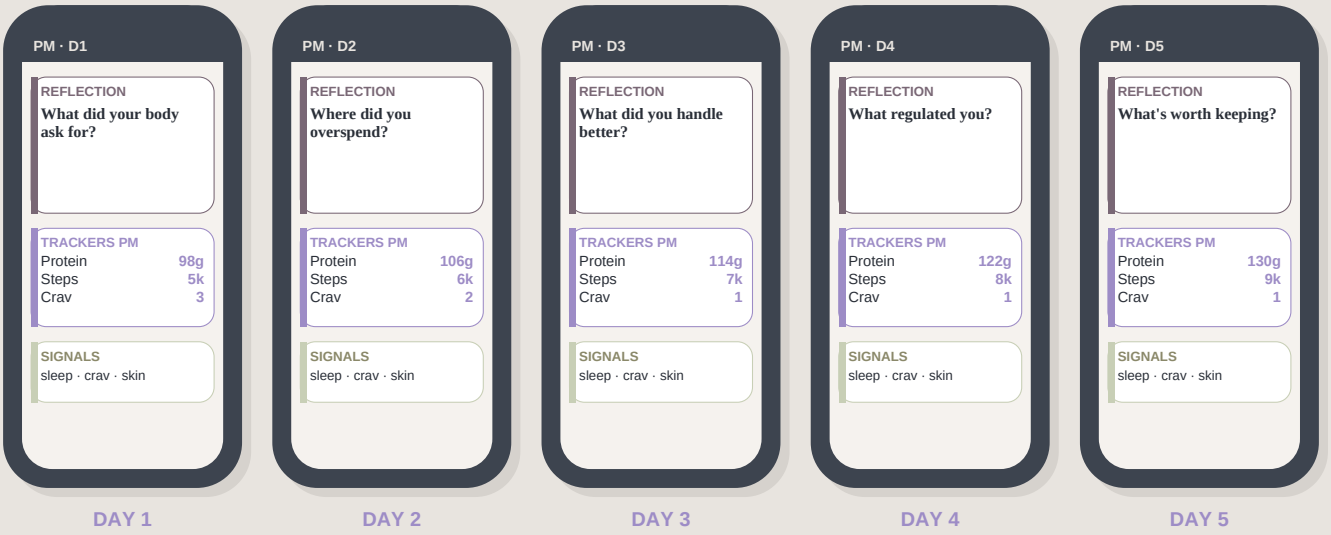
Day 3 — Prompts widen by one Anchor. Trackers start showing AM / PM deltas.

Day 4 — A signal flag becomes available based on what you've logged.

Day 5 — First per-Anchor mini-pattern appears (capacity dots fill in, hack difficulty steps up).

STEP 05

Evening · first 5 days



What shifts day by day

Day 1 — Pure baseline. Anchor prompts open, trackers start at zero, hack is the simplest in its family.

Day 2 — Same scaffold. The system already knows your sleep and capacity range.

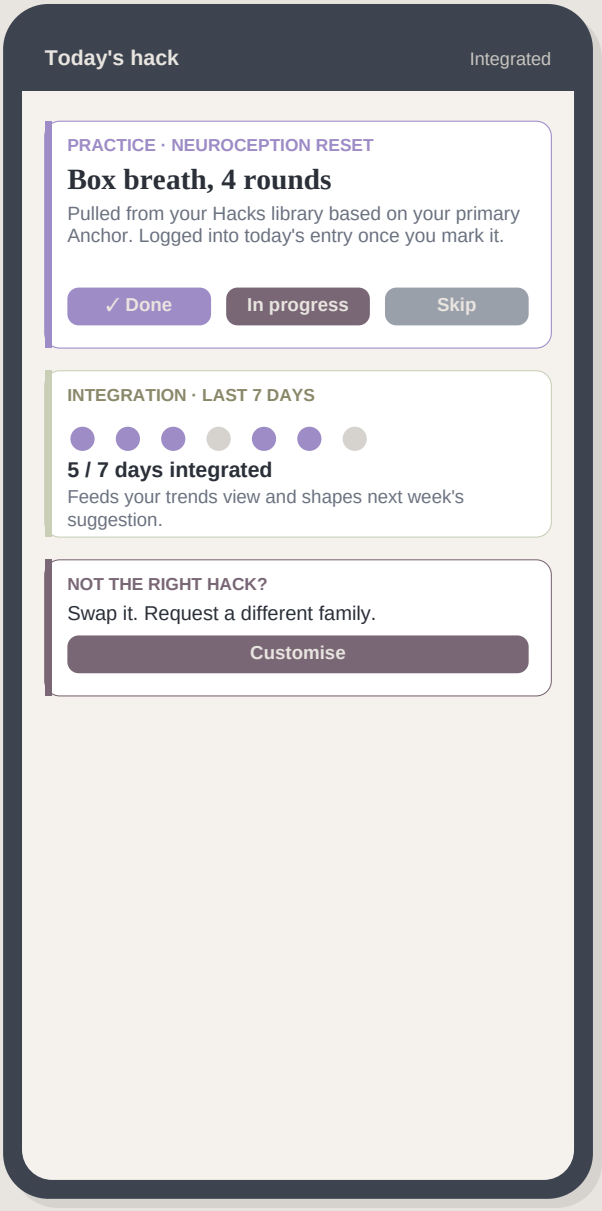
Day 3 — Prompts widen by one Anchor. Trackers start showing AM / PM deltas.

Day 4 — A signal flag becomes available based on what you've logged.

Day 5 — First per-Anchor mini-pattern appears (capacity dots fill in, hack difficulty steps up).

PRACTICE

Hacks integration



DONE / IN PROGRESS / SKIP — ONE TAP EACH.

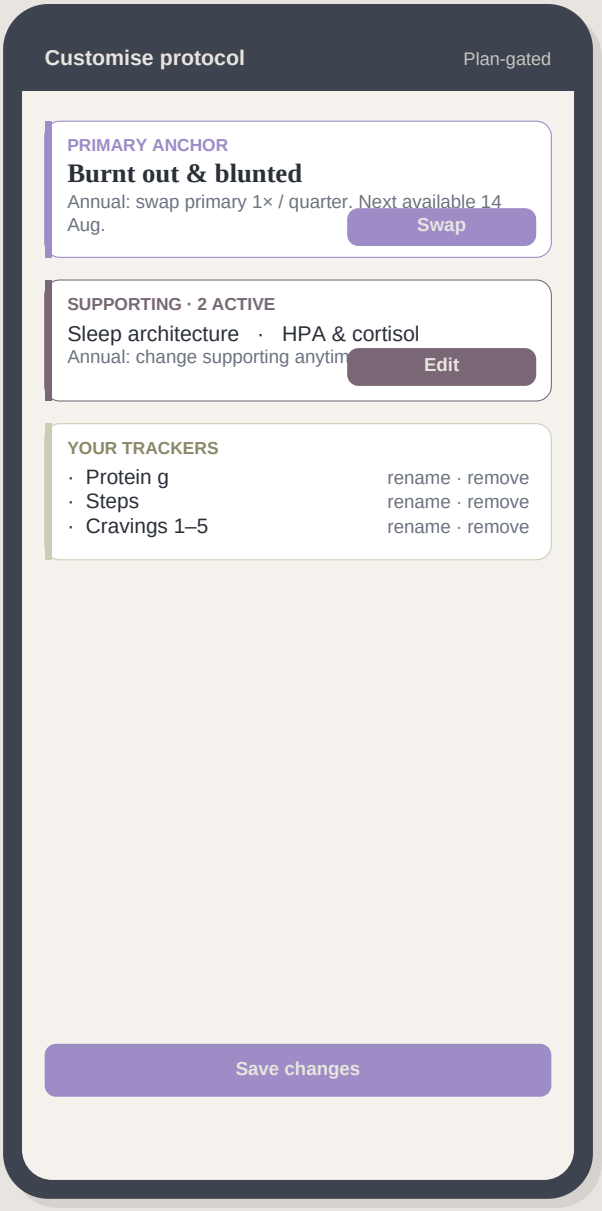
Marking 'Done' logs to today's entry automatically.

· 7-day streak feeds trends and shapes next week's suggestion.
· Wrong family? Request a swap — your protocol learns.
· Hacks library is included with every Journal plan.

Journal · €25/mo — includes the full Hacks library and quarterly coach call on annual. kokorology.com/journal →

CUSTOMISE

Request changes & swaps



RENAME TRACKERS ANY TIME, NO GATE.

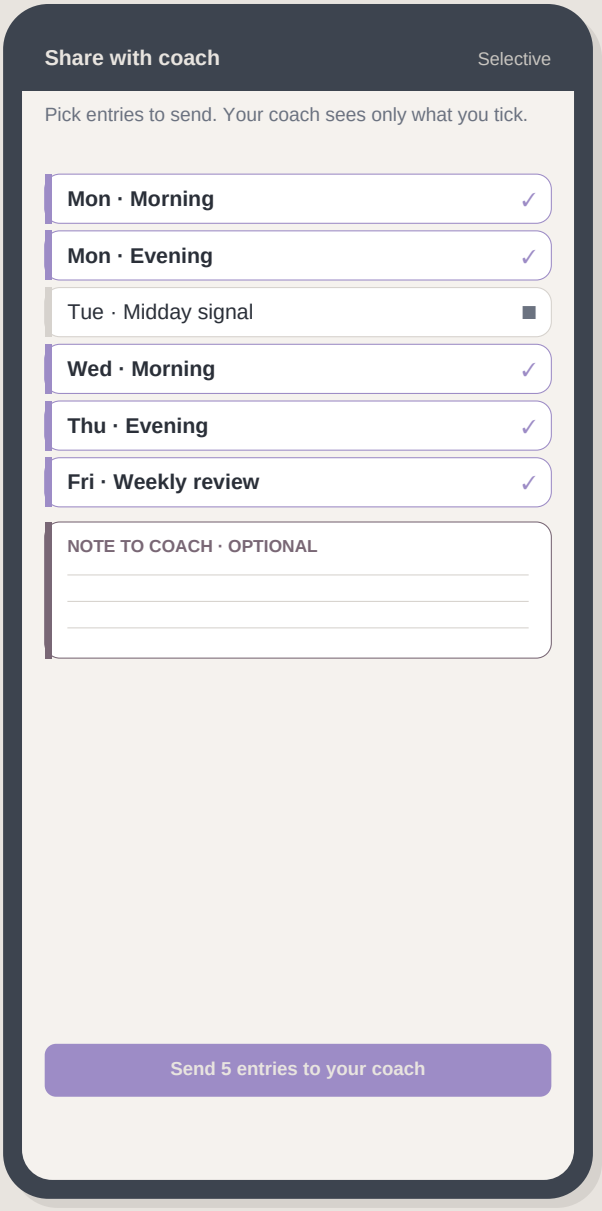
Swap supporting Anchors: monthly = 1/month, annual = anytime.

· Swap primary Anchor: annual only, 1× per quarter.
· Next swap window is always shown in plain dates.
· All changes preserve your history — nothing resets.

Journal · €25/mo — includes the full Hacks library and quarterly coach call on annual. kokorology.com/journal →

COACH REVIEW

Share entries with your coach



SHARING IS OPT-IN AND PER-ENTRY.

Coach sees only what you tick — never the whole journal.

· Add a short note for context before sending.

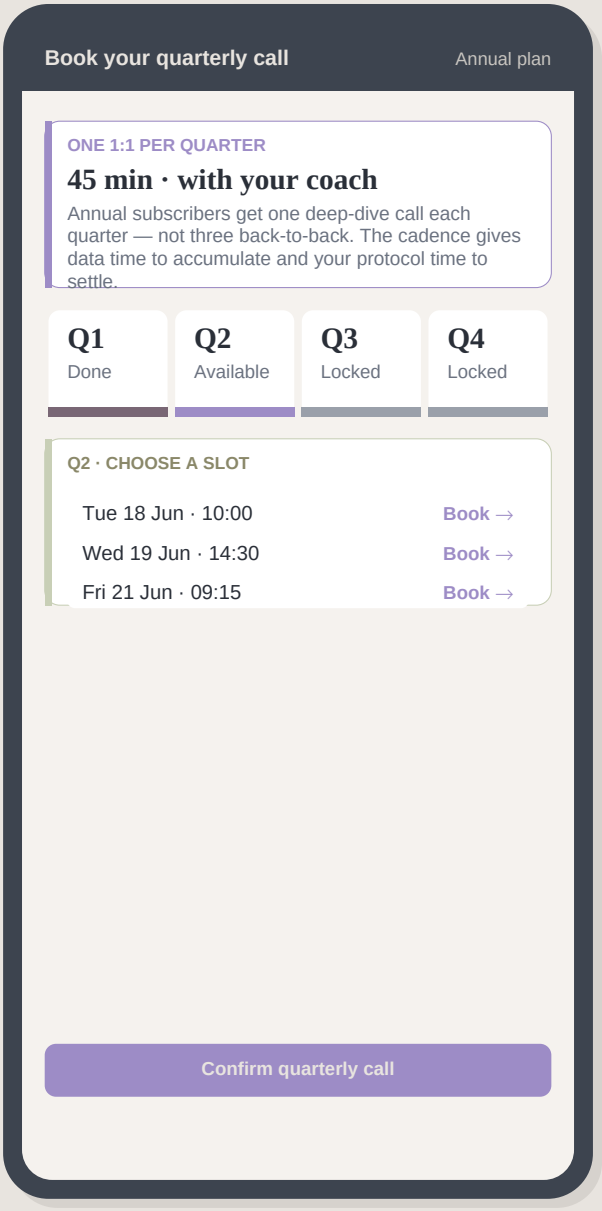
· Coach replies appear inline on each shared entry.

· Bundle includes 2 coach summaries/month; annual adds priority review.

Journal · €25/mo — includes the full Hacks library and quarterly coach call on annual. kokorology.com/journal →

ANNUAL PLAN

Quarterly coach call (1 per quarter)



ANNUAL SUBSCRIBERS: ONE 1:1 PER QUARTER — NOT THREE BACK-TO-BACK

Cadence by design: data needs time to accumulate, protocols need time to settle.

· 45-minute deep-dive, with your shared entries pre-read.

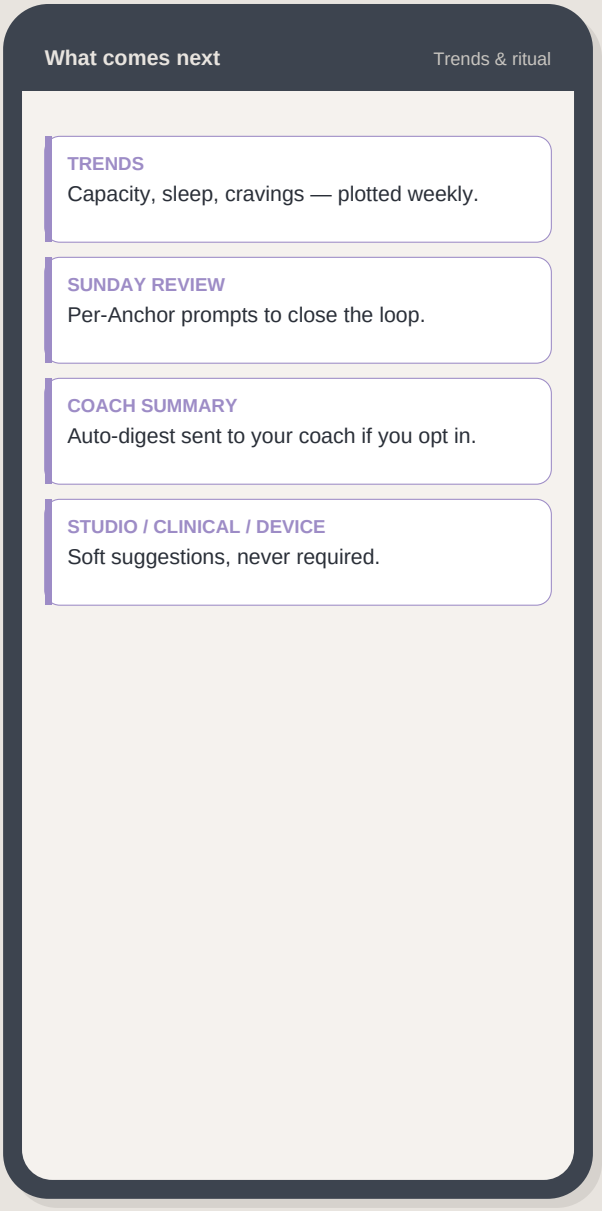
· Locked quarters open automatically when their window starts.

· Monthly plan: upgrade to annual to unlock.

Journal · €25/mo — includes the full Hacks library and quarterly coach call on annual. kokorology.com/journal →

BEYOND DAY 5

Trends, weekly review, ritual



TRENDS VIEW STARTS PLOTTING AT DAY 7.

Sunday weekly review block, one per active Anchor.

· Optional studio / clinical / device suggestions surface where relevant.

· Notification rhythm settles into 2/day max (AM + PM nudge).

· Your protocol gets quieter, not louder.

Journal · €25/mo — includes the full Hacks library and quarterly coach call on annual. kokorology.com/journal →

CARRY IT FORWARD

Three ways to keep going

PAID

Journal · Annual

€250/yr · save 2 months

Includes Hacks library + 4 quarterly coach calls.

Start

PAID

Journal · Monthly

€25/mo

Hacks library included. Swap 1 Anchor / month.

Start

FREE

Free · Subtraction protocol

PDF · 14 days

If you want to try the rhythm before you subscribe.

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