Title: Daily Tracking App - Insights UX Storyboard

Summary: This document outlines the complete user flow, layout, and interaction design for the AI Insights section of the Daily Tracking App. It includes the Insights List View, Feedback Flow, and optional future Chat with AI screen, ensuring a smooth, encouraging, and reflective user experience.

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1. Insights List View

Element	Purpose
Header ("Insights")	Title bar to orient user; Poppins Semi-Bold, 22px
Insights List	Vertical scroll of daily AI-generated insights
Insight Card	Summarized AI insight per day, with [Agree] / [Disagree] buttons
Card Actions	Tapping [Disagree] opens optional feedback textbox
Empty State	If no insights yet: "No Insights Available. Submit your Daily Report to receive insights!"

UI Description

- Full-screen layout with persistent subtle wavy gradient background (light blue/teal).

- Each InsightCard includes:

- - Short paragraph (1–3 sentences) summarizing the AI insight.

  - Two action buttons: [Agree] (primary outline style), [Disagree] (secondary outline style).

- Cards have rounded corners (16px radius), soft shadows, and white backgrounds.

- Consistent spacing between cards (24px).

- Default text uses Inter Regular (16px).

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2. Insight Feedback Flow

Element	Purpose
Disagree Button	Opens optional feedback modal
Feedback Modal	Allows user to provide quick text input
Submit Button	Confirms feedback submission

UI Description

- Modal slides up (~75% screen height) with dimmed background.

- Inside Modal:

  - Title: "Help us understand" (Poppins Semi-Bold, 20px)

- ○ Short Instruction: "Optional: Tell us why you disagreed."

- ○ Textarea Input: Rounded rectangle, placeholder "Enter your feedback..."

- ○ [Submit Feedback] Button: Pill-shaped, primary color (#2C7BE5).

- ○ [Cancel] Text Link: Dismiss modal without saving.

Behavior

- Submitting saves feedback locally tied to the insight.

- If no feedback is entered, user can still submit.

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3. (Optional Future) Chat with Insights AI

Element	Purpose
Chat Screen	Simple back-and-forth chat interface for exploring insights deeper
User Input Box	Allows user to type questions based on their daily data
AI Responses	Short, friendly AI answers about mood, habits, trends

UI Description

- Header ("Insights Chat") centered at top.

- Chat bubbles:

    - User messages right-aligned, primary color (#2C7BE5) background.

    - AI messages left-aligned, white background with light border.

- Input Field fixed at bottom:

    - Placeholder: "Ask about today's trends..."

    - Send button: Circular, primary color, with arrow icon.

- Smooth animation for incoming AI messages.

Behavior

- Only accessible after submitting a full daily report.

- Tapping into this optional screen would open a lightweight "insights bot" experience.

Interactions & Behaviors

Action	Result
Tap [Agree]	Light confirmation animation
Tap [Disagree]	Opens optional feedback modal
Submit Feedback	Locally saves user feedback on the Insight

No Insights	Display friendly empty state encouragement
Tap "Chat with AI" (Future)	Opens chat screen if daily report exists

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Visual Standards

Component	Style
Background	Wavy animated gradient (light blue/teal)
Header Font	Poppins Semi-Bold, 22px
Body Font	Inter Regular, 16px
Insight Cards	White background, radius 16px, soft shadow
Buttons	Rounded pill shapes; Primary (#2C7BE5) and Transparent outline styles
Modal Input	Rounded rectangle, soft borders (#E0E0E0)
Chat Bubbles (Future)	Primary colored user messages, white AI messages

Future Ideas for Expansion

- Let users *"favorite"* insightful comments.

- AI can auto-suggest small habit tweaks based on mood patterns.

- Weekly insight summaries combining best observations.

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