**FLOWFORGE – Productivity App Documentation**

**Overview**

Flowforge is a productivity app that helps you focus.

When you open the app, you step into your own forge. As you work, your focus fuels the fire. When you drift, the forge cools. When you return, it reignites. You can see your attention take shape.

The app has two ways to work:

Timed Focus Mode if you like structure, like short, clear sessions with breaks.

Flow Mode if you prefer to work freely, guided by rhythm and energy rather than a timer.

Each session becomes part of what you create. The forge turns your focus into glowing elements, and over time, those elements merge into unique artifacts that are simple, visual symbols of your effort and balance.

**Purpose**

FLOWFORGE’s purpose is to make focus intuitive, reflective, and rewarding.

* Encourages awareness of your attention through visual feedback.
* Lets you choose the kind of focus you’re engaging in.
* Shows your week’s workflow visually, so you can see your patterns instead of reading stats.
* Turns everyday work into a creative act of self-understanding.

**Starting a Session**

1. **Choose Mode**
   * **Timed Focus Mode:** structured sessions with custom durations (default 25/5).
   * **Flow Mode:** no timer; start and stop manually.
2. **Choose Element Type**  
   You select the type of activity you’re about to focus on. Each intent corresponds to an Element:

| **Intent** | **Element** | **Type of Activity** |
| --- | --- | --- |
| **Create** | Fire | Any creative output: writing, art, music, design, coding |
| **Learn** | Air | Absorbing or understanding information: studying, reading, watching educational videos |
| **Reflect** | Water | Internal, emotional, or strategic thought: journaling, planning, meditating |
| **Maintain** | Earth | Routine, practical, or organizational tasks: cleaning, replying to emails, updating notes |

**Begin Focus**

* + The screen becomes your forge: a glowing circular core at the center.
  + While focused, it burns brightly and steadily.
  + If you pick up the phone or switch apps, the glow flickers or dims.
  + The goal is to keep the forge glowing through consistent attention.

1. **End Session**
   * In **Timed Mode**, it ends automatically when the timer expires.
   * In **Flow Mode**, you stop manually when you’re done.
   * The forge flares up and cools, “forging” your Element.

**Earning Elements**

After each session, you receive one Element based on your chosen intent and performance:

| **Focus Outcome** | **Result** |
| --- | --- |
| You stayed focused and completed the session | You earn the selected Element (Fire, Air, Water, or Earth). |
| You quit early or switched apps frequently | You earn a **Shadow** element, representing distraction or unfinished effort. |

You can view your collected Elements in the **Alchemy Table**, which acts as your weekly focus record.

**Weekly Workflow Visualization**

Instead of charts or statistics, FLOWFORGE shows a visual timeline of your week as an animated “workflow forge.”  
Each day is represented by the Elements you forged that day.

**Example Visualization:**

* Fire → creative work sessions
* Air → learning sessions
* Water → reflection and planning
* Earth → routine or maintenance tasks
* Shadow → unfinished or distracted attempts

The weekly screen shows:

* The proportion of Elements (e.g., 40% Fire, 30% Air, 20% Earth, 10% Shadow).
* The sequence of your sessions, displayed as a glowing path — bright segments for focused sessions, dim ones for interrupted sessions.
* A summary paragraph (short and direct):

“This week you forged 9 sessions — mostly creative (Fire) with consistent focus. Reflection was low, and two sessions cooled into Shadow.”

This makes your week’s effort tangible — a visual record of your attention rhythm.

**The Forge (Session Screen)**

* Central glowing forge animation.
* Color matches the selected Element:
  + Fire – red/orange
  + Air – pale blue/white
  + Water – turquoise
  + Earth – olive/brown
* Flickers when distracted, steadies when focused.
* Optional ambient sound (crackling fire, flowing water, etc.).
* Timer and controls minimal and non-distracting.

**The Alchemy Table**

* A personal board showing your collected Elements for the current week.
* Each Element appears as a glowing gem or orb.
* Shadow appears as a dark, flickering one.
* At the end of the week, the table “locks in” and becomes part of your **Artifact history** (visual archive of all past weeks).

**Reflection & Insights**

Every Sunday (or chosen reflection day), FLOWFORGE shows:

* A summary of how your focus flowed that week.
* A visualization of your Element mix.
* A short reflection generated from your patterns, e.g.:

“You forged with fire this week — creative energy burned bright. But reflection cooled too soon. Try balancing your rhythm next time.”

**Customization**

* **Themes:**
  + Solar (gold/orange tones)
  + Lunar (blue/silver tones)
  + Shadow (dark purple/black tones)
* **Soundscapes:** toggle ambient sounds for each Element.
* **Distraction Sensitivity:** choose Gentle or Strict detection.
* **Reflection Mode:** switch between Artistic (visual) or Analytical (numbers and time).

 