

PRODUCT SPECIFICATION

# Zen AI

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## AI Insights for Inner Peace

**Version:** 1.0

**Status:** Complete Documentation

**Date:** June 2025

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# 1. Product Overview

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## 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

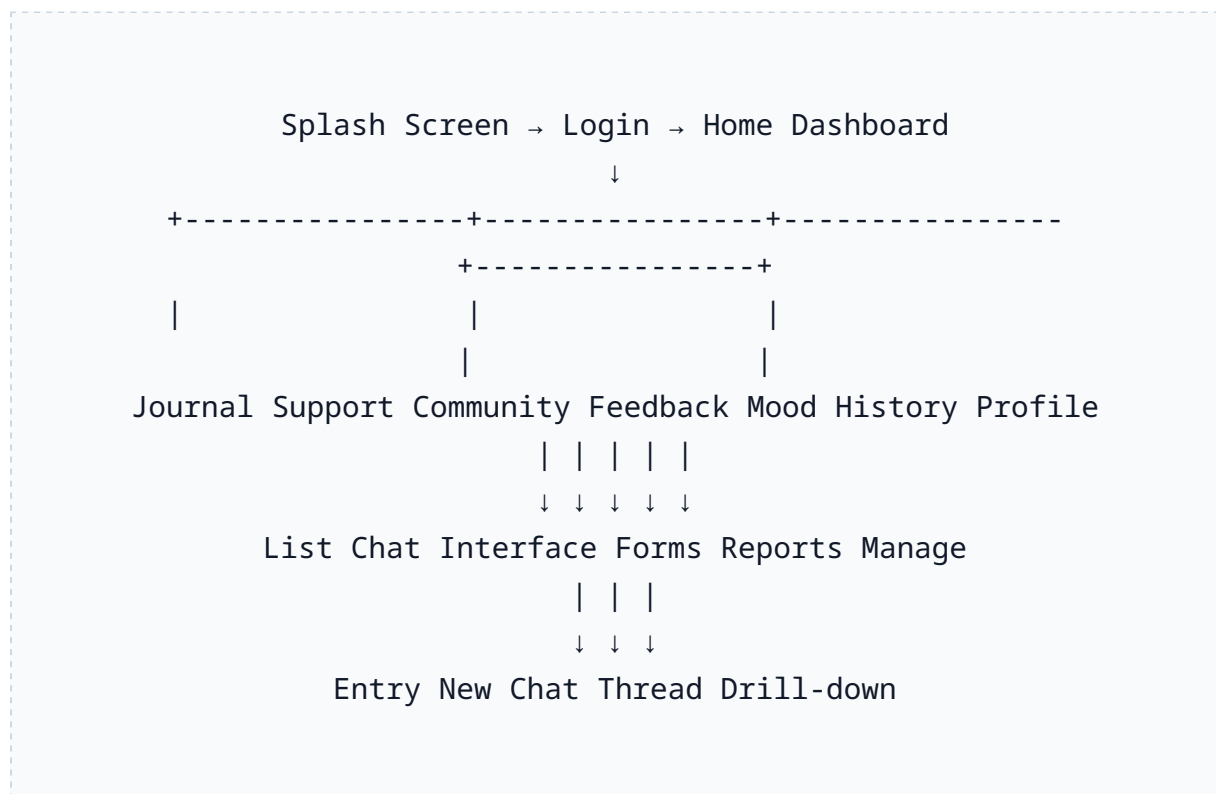
- **Mood Tracking & Analytics:** Sophisticated daily check-ins with automated historical reporting and trend detection.
- **Intelligent Journaling:** A secure digital diary with intuitive organization and date-based retrieval.
- **Community Support:** A multi-tiered support ecosystem connecting users 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
<b>Wellness Seekers</b>	Individuals prioritizing mental health maintenance.
<b>Data Reflectors</b>	Users interested in quantitative mood tracking and qualitative journaling.
<b>Support Seekers</b>	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

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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

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### 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

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### 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

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## 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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