Footer Navigation Options – Wireframe

**Footer Bar**

**Overall Structure:**

* **Position:** Fixed at the bottom of the screen, spanning the full width.
* **Background Color:** Dark gray to black, maintaining the monochrome color scheme.
* **Height:** Approximately 60-70px, providing enough space for clear icon display and touch-friendly interaction.

**Navigation Items:**

1. **Home (Dashboard/Overview Screen):**
   * **Icon:** House icon.
   * **Position:** Leftmost in the footer bar.
   * **Size:** Approximately 30-40px, making it easily recognizable and tappable.
   * **Color:**
     + **Default:** White.
     + **Active:** Slightly lighter shade or a subtle glow effect.
   * **Interaction:**
     + **Hover Effect:** On desktop, the icon lightens or shows a subtle glow.
     + **Tap/Press Effect:** On mobile, the icon lightens or glows briefly.
   * **Accessibility:** ARIA label "Home" for screen readers.
2. **Meal Planning:**
   * **Icon:** Plate with fork and knife.
   * **Position:** Next to the Home icon.
   * **Size:** Approximately 30-40px, matching the size of other icons for consistency.
   * **Color:**
     + **Default:** White.
     + **Active:** Slightly lighter shade or a subtle glow effect.
   * **Interaction:**
     + **Hover Effect:** On desktop, the icon lightens or shows a subtle glow.
     + **Tap/Press Effect:** On mobile, the icon lightens or glows briefly.
   * **Accessibility:** ARIA label "Meal Planning" for screen readers.
3. **Health Metrics:**
   * **Icon:** Heartbeat icon.
   * **Position:** Next to the Meal Planning icon.
   * **Size:** Approximately 30-40px, consistent with other icons.
   * **Color:**
     + **Default:** White.
     + **Active:** Slightly lighter shade or a subtle glow effect.
   * **Interaction:**
     + **Hover Effect:** On desktop, the icon lightens or shows a subtle glow.
     + **Tap/Press Effect:** On mobile, the icon lightens or glows briefly.
   * **Accessibility:** ARIA label "Health Metrics" for screen readers.
4. **Community:**
   * **Icon:** Users icon.
   * **Position:** Rightmost in the footer bar.
   * **Size:** Approximately 30-40px, matching other icons.
   * **Color:**
     + **Default:** White.
     + **Active:** Slightly lighter shade or a subtle glow effect.
   * **Interaction:**
     + **Hover Effect:** On desktop, the icon lightens or shows a subtle glow.
     + **Tap/Press Effect:** On mobile, the icon lightens or glows briefly.
   * **Accessibility:** ARIA label "Community" for screen readers.

**Design Details:**

* **Icons in White:** All icons are white to stand out against the dark background.
* **Subtle Hover Effects:** On desktop, each icon has a hover effect where the icon lightens or shows a subtle glow to indicate interactivity.
* **Active Icon Indication:** The active icon (the screen the user is currently on) appears in a lighter shade or with a slight glow to provide visual feedback.
* **Font:** Sans-serif, consistent with the app’s typography.
* **Padding:** Icons have sufficient padding (approximately 10-15px) around them to ensure they are touch-friendly and easily tappable on mobile devices.

**Responsive Design:**

* **Icon Resizing:** Icons resize appropriately for smaller screens to ensure they remain clear and easily tappable.
  + **Small Screens:** Icons might reduce to 25-30px in size.
* **Touch-Friendly Spacing:** Increased spacing between icons on smaller screens to prevent accidental taps and enhance usability.
* **Layout Adjustments:** On very small screens, consider implementing a scrollable footer if all icons cannot fit comfortably.

**Visual Summary**

* **Footer Bar (Dark gray to black background, 60-70px height)**
  + **Leftmost:** Home icon (House, 30-40px, white, hover lightens, active lighter or glow)
  + **Second:** Meal Planning icon (Plate with fork and knife, 30-40px, white, hover lightens, active lighter or glow)
  + **Third:** Health Metrics icon (Heartbeat, 30-40px, white, hover lightens, active lighter or glow)
  + **Rightmost:** Community icon (Users, 30-40px, white, hover lightens, active lighter or glow)
* **Responsive Adjustments:**
  + Icons resize on smaller screens (25-30px)
  + Increased spacing for touch-friendly interactions
  + Potential scrollable footer for very small screens