

Plan my Day

A tool for the whole day — a full day of coffee that still leaves room for sleep, planned before the first cup is brewed.

*Plan my Day is an optional tool for planning a whole day of coffee at once. It allows the user to plot, then shape the day's drinks together until the whole day sits inside their **Caffeine Comfort Zone**, all before the first cup is brewed.*

On the day the plan is active, its Plan Check feature meets the user at each brew with the drink they planned for around that time.

The Planner itself commits nothing to the device and brews nothing. As everywhere else in the platform, the platform advises; the user decides.

The most effective tool Caffevolve offers for managing caffeine — *and the best of everything it does.*

1

A day is a budget

A day of caffeine is not simply a count of cups but a budget, spent within two boundaries at once: how high the user's caffeine level may peak while awake to avoid agitation, and how little of it may remain by bedtime to allow for a good night of rest. A single Caffevolve brew recommends a caffeine blend that keeps the user inside their comfort zone, but it treats each cup as if it were the last of the day. What it can't account for are the cups still to come. Plan my Day, on the other hand, lets the user lay out all of their planned drinks on a schedule and see how the plan will

affect their caffeine level over the course of the day. It is the difference between a thermostat reacting to the room and an architect designing it.

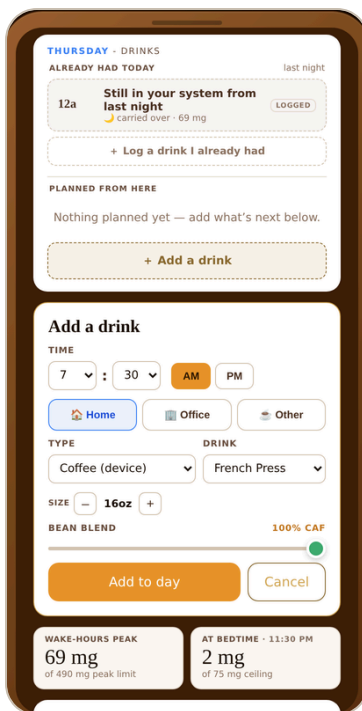
Reached from the profile screen. Plan my Day is a Resident User feature — it belongs to a saved profile, draws on that profile's history and ceilings, and never appears during a guest brew.

Spend early, taper toward evening — and the mid-afternoon cutoff you've always observed is finally yours to ignore.

2

Building the day, then shaping it

A plan starts the way the day does, with the drinks the user expects to have. They add each one in turn: when, where it will be made, what it is and how much of it. For a coffee made on a Caffevolve device, they also set its caffeine blend. As each drink goes in, the projection redraws, so the user watches the day take shape and sees where it lands against both ceilings.



Every drink is added and shaped here. Set the time and where it's made, the type and size, and — for a device brew — the caffeine blend, dialed from full strength to fully decaf.

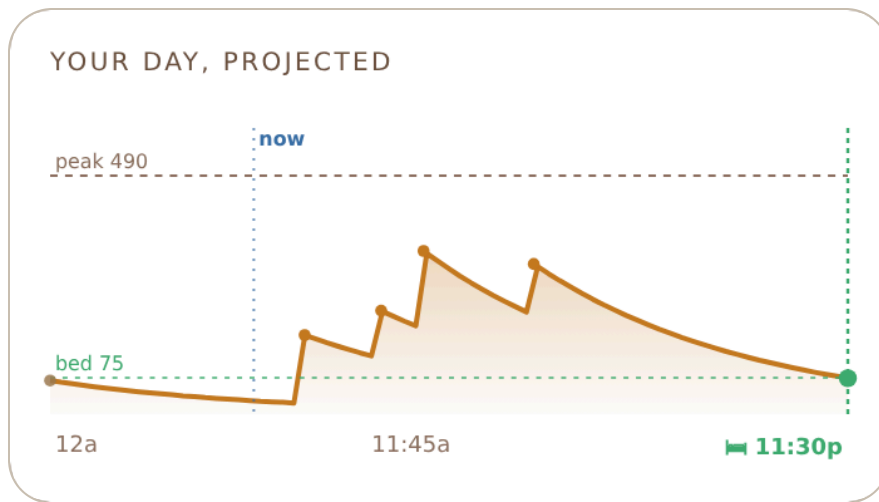
Projection alone would make the Planner a readout. What makes it the platform's strongest expression of control is that the user can then reach into the day and change it, drink by drink, and watch the whole day respond at once.

Every planned drink is individually adjustable. The user can move it earlier or later, change what it is, choose where it happens, and set how much of it there is. **Where the drink is made decides how it can be shaped.** A drink made on a Caffevolve device — at home, or at an office with a Caffevolve Office — can be changed by adjusting its serving size, its brew strength, its *caffeine blend*, or any combination. A drink from a place with no device — a café, a convenience store, or a workplace counter without a Caffevolve — is fixed by the venue and shaped by size alone, or by shot count for an espresso.



Adjusting one drink re-projects the whole day. Each drink carries its own size and — for a device brew — its strength and a caffeine-blend dial; the Wake Hours Peak and At-Bedtime readouts update as each drink is tuned. A day over either ceiling is flagged, and *Rebalance for me* appears.

Because the projection is live, every adjustment re-draws the whole curve and re-reads both values immediately — the Wake Hours Peak and the bedtime residual move as the user moves each drink. Easing a morning cup down opens headroom for one later; adding an after-dinner drink raises the bedtime figure in plain view. The consequence of each change is visible in the moment it is made, so shaping the day becomes a matter of adjusting until both values sit inside the Caffeine Comfort Zone rather than guessing and hoping.



Every drink, one curve. Each cup lifts the line and each step eases as the caffeine clears. The dashed lines mark the peak limit above and the bedtime ceiling below; a day that fits stays under the first and lands under the second.

One cup in the moment. The whole day in advance.

3

Rebalance for me

Shaping the day by hand is not the only route back inside the ceilings. When a planned day runs over either ceiling — the Wake Hours Ceiling at its peak, or the Bedtime Ceiling at sleep — **Rebalance for me** appears, and one tap brings the day back under both.

★ Protect

Before tapping Rebalance, the user can *protect* the drinks they will not give up. Each drink in the plan carries a star; tapping it protects that drink, and Rebalance holds it exactly as planned while it reshapes the rest of the day. Up to two drinks can be protected, and none is by default, so there is always room left to rebalance. When a particular cup is the one that matters — the real espresso at four o'clock, the after-dinner coffee — protecting it keeps that cup exactly as intended. A user who wants most of the day's caffeine in the morning protects the morning cups.

Rebalance follows one principle: caffeine consumed early has more time to clear before bedtime, so the day should step down toward evening. It starts with any drinks the user will have away from a Caffevolve device, such as a café coffee. Their caffeine can only be reduced by ordering a smaller size, so Rebalance steps those down first, beginning with the latest in the day. Device cups then share the remaining room in a gentle taper: earlier cups keep more of their caffeine,

and no cup is cut by more than fifteen points beyond the cup before it, so the afternoon is never left with little or no caffeine. No drink is ever removed.

Rebalance changes the plan, never a brew. Its result is applied to the plan at once, each changed drink outlined and carrying a back arrow that returns it to its earlier setting, and the user can keep adjusting by hand from there. And Rebalance is candid about its own limits — when even every unprotected drink at its minimum still cannot clear the day, the Planner says so, and names what would have to give: unprotecting a drink, moving it earlier, or taking it decaf. The user is never left guessing why a day will not fit, nor quietly handed one that does not.



One tap, a gentle taper. Diane's day peaks at 404 mg but lands at 97 mg at bedtime, over her 75 mg ceiling. Keeping her protected 11 a.m. cup at full strength, Rebalance eases the French press to 65%, the pour-over to 60% and the 2:15 p.m. drip to 65% — bedtime falls to 74 mg and the peak to 335 mg.

4

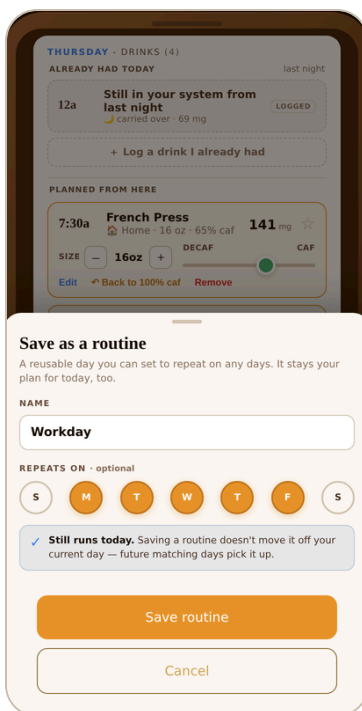
Save it once: Routines

Most days follow a pattern. A workday looks much like the last one, and a weekend has its own rhythm. Rather than building each day from scratch, the user can save a shaped day as a *Routine*: name it, choose the days of the week it repeats on, and it's done. On every day a Routine covers,

it becomes that day's plan automatically, checked fresh each morning against the user's real state.

Two Routines can cover the entire week, for example a Workday for Monday to Friday and a Weekend for Saturday and Sunday. From then on the user doesn't need to open the Planner unless something changes. Each time they step up to brew near the time of a planned drink, Caffeolve has it waiting to be confirmed (5).

Not every day fits a Routine. For a day that doesn't repeat, the user can build it from a blank day or start by editing the day's Routine or a recent day, then tap **This is my plan for today**. It applies to that day only, and the next day the Routine picks up again on its own. A plan made partway through the day starts from what the user has already had.

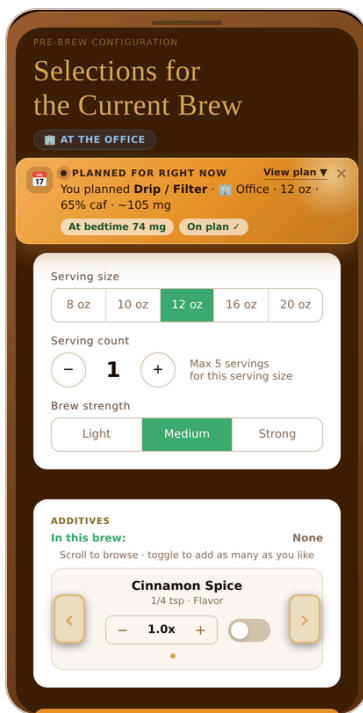


A day you liked, saved. Name it, assign it to the weekdays it fits, and the Planner re-runs it each morning against today's clock and your current state.

5

Plan Check: the plan at the point of brewing

Once a day's plan is active, each time the user goes to make a drink, **Plan Check** presents any drink planned within ninety minutes of now and works out how that drink, if had now, will affect the rest of the day. If the day still sits under both ceilings, the user can brew it as planned with a tap and hold, or fine-tune it first by editing the additives or adjusting the caffeine blend by hand. If something earlier in the day has pushed it over, the user can change the drink in front of them, or tap *Rebalance* to adjust the drinks still ahead.



The plan meets the real day, one brew at a time. At 2:15, when Diane starts a brew at the office, Plan Check shows the drink her plan holds for now — a 12 oz drip at 65%, about 105 mg — and where her day now lands: 74 mg at bedtime, on plan. *View plan* opens the whole day; × dismisses the notice.

Away from home, the same check runs in the CaffevolveGo app: a drink that would push the day over a ceiling is flagged before the user commits to it.

A plan is a forecast, and real days drift. Plan Check keeps up. A drink had close to a planned one takes its place. One had at an unplanned time prompts a quick question: does it replace a planned drink, or is it an extra? A planned drink that's skipped keeps counting until the user says otherwise, and a new bedtime re-plans the rest of the day at once. The one thing it can't count is caffeine that's never brewed or logged.

Nothing brews without the user's tap, and the notice never appears during a guest brew.

This is where the Caffevolve Shift stops being a promise and becomes a plan.

Not less coffee — more, on your terms.