

Kinesia App - UI/UX Design System

1. Core User Flows

1. Onboarding -> First Workout Logged
2. Quick Workout Log (Low-energy mode)
3. Add Habit -> Check Habit
4. Weekly Summary Review

2. Annotated UI Structure

- Home Dashboard: Scannable, encouraging layout with energy check, habits, and quick log.
- Workout Log: Quick log option or detailed builder with sets/reps/energy notes.
- Habits: Checklist UI with grid-style weekly overview and animations.
- Weekly Summary: Data cards and insights shown in gentle, affirming tone.

3. State Design: Empty, Error, Loading

- Empty States: Gentle illustrations and action-based CTAs.
- Loading: Skeleton cards, optimistic UI for save actions.
- Errors: Clear text, retry links, email support built-in.

4. Responsive & Dark Mode Support

- Phone layouts adapted from SE to Pro Max.
- Dark mode respects color luminance and preserves brand tones.
- Safe areas respected on iOS and Android.

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5. Premium Prompt Strategy

- Triggered when user hits free limits (habits, templates, insights).
- Soft prompt in bottom sheet - not blocking flow.
- Clear value with icon-backed feature list.
- 14-day trial included.