

Make it yours.

A practical guide to asking, saving and coming back.

MAKE NEEKLEE YOURS

Have a few minutes? Talk, unwind, or let Neeklee get to know you.

TRY: Neeklee, let's talk. I have a few minutes. Ask me something interesting, then get to know me one question at a time.

Use Chat for personal preferences. Ask what is remembered and correct it. This prompt starts a conversation, not background monitoring or a new automatic mode.

FOOD JOURNAL

See a rough nutrition breakdown, then keep a meal note.

TRY: Neeklee, estimate the calories, carbs and protein in this meal. Tell me what portion size you're assuming and what you're unsure about. Then help me draft a food-journal entry.

Calorie and nutrient estimates are approximate. Review portions and ingredients; saved entries do not calculate daily totals.

ACTIVITY & PROGRESS

Keep the steps, workouts or weight updates you choose to enter.

TRY: Neeklee, I walked for 30 minutes today. Help me start an activity journal. What else should I record so we can review my progress?

You supply steps, weight and activity. No automatic step counting, wearable sync or background monitoring.

DAILY PLANNING

Turn a busy day into a manageable plan.

TRY: Neeklee, help me plan tomorrow. Ask what I need to get done and how much time I have, then make a simple schedule with breaks.

Produces a written plan. It does not add calendar events or send scheduled reminders.

A little help, every day.

Build a routine around the information you choose to share.

HABITS & REFLECTION

Keep a record of what is helping you.

TRY: Neeklee, help me wind down. Ask me three questions about my day, one at a time, then help me write a short journal entry.

Save reviewed notes and add entries in My Discoveries. You choose when to return.

WEEKLY REVIEW

Find patterns in the notes you share.

TRY: Neeklee, here are my notes from this week. What went well, what patterns do you notice, and what is one thing I could try next week?

Paste or share the relevant entries. Do not assume every saved entry is automatically included in a conversation.

SPREADSHEET PLANNING

Create a useful structure for your own tracker.

TRY: Neeklee, make me a simple workout-tracking table I can copy into Excel. Include date, exercise, minutes and notes.

A copyable table is not a generated Excel download or a live spreadsheet connection.

SHOPPING & COMPARISONS

Return to a shortlist with better questions.

TRY: Neeklee, compare what I'm showing you with the photo I attached. What are the main differences, and what should I check before choosing?

Use Attach during Live. Reference images last for the session; confirm models, prices and availability at their sources.

Curiosity has company.

More ways to explore your world and enjoy the moment.

HOME & CARE

Keep useful details about the things you own.

TRY: Neeklee, what appliance model is this? Read the label, help me find its instructions, and draft a care record with the details we confirm.

Save notes and dated service entries. Room-image storage and generated room makeovers are not available yet.

LEARNING & DISCOVERIES

Follow your curiosity a little further.

TRY: Neeklee, what am I looking at? Tell me one interesting thing about it, then give me a quick quiz. Wait for my answer.

Visual identification can be uncertain. Open available sources and correct any mistaken details.

GAME NIGHT

Bring a little imagination to the table.

TRY: Neeklee, we have four adults and five minutes. Start a fun word game. Explain the rules, then guide us through one round at a time.

Use Chat or speak in Live. Tell Neeklee the ages, interests and tone you want.

KEEP WHAT MATTERS

1. Ask in Chat, Live, or with a photo.
2. Review the answer, uncertainty and available sources.
3. Choose to save a journal, care record, comparison or discovery.
4. Open My Discoveries to add dated entries or continue a saved topic.

Neeklee is in private testing. Available features vary by mode. Do not assume an action was completed without an actual confirmation. Your notes can be edited or deleted.