



# BloomDay

*Turn completed tasks into a living garden*

The ADHD-friendly productivity app that transforms your daily wins into beautiful, growing virtual gardens.

**233**

Plant Species

**19**

Garden Themes

**NEW**

Bloom Board

# Our Mission

BloomDay reimagines productivity for minds that work differently. We believe that accomplishment should feel rewarding, not exhausting. By transforming completed tasks into seeds that grow beautiful virtual gardens, we create a gentle feedback loop that celebrates progress without pressure.

*"Small steps still bloom."*



## The Challenge

Traditional productivity apps can feel overwhelming for people with ADHD. Rigid systems, harsh notifications, and endless unchecked boxes often lead to guilt instead of motivation. Many give up before seeing results.



## The BloomDay Way

BloomDay meets you where you are. Complete a task, earn a seed. Plant it and watch it grow. No shame, no pressure—just gentle encouragement and the joy of seeing your efforts bloom into something beautiful.

### OUR VALUES



#### Gentleness

We design for compassion, not criticism. Every interaction is crafted to encourage rather than shame.



#### Accessibility

Built for neurodivergent minds first. Flexible systems that adapt to how you actually work.



#### Visual Joy

Beautiful gardens, charming animations, and delightful rewards make productivity feel like play.



#### Encouragement

Celebrate every win, no matter how small. Progress is progress, and it all helps your garden grow.

### WHO IT'S FOR

#### ADHD Warriors

Finding focus through gentle structure

#### Creatives

Balancing inspiration with execution

#### Students

Making study feel rewarding

#### Remote Workers

Staying motivated at home

# Everything You Need to Bloom

A complete toolkit designed for gentle, rewarding productivity.



## Task Management

Flexible lists that adapt to how you work. Break tasks into smaller steps, set gentle reminders, and celebrate every checkmark.

**Flexible and forgiving**



## Garden Growing

Complete tasks to earn seeds. Plant and nurture them into a unique garden that reflects your journey. 233 plant species to discover.

**233 plant species**



## Themes and Decor

Customize your garden with 19 unique themes—from cozy cottages to zen retreats. Add 87 decor items to make it uniquely yours.

**19 themes, 87 decor items**



## Ambient Soundscapes

Immerse yourself in calming audio environments. Rain on leaves, gentle streams, birdsong—find your focus with nature sounds.

**18 ambient soundscapes**



## Streaks and Badges

Build momentum with streak tracking that encourages without punishing. Earn badges that celebrate milestones, not perfection.

**Gentle motivation**



## Journaling

Reflect on your day with guided prompts. Track moods, celebrate wins, and notice patterns in a safe, private space.

**Daily reflection prompts**



## Focus Timer

Customizable Pomodoro-style timer with gentle transitions. Work in sprints that feel manageable, with breaks that actually refresh.

**Flexible work sessions**



## Time Capsule Letters

Write letters to your future self. Set them to arrive when you need encouragement most—a beautiful way to track growth over time.

**Letters to future you**



# Your Vision, Beautifully Collected

*"Collect the life you're gently building"*

Bloom Board is a vision board that grows with you. Save inspiration, set intentions, and watch your dreams take shape—all within the calming BloomDay experience. It's motivation meets mindfulness.

## 187

Items

## 8

Themes



Save images, quotes, and goals that inspire you



Organize across 8 curated themes



Beautiful clay-style frames and decorations

## 8 CURATED THEMES



### Wellness

Self-care and health goals



### Home

Space and living inspiration



### Routine

Daily habits and rituals



### Learning

Growth and education



### Career

Professional dreams

## HOW IT WORKS

### 1

#### Collect

Save images, quotes, and ideas from anywhere. Clip from the web or upload your own.

### 2

#### Organize

Sort into themes that match your goals. Wellness, Home, Career—your vision, your way.

### 3

#### Beautify

Add clay-style frames and decorations. Make your board as unique as your dreams.

### 4

#### Reflect

Revisit your board daily. Watch your intentions blossom into reality over time.

# BloomDay at a Glance

The numbers behind the blooms.

## APP CONTENT



# 233

Plant Species

Unique plants to grow and collect



# 19

Garden Themes

From cozy cottages to zen retreats



# 87

Decor Items

Personalize your garden space

## BLOOM BOARD

NEW

# 187

Vision Board Items

Curated inspiration pieces

# 8

Board Themes

Wellness, Home, Career, and more

## ADDITIONAL FEATURES

# 18

Soundscapes

Calming ambient audio

# 58

Badges

Achievements to unlock

# 8

Journal Prompts

Daily reflection guides

# 24/7

Gentle Support

Available whenever you need

# Get in Touch

For press inquiries, interview requests, or media assets, please contact our team.



## Press Inquiries

[bloomday.app@icloud.com](mailto:bloomday.app@icloud.com)

Response within 24 hours



## Website

[bloomdayapp.com](http://bloomdayapp.com)

Download links and more info



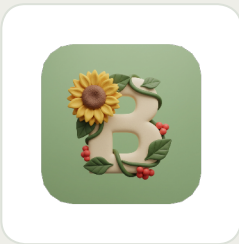
## Social Media

[@bloomday.app](#)

Instagram, Twitter, TikTok

## BRAND ASSETS

Download logos, screenshots, and brand guidelines.



## Logo Pack

PNG, SVG, and EPS formats in light and dark versions



## Screenshots

High-resolution app screenshots for iOS and Android



## Brand Guide

Colors, typography, and usage guidelines

## DOWNLOAD BLOOMDAY



Download on the  
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Get it on  
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## Small steps still bloom.

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