

PRODUCT SPECIFICATION

Zen AI

AI Insights for Inner Peace

Version: 1.0

Status: Complete Documentation

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1. Product Overview

1.1 Description

Zen AI is a comprehensive mental wellness application designed to harmonize artificial intelligence with human-centric emotional support. By merging AI-powered behavioral insights with community networking and reflective journaling, the platform empowers users to proactively manage their emotional wellbeing and connect with professional resources.

1.2 Core Features

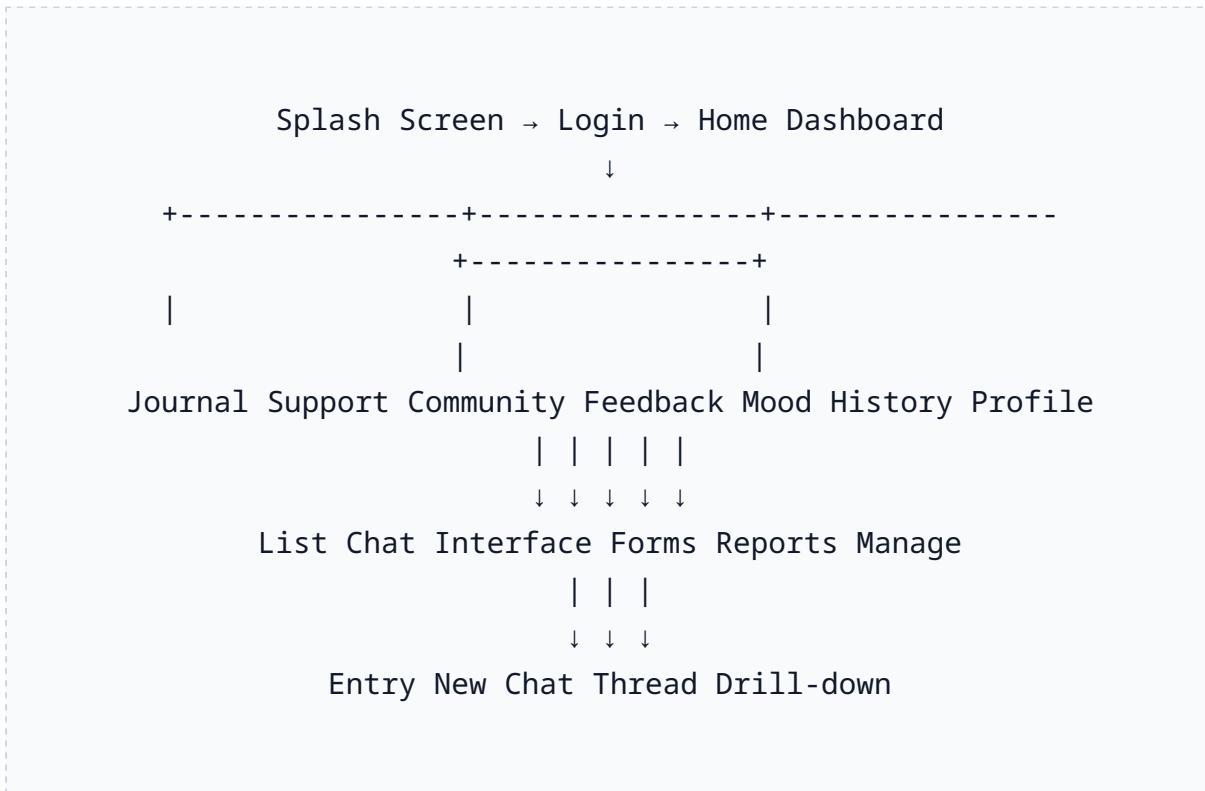
- **Mood Tracking & Analytics:** Sophisticated daily check-ins with automated historical reporting and trend detection.
- **Intelligent Journaling:** A secure digital diary with intuitive organization and date-based retrieval.
- **Community Support:** A multi-tiered support ecosystem connecting users with psychologists, peers, and the Zen AI chatbot.
- **Dynamic Feedback:** Seamless user input mechanisms to drive continuous app evolution.
- **AI Insights:** Predictive and personalized wellness recommendations based on logged patterns.

1.3 Target Users

Segment	Primary Use Case
Wellness Seekers	Individuals prioritizing mental health maintenance.
Data Reflectors	Users interested in quantitative mood tracking and qualitative journaling.
Support Seekers	Individuals looking for safe spaces, peer comfort, or professional therapy.

2. User Flow & Navigation

2.1 Complete User Journey Map



2.2 Navigation Structure

From	To	Trigger
Splash Screen	Login Screen	App launch
Login Screen	Home Dashboard	Successful login
Home Dashboard	Journal Entries	Global Navigation: Journal Card
Home Dashboard	Support Community	Global Navigation: Community Card
Home Dashboard	Mood History	Global Navigation: Mood Card

From	To	Trigger
Journal List	Entry Detail	Row Select / Floating Action Button
Community Hub	Chat Thread	Contact Selection (Specialist/Friend/AI)

3. Screen-by-Screen Specifications

SPL-01

3.1 Splash & Onboarding

The entry point designed to establish brand calm and immediate purpose.

- **Logo:** "ZEN AI" (Primary brand mark, center-aligned).
- **Tagline:** "AI Insights for Inner Peace" (Sub-header).
- **CTA:** Rounded "Login" button occupying primary focus at the bottom.

LOG-01

3.2 Authentication Screen

Secure gateway for user data access.

Field	Input Type	Validation
Email	Email / Text	Regex: Standard Email Format
Password	Password (Hidden)	Minimum 8 Alphanumeric characters

Actions: Social Auth (OAuth), Registration redirect, and Password Recovery.

DASH-01

3.3 Home Dashboard

The central hub for all application modules, utilizing a 2×2 modular grid for feature accessibility.

- **Cards:** Journal, Community, Feedback, and Mood History.
- **Primary Action:** "Ask Zen" floating/prominent button for immediate AI intervention.
- **Search:** Top-right integrated search for global content retrieval.

3.4 Mood Intelligence

Detailed view of emotional fluctuations.

- **Reporting Toggles:** Switch between Daily, Weekly, and Monthly aggregations.
- **AI Insights:** Automated summaries (e.g., "It looks like you've been feeling down lately").

4. Component Library

4.1 Typography Standards

Element	Size	Weight	Usage
Heading 1	34pt	Bold	Large Headlines
Sub-Heading	18pt	Medium	Section Headers
Body	16pt	Regular	Standard Content
Meta	14pt	Regular	Captions/Dates

4.2 UI Elements

- **Primary Buttons:** 52px height, 12px corner radius, high-contrast text.
- **Input Fields:** 52px height, placeholder state in #9CA3AF, border-focus in primary brand color.
- **Cards:** White/Soft-gray background with 16px corner radius and subtle shadow elevation.

5. Technical Implementation

5.1 Routing Architecture

```
/auth/login           # User Authentication
/dashboard           # Secure Dashboard
/journal             # CRUD List for Entries
/community/chat/:id  # Dynamic Chat Routing
/mood/analytics      # Visualization layer
```

5.2 Data Schema (Journal)

```
{
  "id": "UUID",
  "userId": "String",
  "date": "DateObject",
  "title": "String",
  "content": "Text",
  "mood_meta": "String",
  "synced": "Boolean"
}
```

5.3 Accessibility & Offline Scope

- **A11y:** AA Standard contrast ratios; minimum 44pt touch targets.
- **Offline:** LocalStorage queuing for journal and mood entries; conflict resolution on sync.

Appendix

Future Roadmap (v2.0)

- Biometric authentication (FaceID/Fingerprint).
- Advanced voice-to-text journaling.
- Direct therapist booking integration.
- Dark Mode system-wide support.

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