**Feedback Loop Plan**

**1. In-App Surveys**

* **Micro-Surveys:** Short pop-ups after every 5–7 sessions (1–2 questions).
* **Rating Prompts:** Quick 1–5 star ratings after guided meditations.
* **Contextual Questions:** Ask about session quality (e.g., “Was the audio relaxing?”).

**2. Analytics Monitoring**

* **Usage Tracking:** Session duration, frequency, and drop-off points.
* **Feature Popularity:** Measure which features (meditations, breathing, soundscapes) are most used.
* **Engagement Metrics:** Streaks, reminders clicked, time of day most sessions are completed.

**3. Community Feedback *(Future Phase)***

* **User Forums / Discussion Boards:** Allow users to share experiences and suggestions.
* **Beta Tester Groups:** Engage small communities for early feedback on new features.
* **Social Media Polls:** Quick polls on upcoming content (e.g., “Which soundscape would you like next?”).

**4. Iterative Improvements**

* **Monthly Review Cycle:** Compile survey + analytics data every month.
* **Action Points:** Identify recurring pain points (e.g., audio sync, session length).
* **Feature Refinement:** Update features or content based on top feedback trends.
* **Communication Back to Users:** Share update notes so users know their feedback was applied.