

Vibe Coding

Fra idé til MVP på en time – AI-værktøjer, der ændrer spillet

Anne Lindberg

Vibe Coding

Fra idé til MVP på en HALV time – AI-værktøjer, der ændrer spillet

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Agenda

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Velkomst og introduktion

Hvem er jeg?

- Software ingeniør
- Region Midtjylland
- LindbergAI

Hvad er Vibe Coding?

Natural Language →
Code

Navngivet af AI researcher
Andrej Karpathy i februar 2025

Conversational
Development

Vejled AI iterativt i stedet for at
skrive kode selv

Timer, ikke uger

Omsæt idéer til fungerende apps hurtigt

Hvad er Vibe Coding?



Andrej Karpathy 
@karpathy

There's a new kind of coding I call "vibe coding", where you **fully give in to the vibes, embrace exponentials, and forget that the code even exists.** It's possible because the LLMs (e.g. Cursor Composer w Sonnet) are getting too good. Also I just talk to Composer with SuperWhisper so I barely even touch the keyboard. I ask for the dumbest things like "decrease the padding on the sidebar by half" because I'm too lazy to find it. **"Accept All" always, I don't read the diffs anymore. When I get error messages I just copy paste them in with no comment, usually that fixes it.** The code grows beyond my usual comprehension, I'd have to really read through it for a while. Sometimes the LLMs can't fix a bug so I just work around it or ask for random changes until it goes away. It's not too bad for throwaway weekend projects, but still quite amusing. **I'm building a project or webapp, but it's not really coding - I just see stuff, say stuff, run stuff, and copy paste stuff, and it mostly works.**

[Traduci post](#)

5:17 PM · 2 feb 2025 · **4,5 Mln** visualizzazioni

Natural Language →
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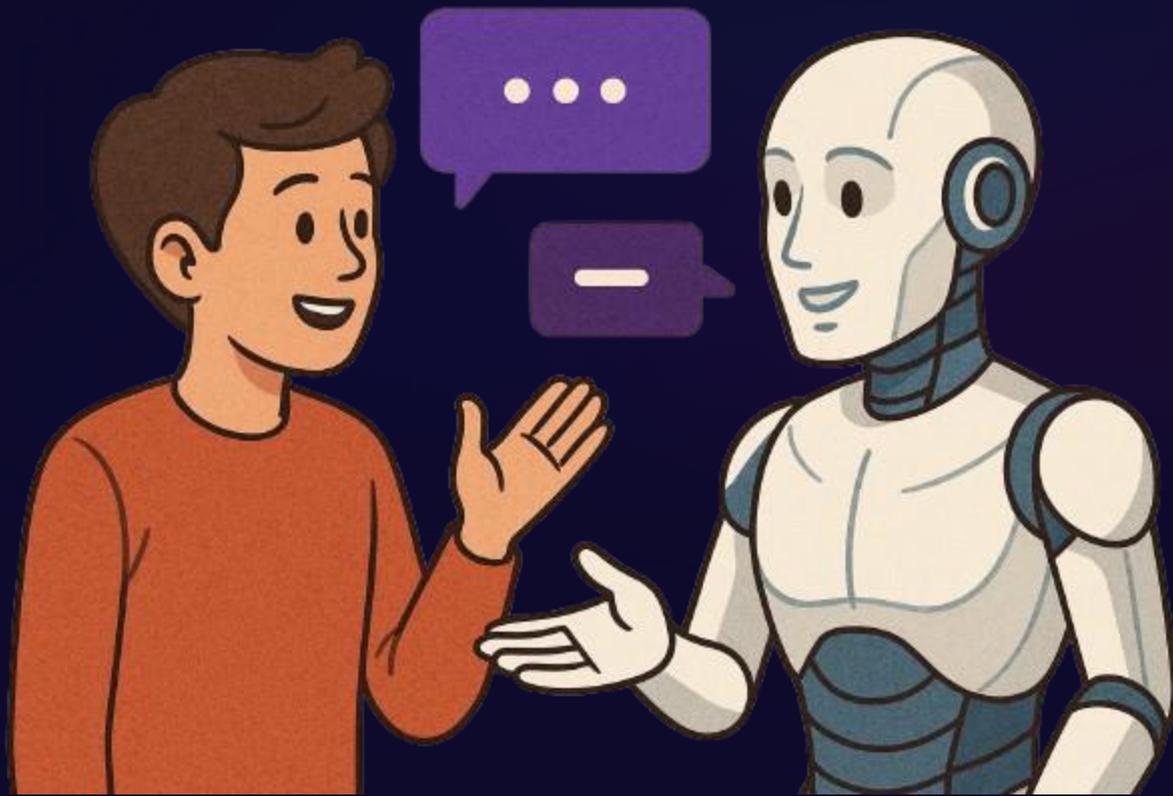
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Hvad er Vibe Coding?



Agent-based

Forskellige AI-agenter specialiserer sig i frontend, backend, database design og testing. De koordinerer arbejdet for dig.



Autonome

Agenterne analyserer krav og træffer intelligente beslutninger om teknisk implementering uden konstant vejledning.



Dynamisk

Systemet lærer af dine præferencer og tilpasser sig din arbejdsstil gennem hver iteration af projektet.



Hvorfor bruge Vibe Coding til MVP'er?



Hurtigt

Fra uger til timer for prototypeudvikling. Reducér time-to-market dramatisk og kom hurtigere ud til dine kunder med testbare løsninger.



Demokratiseret udvikling

Ikke-tekniske folk kan også bidrage til udvikling. Produktejere, designere og domæneeksperter kan nu direkte forme den tekniske løsning.



Hurtig validering

Live-prototype muliggør øjeblikkelig feedback fra interessenter, investorer og testbrugere. Iterer baseret på reel data, ikke antagelser.



Mere tid til innovation

Mindre tid på kode, mere tid på idéer og innovation. Fokusér på forretningslogik og brugeroplevelse frem for tekniske detaljer.

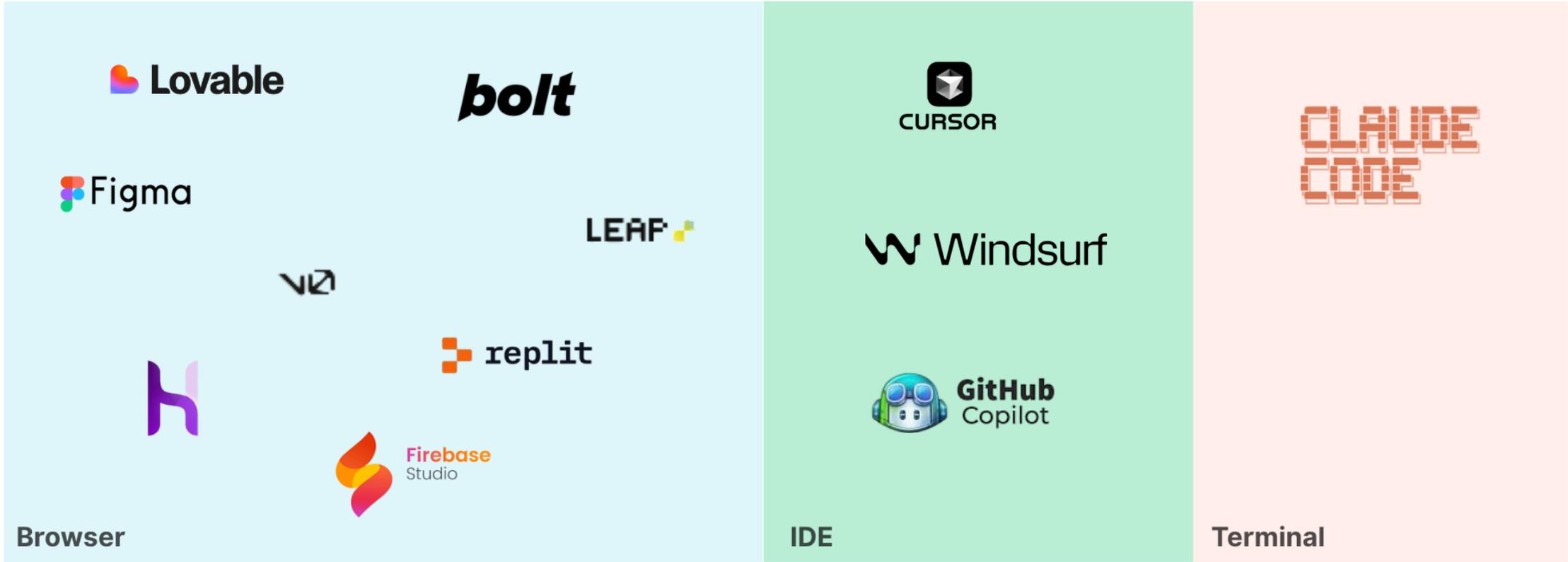
Hvad er Vibe Coding?

"It's not about building perfect software – it's about testing ideas."

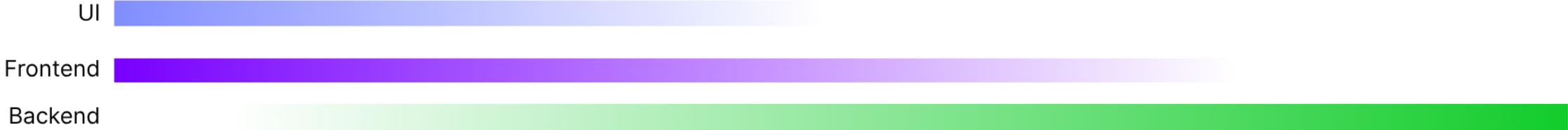


Hvordan gør man?

Vibe coding tools



← Lavt kodebehov Højt kodebehov →



3 Måder at Vibe Code på

Vælg den tilgang, der passer bedst til dit projekt og din erfaring:



Vibe derudaf

Den hurtigste vej til at teste idéer.
Fokusér på hurtig iteration og eksperimentering uden omfattende forudgående planlægning.



Fokuseret Funktionalitet

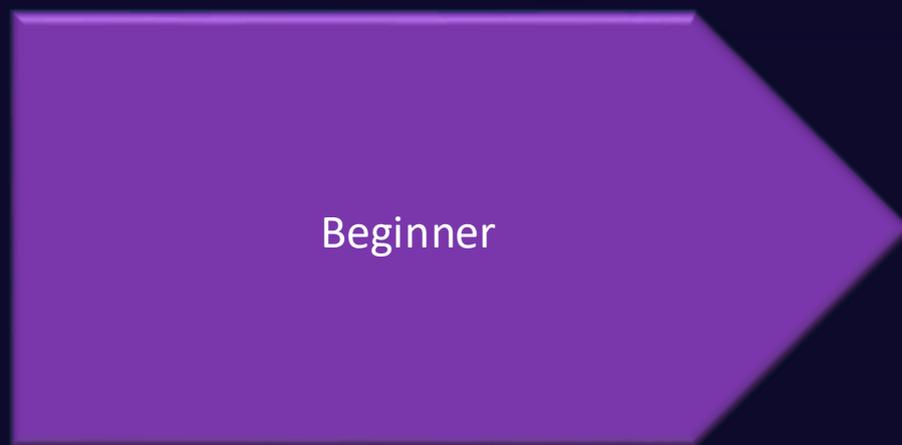
Byg og valider én kernefunktionalitet ad gangen, f.eks. login eller betalingsflow, for et solidt fundament.



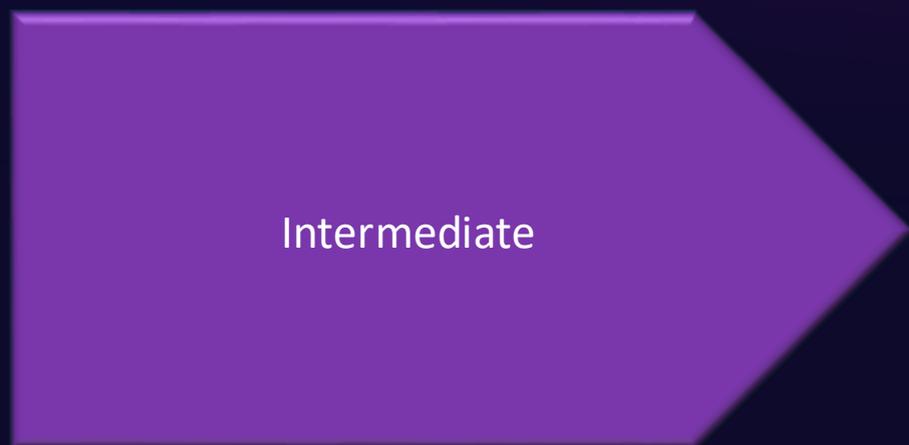
PRD-drevet Udvikling

For projekter med høje krav. Start med et detaljeret Product Requirement Document (PRD) for en styret proces.

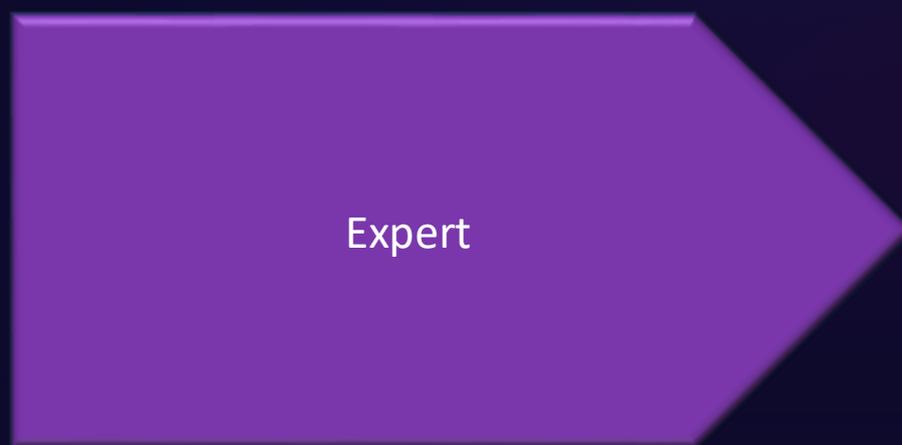
Hvordan gør man?



Hvordan gør man?



Hvordan gør man?





Product Requirements

Hvordan gør man?

Start med en klar Product Requirements Document (PRD). Dette er fundamentet for succesfuld Vibe Coding.

Eksempel på en prompt til ChatGPT eller Claude:

```
Create a PRD for a fitness app for women, focusing on calorie tracking, exercise logs, and water intake. I will build it using Lovable and Lovable Cloud. Ask me any clarifying questions you might have, before proceeding with the PRD
```

Denne tilgang sikrer at AI'en forstår konteksten fuldt ud og kan stille relevante spørgsmål før den genererer den tekniske specifikation.

Hvordan gør man? - RPD

What can I help with?

Create a PRD for a fitness app for women, focusing on calorie tracking, exercise logs, and water intake. I will build it using Lovable and Lovable Cloud. Ask me any clarifying questions you might have, before proceeding with

+



Hvordan gør man? - RPD

👉 PRD: *FitHer* – A Fitness & Wellness App for Women

🗺️ 1. Product Overview

Product Name: FitHer

Goal: Empower women to track calories, exercise, and hydration effortlessly while encouraging holistic wellness and body positivity.

Platform: Progressive Web App (PWA) built using **Lovable** (frontend) and **Lovable Cloud** (backend).

Primary Devices: Mobile-first (optimized for iOS/Android browsers) and tablet-friendly.

Vision:

To provide a compassionate, data-driven fitness companion that helps women maintain healthy habits without pressure — combining personalized tracking, encouragement, and intelligent insights.

👤 2. Target Audience

- **Primary:** Women aged 20–45 focused on wellness, fitness, and mindful nutrition.
- **Secondary:** Women returning to exercise after pregnancy or managing health conditions (e.g., PCOS, weight management).
- **User traits:**
 - Health-conscious but busy
 - Tech-comfortable
 - Motivated by progress visualization and gentle reminders

🌟 3. Value Proposition

User Need

How FitHer Solves It

Tracking calories and exercise is tedious

Simple, visual tracking with smart defaults

Generic fitness apps feel impersonal

↓
Women-focused UX, tone, and goals

+ Ask anything



Hvordan gør man? - RPD

The image shows a web design tool interface for a project named 'mindful-her-fit'. The main workspace displays a landing page for 'FitHer' with the following content:

- Header: Empowering Women's Wellness
- Section 1: **Your Journey to Wellness Starts Here**
 - Text: FitHer is your compassionate companion for tracking calories, exercise, and hydration. Built for women who value progress over perfection.
 - Buttons: Start Your Journey, Learn More
 - Image: Illustration of five women running and talking.
- Section 2: **Everything You Need in One Place**
 - Text: Simple, intuitive tools designed specifically for your wellness journey
 - Grid of 6 feature cards:
 - Calorie Tracking**: Easy food logging with smart suggestions and barcode scanning
 - Exercise Logger**: Track your workouts with preset activities and custom entries
 - Hydration Monitor**: One-tap water logging with smart reminders throughout the day
 - Body Positive**: Encouraging, non-judgmental approach to wellness
 - Progress Insights**: Visual summaries and achievements to celebrate your journey
 - Daily Motivation**: Uplifting messages and wellness tips to keep you inspired

The left sidebar contains the following sections:

- mindful-her-fit** (Previewing last saved version)
- Project list:
 - Welcoming landing page
 - Daily dashboard with progress cards
 - Calorie tracker with manual entry
 - Exercise logger with preset activities
 - Water intake tracker with one-tap logging
 - Visual progress indicators
 - Motivational messaging
- Implementation Plan:**
 - Design system with semantic tokens (soft colors, rounded elements, smooth animations)
 - Hero image generation for landing page
 - Component architecture (dashboard, trackers, cards)
 - Mobile-first responsive design
- Let me build this:
 - 10 edits made (Show all)
 - Done! FitHer is ready with a beautiful landing page and fully functional dashboard.
- Built:**
 - Soft lavender-coral-teal design system with gradients
 - Landing page with hero image + features
 - Dashboard with progress cards
 - Calorie tracker with manual entry
 - Exercise logger with preset activities
 - Water tracker with one-tap logging
 - Mobile-optimized, encouraging UX
- What's next?:**
 - Refine & Customize:** Tweak colors, add more exercise types, or adjust calorie goals via prompts or visual edits
 - Master Prompting:** Plan features like cycle tracking or meal plans in chat (↓) before building
 - Add Backend:** Need to save data, add user accounts
- Ask Lovable... (Chat interface)

Hvad er Lovable?



AI-drevet platform

Byg komplette websites ved bare at beskrive, hvad du vil have – platformen forstår naturligt sprog



Full-stack i ét værktøj

Frontend, backend, database og AI



Fleksibel prismodel

Start gratis → betal for flere tokens → perfekt til både små projekter og større løsninger
større løsninger

DEMO TIME



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