# **Add to MOBILE\_SPEC\_01\_LAYOUT\_NAVIGATION.md**

## **0. EXPO ROUTER MAP (NEW — place after the document title)**

**Purpose:** Remove ambiguity between web-style routes and mobile file paths.

### Expo Router Map

// Tabs

/dashboard → app/(tabs)/index.tsx [tab]

/workout → app/(tabs)/workout.tsx [tab]

/exercises → app/(tabs)/exercises.tsx [tab]

/progress → app/(tabs)/progress.tsx [tab]

/profile → app/(tabs)/profile.tsx [tab]

// Stacks (pushed)

#/workout-history → app/history.tsx [stack]

#/manage-exercises→ app/manage-exercises.tsx [stack]

#/manage-t-paths → app/manage-t-paths.tsx [stack]

#/login → app/login.tsx [stack]

**Linking rules**

* Tab bar taps **replace** current tab route (no slide animation).
* Sheet menu taps **push or switch** according to the map above.
* All navigation events must pass through the workout **unsaved changes guard** (see “Workout-Aware Navigation”).  
   [MOBILE\_SPEC\_01\_LAYOUT\_NAVIGATION](https://github.com/HillValleyMustang/WorkoutAppReactN/blob/Main/MOBILE_SPEC_01_LAYOUT_NAVIGATION.md)L329-L351

## **0.1 ROUTE NAMING CONVENTIONS (NEW)**

* Use **kebab-case** for file names; segments reflect the map above.
* If a route accepts params (e.g., workoutId), document them inline where referenced (e.g., “Start Workout” buttons).

## **1.5 ROLLING STATUS BADGE — PLACEMENT CLARIFICATION (AMEND)**

Place the **Rolling Status Badge** in the header’s **center section**. Tap opens the “Workout Status Explained” modal. (This reinforces the existing badge spec and ensures consistent placement.)

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L34-L44

## **3.5 TAB PRESS & SHEET LINK GUARDS (NEW)**

**Requirement:** Before navigating **away from /workout with active changes**, show the Unsaved Changes dialog. Implement by wrapping:

* Tab presses
* Sheet link presses
* Any custom “navigate” helpers

Use WorkoutFlowContext.hasUnsavedChanges to trigger the global dialog.

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Dialog content and behavior as specified under **4.1 Unsaved Changes Guard** (keep identical copy to avoid drift).

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L336-L344

## **5.0 THEME & WORKOUT COLORS — SINGLE SOURCE OF TRUTH (REPLACE/EXTEND)**

Replace scattered color usage with a tiny utility:

// app/lib/workout-colors.ts

const WORKOUT\_COLORS = {

push: '#228B22',

pull: '#F89C4D',

legs: '#B645D9',

'upper-body-a': '#1e3a8a',

'upper-body-b': '#EF4444',

'lower-body-a': '#0891b2',

'lower-body-b': '#6b21a8',

bonus: '#F59E0B',

'ad-hoc': '#F59E0B',

};

export function getWorkoutColor(name: string) {

// normalize names/aliases and return hex from WORKOUT\_COLORS

// e.g., "Upper A", "Upper Body A" → 'upper-body-a'

return WORKOUT\_COLORS[normalizedName] ?? '#3B82F6';

}

**Use this utility everywhere colors are referenced** (header/badges, pills, buttons, borders). Keep the base UI tokens (background, border, etc.) as-is.

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[MOBILE\_SPEC\_02\_DASHBOARD](https://github.com/HillValleyMustang/WorkoutAppReactN/blob/Main/MOBILE_SPEC_02_DASHBOARD.md)

L809-L848

## **6.0 ANIMATIONS — EXACT DURATIONS (AMEND)**

* Sheet open/close: **300ms** slide; overlay fade **200ms**.  
   [MOBILE\_SPEC\_01\_LAYOUT\_NAVIGATION](https://github.com/HillValleyMustang/WorkoutAppReactN/blob/Main/MOBILE_SPEC_01_LAYOUT_NAVIGATION.md)L405-L413
* Tab icon/label color transitions: **200ms**; no page slide on tab change.  
   [MOBILE\_SPEC\_01\_LAYOUT\_NAVIGATION](https://github.com/HillValleyMustang/WorkoutAppReactN/blob/Main/MOBILE_SPEC_01_LAYOUT_NAVIGATION.md)L410-L417
* Rolling Badge temp message: **fade 300ms → 3s hold → fade 300ms**.  
   [MOBILE\_SPEC\_01\_LAYOUT\_NAVIGATION](https://github.com/HillValleyMustang/WorkoutAppReactN/blob/Main/MOBILE_SPEC_01_LAYOUT_NAVIGATION.md)L418-L421

## **11. PARITY CHECKLIST (NEW — place after “IMPLEMENTATION CHECKLIST”)**

**All items must be ✅ before feature sign-off**

* Expo Router Map reflects actual file paths for every route.
* Header layout matches: left (hamburger), **center (Rolling Badge)**, right (bell + avatar).  
   [MOBILE\_SPEC\_01\_LAYOUT\_NAVIGATION](https://github.com/HillValleyMustang/WorkoutAppReactN/blob/Main/MOBILE_SPEC_01_LAYOUT_NAVIGATION.md)L118-L127 L161-L171
* Tab bar: **5 tabs**, correct icons & order, **no labels visually** (labels for a11y only).  
   [MOBILE\_SPEC\_01\_LAYOUT\_NAVIGATION](https://github.com/HillValleyMustang/WorkoutAppReactN/blob/Main/MOBILE_SPEC_01_LAYOUT_NAVIGATION.md)L274-L301 L323-L326
* All navigation (tabs + sheet + custom) respects the **unsaved changes guard**.  
   [MOBILE\_SPEC\_01\_LAYOUT\_NAVIGATION](https://github.com/HillValleyMustang/WorkoutAppReactN/blob/Main/MOBILE_SPEC_01_LAYOUT_NAVIGATION.md)L331-L349
* Colors pulled exclusively from getWorkoutColor() where workout-type styling appears.  
   [MOBILE\_SPEC\_01\_LAYOUT\_NAVIGATION](https://github.com/HillValleyMustang/WorkoutAppReactN/blob/Main/MOBILE_SPEC_01_LAYOUT_NAVIGATION.md)L353-L381
* Animations match durations above (tab, sheet, badge).  
   [MOBILE\_SPEC\_01\_LAYOUT\_NAVIGATION](https://github.com/HillValleyMustang/WorkoutAppReactN/blob/Main/MOBILE_SPEC_01_LAYOUT_NAVIGATION.md)L405-L417 L418-L421
* A11y: 44×44 dp minimum for tappables; labels on icons; contrast AA.  
   [MOBILE\_SPEC\_01\_LAYOUT\_NAVIGATION](https://github.com/HillValleyMustang/WorkoutAppReactN/blob/Main/MOBILE_SPEC_01_LAYOUT_NAVIGATION.md)L429-L446