

# Discipler PRD

## tl;dr

Ship an iOS demo that delivers a **personalized 7-day discipleship plan** from a short quiz, a **Today** card with **ESV reference** → **Observe/Interpret/Apply** → **prayer prompt** → **one habit task (from 9 frameworks)** → **est. minutes (5/15/30)** → **1-line journal, daily check-ins, and minimal accountability** (Invite partner, Nudge/Cheer, completion notifications). Use **Option B** flow: **Welcome** → **Quiz** → **Local Plan Preview** → **Sign up** → **Save Plan** → **Invite Friend** → **Today**.

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## Problem

People want a clear, doable path for daily discipleship; existing tools are generic or heavy. We need a tiny, personal loop that proves stickiness in 7 days and demonstrates accountability without friction.

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## Goals

### User goals

- Get a plan that feels tailored and finish Day-1 in minutes.
- Stay consistent via a single **Today** card and gentle accountability.

### Business goals (week-1)

- Run 10–15 user tests; 60% Day-1 completion; 40% Day-2 return.
- Get 2–3 pastors to agree to a small pilot.

### Non-goals (v1)

- **ESV full text** (references only; link out).
- Church dashboards, feeds, social features.
- Plan regeneration / editing (vNext).
- Analytics beyond basic counts.

- SMS beyond **invite** and **completion-to-unregistered partner**.
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## Core Features (v1)

### 1. Adaptive 7-day Plan

- Inputs: quiz (growth areas, habit frequencies, season of life, obstacle, time per day 5/15/30, hope line).
- Output (per day): **ESV passage reference, O/I/A prompts, prayer prompt, one habit task** (from 9 frameworks; Sabbath appears at most once/week), **est. minutes, journal hint**.

### 2. Today Card + Check-ins

- Actions: **Done / Not today** + 1-line journal; auto-select today's item; streak chip ("X/7").

### 3. Accountability (minimal)

- Invite a partner **after sign-up**.
- Partner must register to **Nudge/Cheer**.
- Partner notified when you complete today.

### 4. Reminders

- Self reminder (local device).
- Email fallback when push denied.

### 5. Light Progress

- Streak + "X of 7 done" on Today/Settings.

Scope check: You suggested "blocking progress until a partner is invited/signed up." That's high-friction. Recommendation: require entering a partner contact (email/phone) to continue, but do not block usage if they never accept. This preserves momentum while still emphasizing accountability.

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# User Stories

- As a new user, I answer a 90-second quiz and see a 7-day plan immediately.
  - As a user, I open **Today**, follow the prompts, and tap **Done** in <60s.
  - As a user, I invite a partner and receive Nudges/Cheers.
  - As a partner, once I sign up, I can send **Nudge/Cheer** and get notified of my friend's completion.
  - As a user, I get a reminder at my chosen time.
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## Experience & Flow (Option B)

### 1) Welcome → Quiz (unauth)

- Steps: growth areas → season of life → habit frequency → time (5/15/30) → obstacle → hope line.
- Store locally until sign-up.

### 2) Generate Plan (unauth, server call)

- Edge Function returns JSON only (no DB write yet).
- Failure: retry once; offer "Try again" with fallback Day-1 template.

### 3) Plan Preview

- Show Day-1 full; days 2–7 collapsed; CTA: **Sign up to start**.

### 4) Sign up (email/password)

- On success: create `profiles`; register push token.

### 5) Save Plan

- Persist plan + 7 items; schedule local reminder.
- CTA: **Invite a friend** (email; phone optional).

### 6) Invite Friend (post-sign-up)

- Send email invite (and SMS if enabled later); show **Pending** chip.

### 7) Today

- Sections: Passage ref (tap to Bible app/site) → O/I/A → prayer → habit → journal → **Done / Not today**.
- On Done: toast + send partner notification.

## 8) Partners / Settings

- Partners: list + **Nudge/Cheer** (enabled when **ACCEPTED**).
- Settings: reminder time; email reminders toggle; profile edits.

## Edge cases

- Push denied → schedule email reminders.
- Offline Today → queue check-in; sync later.
- Rate limit Nudges ( $\leq 3$ /partner/day).
- Partner unregistered → store as contact; send completion by email (and SMS if enabled) to drive sign-up.

## Success Metrics (week-1)

- $\geq 80\%$  complete quiz → plan preview
- $\geq 60\%$  complete Day-1;  $\geq 40\%$  Day-2
- $\geq 50\%$  send at least one invite;  $\geq 30\%$  partner acceptance
- Qual: "felt personal," "easy to finish," "helpful accountability"

## Technical Considerations

**Stack:** Cursor (IDE), **Expo RN (TS)**, **Supabase** (Auth, Postgres, RLS, Edge Functions), **OpenAI** (plan JSON), **Vercel** (partner micro-app), **Expo Push** + **Resend Email** (v1).

**Plan engine:** OpenAI JSON schema (strict; Zod validated). Always scaffold **Scripture+Prayer**, add **one habit task** according to time & selected frameworks; Sabbath at most once/week.

**ESV:** references only (no full text) with deep-link to a Bible app/site.

**Notifications:**

- **Push** primary for registered users.
  - **Email** for invites & fallback reminders.
  - **SMS (optional v1)**: invites + completion to unregistered partner (Twilio).
- Security**: RLS owner-read/write; partners visible to either side; journals private.
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## Data Model (concise)

- `profiles(id, display_name, season, time_per_day, notify_time)`
  - `plans(id, user_id, length=7, theme, prompt_version, created_at)`
  - `plan_items(id, plan_id, day_number, scripture_passage_ref, reflect_observe, reflect_interpret, reflect_apply, prayer_prompt, habit_task, est_minutes)`
  - `checkins(id, user_id, plan_item_id, status, journal_text, created_at)`
  - `partners(id, user_id, partner_user_id, status)`
  - `nudges(id, from_user, to_user, type, message, created_at)`
  - `device_tokens(user_id, expo_push_token)`
  - `partner_contacts(inviter_user_id, email[, phone], created_at)` (for unregistered contacts)
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## APIs (high-level)

- `POST /plan/generate` → `{frameworks, quiz, duration_days:7, time_budget_minutes}` → returns plan JSON (unauth).
  - `POST /plan/save` → persists plan + items (auth).
  - `POST /checkins` → `{plan_item_id, status:'done'/'missed', journal_text?}` → on `done`, enqueue partner notification.
  - `POST /invite` → `{email[, phone]}` → sends email (SMS optional).
  - `POST /partner/accept` → creates `partners(ACCEPTED)`.
  - `POST /partner/action` → `{to_user_id, type:'NUDGE'/'CHEER'}` → verify partnership → push recipient.
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## Notifications Matrix

- **Invite** → Partner (unregistered): Email (+ SMS if on)
  - **Partner accepted** → User: Push (else Email)
  - **Nudge/Cheer** → User: Push (fallback Email)
  - **Completion** → Partner: Push if registered; else Email (SMS optional)
  - **Self reminder** → User: Local device (fallback Email)
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## Milestones & Sequencing (no dates)

**Day 1** — Lock PRD + schemas + prompts; stub Edge Functions.

**Day 2** — Expo screens & nav; quiz UI; mock plan preview.

**Day 3** — Edge plan generate; Zod validation; save plan; Today check-ins.

**Day 4** — Push + invites email; Partners screen; Nudge/Cheer.

**Day 5** — Test with 10–15 users; copy/prompts tweaks; P0 fixes.

**Day 6** — Pastor outreach with TestFlight + 2-min video + quotes.

**Day 7** — Live run with a pastor; log objections; define pilot.

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## Risks & Mitigations

- **Blocking on partner sign-up** kills flow → require contact entry but don't block usage; keep "Pending" banner until acceptance.
  - **AI plan feels generic** → constrain schema, include time-budget rules, seed exemplars, low temperature.
  - **Push cert friction** → EAS manages; keep email fallback live.
  - **ESV licensing** → references only; link out.
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## Narrative (executive 60-sec version)

A user finishes a 90-second quiz and immediately sees a tailored 7-day plan. Day-1 is simple: read a passage (ESV reference), answer Observe/Interpret/Apply, pray

one prompt, do one small habit. They tap **Done** and invite a friend. The friend signs up, sends a **Nudge** on Day-3, and the user completes in under a minute. Seven days later, they have a small streak, a few journal lines worth keeping, and momentum.