

## Role context

**Product:** Praxis (habit + goal system)

**AI Name:** Mika

**AI Type:** Controlled, goal-driven assistant (not a chatbot)

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# CHAPTER 1 — DEFINING MIKA (FOUNDATION)

## 1.1 First step (MOST IMPORTANT)

Before touching any code, I define **what Mika is allowed to be**.

### Mika is:

- An accountability system
- A decision assistant
- A progress evaluator
- A disciplined guide

### Mika is NOT:

- A free-chat AI
- A therapist
- A motivational speaker
- A diagnosis engine

### ✦ Why this step comes first

Without this boundary, the AI becomes noisy, unsafe, and untrustworthy.

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## 1.2 Mika's job statement

I write this one sentence and freeze it:

"Mika exists to evaluate progress, enforce consistency, and guide users toward long-term goals using structured feedback."

Every future decision must obey this.

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# CHAPTER 2 — SYSTEM DESIGN (THINK BEFORE CODE)

## 2.1 Mika's architecture (high level)

User Data



Evaluation Logic (Rules & Math)



Decision Engine



Message Generator (AI-assisted)

This is **not negotiable**.

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## 2.2 Data Mika needs (and ONLY this)

I list inputs clearly:

- Annual goal
- Deadline
- Monthly targets
- Weekly habits
- Daily checkmarks

- Time passed
- Consistency %

No emotions.

No mood tracking.

No journaling.

✦ Mika works on **facts**, not feelings.

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## CHAPTER 3 — DECISION ENGINE (THE REAL “AI”)

### 3.1 Where Mika actually becomes intelligent

This is the **core of Mika**.

I build a **rule-based decision engine** first.

Example logic:

- Is user ahead of schedule?
- Is user behind schedule?
- Is consistency improving or declining?
- Is the goal mathematically unrealistic?

This is pure logic.

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### 3.2 Decision modes

I define a finite set of states:

- SILENT

- INFORMATIVE
- ENCOURAGING (strict)
- CORRECTIVE
- WARNING (unrealistic goals)

✦ Mika never invents a new tone.

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### 3.3 Tools used here

- **Notion / Obsidian** → write rules in plain English
- **Flowchart tool (Miro / Whimsical)** → decision trees
- **Spreadsheet** → simulate fake users & outcomes

No coding yet.

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## CHAPTER 4 — MESSAGE SYSTEM (VOICE, NOT BRAIN)

### 4.1 Why AI is NOT the brain

AI models hallucinate.  
Logic does not.

So I use AI **only to phrase messages**, not to decide them.

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### 4.2 Message template system

I create a library like:

```
{  
  "strict_positive": "You stayed consistent. Don't relax.",
```

```
"neutral": "Progress exists. Improve consistency.",  
"corrective": "This pace will not reach your goal."  
}
```

These are **authoritative base truths**.

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### 4.3 Where AI is used

AI rewrites messages with constraints:

"Rewrite this message in a calm, disciplined, doctor-like tone.  
No emojis. No praise. No motivation."

✦ AI is a **copy editor**, not a thinker.

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### 4.4 Tools used

- OpenAI / Gemini API (later)
  - Prompt templates
  - Versioned message sets
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## CHAPTER 5 — TECH STACK (PRACTICAL)

### 5.1 Backend (where Mika lives)

This is where Mika's logic runs.

**Choices:**

- Node.js + Express  
OR

- Python + FastAPI

Why:

- Deterministic
  - Testable
  - Secure
- 

## 5.2 Database (Mika's memory)

- Firebase / Supabase / PostgreSQL

Stores:

- User goals
- Progress snapshots
- Monthly summaries

Mika does NOT remember conversations.  
Only **state**.

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## 5.3 Frontend integration

Mika appears as:

- A summary card
- A report section
- A single message block

- ✗ No chat UI
- ✗ No typing animation
- ✗ No avatar

Authority comes from restraint.

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## CHAPTER 6 — BUILD ORDER (CRITICAL)

### 6.1 Actual workflow order

- 1 Write Mika's rules (text only)
- 2 Simulate users on paper
- 3 Build decision engine
- 4 Add static messages
- 5 Test edge cases
- 6 Add AI phrasing (optional)
- 7 UI integration
- 8 User testing
- 9 Iterate tone, not logic

✦ If you skip step 2, Mika fails.

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## CHAPTER 7 — SAFETY & ETHICS (NON-OPTIONAL)

### 7.1 Medical responsibility

Mika must:

- Warn about unrealistic timelines
- Encourage adjustment, not force
- Avoid diagnosis language

Example:

"This target may not be realistic for your current inputs."

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## 7.2 What Mika never says

- “You failed”
- “You are lazy”
- “You should feel bad”
- “This will cure you”

This is enforced in code.

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# CHAPTER 8 — TESTING MIKA (REAL ENGINEERING)

## 8.1 Test scenarios

I create fake users:

- Perfect consistency
- Inconsistent
- Overambitious
- Burnout-prone

Mika must respond **predictably**.

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## 8.2 Metrics I track

- User retention
- Reaction to messages



- Drop-off after warnings
- Consistency trend improvement

If Mika increases consistency → it works.

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## **CHAPTER 9 — EVOLUTION PLAN**

### **Phase 1**

- Rule-based Mika
- Static messages

### **Phase 2**

- AI phrasing
- Monthly reports

### **Phase 3**

- Pattern detection
- Smart goal adjustment

Never jump phases.

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## **FINAL SUMMARY (ENGINEER'S VIEW)**

If I had to summarize Mika in one paragraph:

Mika is not an AI chatbot.

Mika is a structured decision system that uses AI only as a communication layer.

Its power comes from logic, restraint, and consistency—not intelligence theatrics.