

Title: Daily Tracking App - Functional Specification Document

Summary: This document outlines the features, flow, and structure for a mobile daily tracking application. The app allows users to monitor habits, moods, and specific activities through a fully customizable interface. It is designed for offline-first use with future integration of AI insights and cloud backup.

1. Features Overview

- Users select and create custom trackables.
 - Tracking types include:
 - True/False (e.g., Worked Out)
 - Time Entries (e.g., Wake Up Time)
 - Duration (e.g., Hours of Sleep)
 - Numerical Inputs (e.g., Steps Walked)
 - Mood Rating (Scale 1-10)
 - Categorical Choices
 - Multi-Select Tags
 - Short Text Inputs
 - Mood Tracking:
 - Single mood per day OR segmented moods (morning, afternoon, evening).
 - Sub-Option Pages:
 - Fully customizable mini-reports tied to activities.
 - Daily vs Non-Daily Trackables:
 - Users can dynamically set whether items appear daily.
 - Insights:
 - AI-generated insights based on daily tracking.
 - User feedback system for insights.
 - Historical Views:
 - Graphs and summaries over week, month, 6 months, year, all-time.
 - Offline First:
 - Core functionality works offline.
 - Future Cloud Backup:
 - Firebase Authentication and Firestore integration planned for v2.
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2. Tracking Types

- **True/False:** Simple completion check.
 - **Time Entries:** Specific time stamps.
 - **Duration:** Hours/minutes logged.
 - **Number:** Quantitative values.
 - **Mood Rating:** 1–10 scale.
 - **Categorical Choice:** Single select options.
 - **Multi-Select Tags:** Multiple options.
 - **Short Text Input:** Brief explanations.
 - **Rich Text (Future):** Long-form reflections.
 - **Event Sub-Forms:** Nested forms for detailed activity tracking.
 - **Photo Upload (Future):** Visual logging.
 - **Custom Units:** User-defined metrics.
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3. Mood Tracking Structure

Option	Pros	Cons
One General Mood per Day	Simple and fast	May miss mood changes during the day
Multiple Moods per Day	Captures emotional flow	Requires more user input
Let User Choose	Flexible, user-controlled	Slightly more complex settings

4. Sub-Options UI

- Fully customizable.
- Skipped or filled at user's discretion.
- Embedded within the daily report.

User Flow Example:

1. User adds "Golf" to report.
2. Prompt: "Do you want to fill out a mini-report for Golf?"

3. If yes, custom fields (course, score, notes) appear.
 4. Data is embedded in that day's entry.
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5. Daily vs Non-Daily Management

- Trackables can be switched between daily/non-daily anytime.
 - Daily items auto-appear on the main page.
 - Non-daily items are added manually via search.
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6. Historical Views

Numerical Fields:

- Line/bar charts.
- Timeframe selection: [Week | Month | 6M | Year | All Time]
- View averages per range.

Boolean Fields:

- Streak counters.
- Completion percentage graphs.
- Short auto-generated text insights.

Mood History:

- Line graphs with overlays.
 - Timeframe selectors.
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7. AI Insights

Data Inputs:

- Mood ratings, habits, sleep, activities, notes.

Model:

- OpenAI API (GPT-4-turbo or similar)

Output:

- 1–3 sentence daily insights.

Optional Chat Feature:

- Users can "talk" to the insight model for deeper understanding.
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8. Insight Feedback System

Step	What Happens
Insight Generated	User sees Agree/Disagree buttons
Agree	Light confirmation
Disagree	Prompt for reason with optional text input
Submit Feedback	Feedback stored locally

9. Offline Behavior

Feature	Offline Behavior
Daily Reports	Fully offline
Viewing History	Fully offline
Creating/Editing Trackables	Fully offline
Custom Sub-Pages	Fully offline
Viewing Past Insights	Fully offline once generated
Generating New Insights	Requires internet
Chatting with AI	Requires internet

10. Authentication and Cloud Backup (Planned for v2)

Area	Decision
Require Account at MVP?	No
Add Account in v2?	Yes (Firebase Authentication)
Purpose	Backup, restore, sync across devices
Storage	Firebase Firestore

At MVP launch:

- Everything is stored locally.
- No login required.

In v2:

- Optional account creation.
- Cloud backups and restores via Firebase.

