# STRUKT Agent Master Briefing Document

## 1. About STRUKT

STRUKT is a personalised AI health and coaching system built to support users with meal planning, training, mindset, supplements, and lifestyle support.  
Key values include structure, support, and respect. The system is designed to be inclusive, ethical, accessible, and deeply empowering.  
Tagline: “Where the world trains next.”

## 2. System Architecture

- Airtable is the database system, with core tables for Members, Meals, Workouts, Logs, Supplements, etc.  
- Pipedream handles all webhook and OpenAI logic, returning dynamic responses based on user profiles and messages.  
- Softr is the frontend portal where users log in, track entries, view coaching advice, and interact with the embedded AI assistant.  
- Tiledesk is currently being integrated for chat UI; a Pipedream-to-Tiledesk async fix is pending.

## 3. Agent Permissions

✅ Agents CAN:

* - Update and improve Pipedream code and workflows
* - Create new Airtable-connected automations
* - Generate new check-in forms, coaching summaries, habit prompts
* - Provide suggestions for improved system speed, logic, or UX

❌ Agents MUST NOT:

* - Overwrite Airtable table schema without human confirmation
* - Modify brand tone or STRUKT pricing/tiers
* - Deactivate live flows or delete user data

## 4. Goals for Agents

Agents will not just optimise code, but actively help grow STRUKT’s intelligence, power, and impact. Tasks should go beyond maintenance and include breakthroughs such as:

* - Build intelligent fallback logic if an OpenAI reply fails
* - Automatically detect and repair broken workflows in Pipedream
* - Expand STRUKT to support Real Life Mode adaptations (e.g. low sleep, travel, illness)
* - Create full 7–30 day smart coaching missions/challenges
* - Connect with wearable APIs when available (e.g. Fitbit, Apple HealthKit)
* - Generate weekly visual reports for users based on logs
* - Suggest new content for mindset prompts and progress nudges
* - Test and validate multi-user/family modes for shared accounts
* - Design new Zapier integrations for review requests, booking systems, or partner tools
* - Monitor for AI hallucination risk and add safety scaffolding

## 5. Example Agent Tasks

* - “Create and test a Pipedream workflow that pushes AI replies back to Tiledesk asynchronously.”
* - “Scan the STRUKT Airtable base for inefficiencies or unused fields and suggest cleanup.”
* - “Write a workflow that summarises a member’s last 7 logs and returns a coaching insight.”
* - “Auto-generate 3 high-protein, allergy-safe family meal ideas for the week.”