App Wireframe & Permission Flow

This document outlines the visual structure (wireframe) and the user permission flow for the ActivePulse fitness tracker app.

1. App Wireframe

The app consists of a single, scrollable main screen designed for simplicity and ease of use.

Screen Layout:

- **Header:**
    - **Title:** "ActivePulse" - Large, branded text.
    - **Subtitle:** "Your Daily Goal Tracker" - Smaller, descriptive text.
- **Progress Section (Top):**
    - **Steps Card:** A distinct card element showing:
        - Title: "Steps"
        - Progress Percentage: (e.g., "75%")
        - Progress Details: (e.g., "7,500 / 10,000 steps")
        - Visual: A horizontal LinearProgressIndicator.
    - **Workout Card:** A second card, identical in structure to the Steps Card, displaying workout minutes.
- **Goal Setting Section (Middle):**
    - **Section Title:** "Set Your Goals".
    - **Steps Goal Input:** An OutlinedTextField with a label "Daily Steps Goal" and a "Save" button embedded as a trailing icon.
    - **Workout Goal Input:** A second OutlinedTextField for "Daily Workout Goal (minutes)" with its own "Save" button.
- **Action Button (Bottom):**
    - **Refresh Button:** A full-width button with the text "Refresh Data" to allow manual syncing.

2. Google Fit (Health Connect) Permission Flow

The permission flow is designed to be straightforward and is triggered the first time a user opens the app.

1. **Initial Launch:** The app checks if it has been granted the necessary permissions to read step and exercise data from Health Connect.
2. **Permission Request:**
    - If permissions are not granted, the app launches the standard Android Health Connect permission screen.
    - This screen is system-generated and clearly explains that "ActivePulse" is requesting permission to read "Steps" and "Exercise" data.

- ○ The user is presented with two options: **"Allow"** and **"Don't Allow"**.
3. **User Action & App Response:**
   - ○ **If User Taps "Allow":** The system grants permission. The user is returned to the app, and the app immediately loads their current fitness data and displays it on the dashboard.
   - ○ **If User Taps "Don't Allow":** Permission is denied. The user is returned to the app, where a message "Permissions not granted" is briefly displayed. The data on the dashboard will remain at zero until permissions are granted. The user can trigger the request again by relaunching the app.