

Environment Variables Checklist

Purpose

This checklist helps you configure all required environment variables for the Mindful Champion application in production.

Configuration Checklist

CRITICAL - Must Have (App won't start without these)

DATABASE_URL

- **Current Status:**  Configured
- **Purpose:** PostgreSQL connection string for all database operations
- **Where to get it:** Your database provider (Supabase, Railway, etc.)
- **Format:** `postgresql://USER:PASSWORD@HOST:PORT/DATABASE?options`
- **Example:** `postgresql://user:pass@db.host.com:5432/mydb?connect_timeout=30`
- **Used by:** Prisma, all database queries
- **Security:** CRITICAL - Never expose publicly

NEXTAUTH_SECRET

- **Current Status:**  Configured
- **Purpose:** Encrypts JWT tokens and session data
- **Where to get it:** Generate with `openssl rand -base64 32`
- **Format:** 32+ character random string
- **Example:** `zRLB8vJYT6iqfo0jb2lZTwbbkLrck6uR`
- **Used by:** NextAuth authentication system
- **Security:** CRITICAL - Rotate every 90 days

NEXTAUTH_URL

- **Current Status:**  Configured
- **Purpose:** Base URL for OAuth callbacks and redirects
- **Where to get it:** Your production domain
- **Format:** `https://yourdomain.com` (no trailing slash)
- **Example:** `https://mindful-champion-2hzb4j.abacusai.app`
- **Used by:** NextAuth, OAuth providers
- **Security:** Must match actual domain

GMAIL_USER

- **Current Status:**  Configured
- **Purpose:** Gmail account for sending all emails
- **Where to get it:** Your Gmail account
- **Format:** `email@gmail.com`
- **Example:** `welcomefrommc@mindfulchampion.com`

- **Used by:** Email notification system, goal reminders
- **Security:** Medium - Can be public but keep password secret
- **Documentation:** See `GMAIL_SETUP.md`

□ **GMAIL_APP_PASSWORD**

- **Current Status:** Configured
- **Purpose:** SMTP authentication for Gmail
- **Where to get it:** <https://myaccount.google.com/apppasswords>
- **Format:** 16-character string (no spaces)
- **Example:** `mtjlwqxxgxpzuqwe`
- **Used by:** Nodemailer SMTP transport
- **Security:** CRITICAL - Never expose
- **Requirements:** 2-factor authentication must be enabled
- **Documentation:** See `GMAIL_SETUP.md`

□ **CRON_SECRET**

- **Current Status:** Configured (provided)
- **Purpose:** Authenticates cron job requests
- **Where to get it:** Generate with `openssl rand -base64 32` OR use provided
- **Format:** Base64 encoded string
- **Value:** `jYEyBMds0rDgrmmAPi8yuUisg2C0zDfqnf/8/1VkJCo=`
- **Used by:** Vercel Cron jobs, notification scheduling
- **Security:** CRITICAL - Protects cron endpoints from unauthorized access
- **Documentation:** See section below

□ **ABACUSA1_API_KEY**

- **Current Status:** Configured
- **Purpose:** Access Abacus.AI for Coach Kai and video analysis
- **Where to get it:** <https://abacus.ai/app/profile/apikey>
- **Format:** 32-character hex string
- **Example:** `19050ea030924f3dbc432d96ecbd0a89`
- **Used by:** Coach Kai AI, video analysis engine
- **Security:** CRITICAL - Never expose

□ **NEXT_PUBLIC_APP_URL**

- **Current Status:** Needs verification
 - **Purpose:** Public app URL for email links and redirects
 - **Where to get it:** Your production domain
 - **Format:** `https://yourdomain.com` (no trailing slash)
 - **Example:** `https://mindfulchampion.com`
 - **Used by:** Email links, QR codes, social sharing
 - **Security:** Public - OK to expose
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IMPORTANT - Core Features (Features won't work without these)

AWS_REGION

- **Current Status:**  Configured
- **Purpose:** AWS region for S3 bucket
- **Where to get it:** Your AWS S3 bucket settings
- **Format:** AWS region code
- **Example:** us-west-2
- **Used by:** Video upload, file storage
- **Security:** Public - OK to expose

AWS_BUCKET_NAME

- **Current Status:**  Configured
- **Purpose:** S3 bucket for video/file storage
- **Where to get it:** AWS S3 Console
- **Format:** Bucket name
- **Example:** abacusai-apps-bucket-name
- **Used by:** Video uploads, user content storage
- **Security:** Public - OK to expose (bucket should have proper IAM)

AWS_FOLDER_PREFIX

- **Current Status:**  Configured
- **Purpose:** Organizes files within S3 bucket
- **Where to get it:** Define your own (e.g., 6482/)
- **Format:** folder-name/ (with trailing slash)
- **Example:** 6482/
- **Used by:** File organization in S3
- **Security:** Public - OK to expose

AWS_PROFILE

- **Current Status:**  Configured
- **Purpose:** AWS credentials profile name
- **Where to get it:** Set in AWS credentials file
- **Format:** Profile name string
- **Example:** hosted_storage
- **Used by:** AWS SDK authentication
- **Security:** Medium - Keep private

AWS_CONFIG_FILE

- **Current Status:**  Configured (platform-specific)
- **Purpose:** Path to AWS credentials file
- **Where to get it:** Platform-specific (usually auto-set)
- **Format:** File path
- **Example:** /opt/hostedapp/configs_credentials/credential
- **Used by:** AWS SDK authentication
- **Security:** System-level - Platform managed

STRIPE_PUBLISHABLE_KEY

- **Current Status:**  Configured
- **Purpose:** Client-side Stripe integration
- **Where to get it:** <https://dashboard.stripe.com/apikeys>
- **Format:** pk_test_ or pk_live_
- **Example:** pk_test_51SKk0o3ZJvYimaaqq...
- **Used by:** Frontend payment forms
- **Security:** Public - Safe to expose (read-only)

STRIPE_SECRET_KEY

- **Current Status:**  Configured
- **Purpose:** Server-side Stripe operations
- **Where to get it:** <https://dashboard.stripe.com/apikeys>
- **Format:** sk_test_ or sk_live_
- **Example:** sk_test_51SKk0o3ZJvYimaaqqeGB...
- **Used by:** Server payment processing
- **Security:** CRITICAL - Never expose

STRIPE_WEBHOOK_SECRET

- **Current Status:**  Needs update (has placeholder)
- **Purpose:** Validates Stripe webhook events
- **Where to get it:** <https://dashboard.stripe.com/webhooks>
- **Format:** whsec_...
- **Example:** whsec_abc123xyz...
- **Used by:** Payment webhook processing
- **Security:** CRITICAL - Never expose

STRIPE_PREMIUM_PRICE_ID

- **Current Status:**  Configured
- **Purpose:** Stripe price ID for Premium subscription
- **Where to get it:** <https://dashboard.stripe.com/products>
- **Format:** price_...
- **Example:** price_1SKk9Z3ZJvYimaaqqDm90FY5e
- **Used by:** Subscription checkout
- **Security:** Public - OK to expose

STRIPE_PRO_PRICE_ID

- **Current Status:**  Configured
- **Purpose:** Stripe price ID for Pro subscription
- **Where to get it:** <https://dashboard.stripe.com/products>
- **Format:** price_...
- **Example:** price_1SKk9Z3ZJvYimaaqqfqqeKzkm
- **Used by:** Subscription checkout
- **Security:** Public - OK to expose

NEXT_PUBLIC_STRIPE_PREMIUM_PRICE_ID

- **Current Status:**  Configured

- **Purpose:** Client-side access to Premium price ID
- **Where to get it:** Same as STRIPE_PREMIUM_PRICE_ID
- **Format:** `price_...`
- **Used by:** Frontend subscription UI
- **Security:** Public - OK to expose

NEXT_PUBLIC_STRIPE_PRO_PRICE_ID

- **Current Status:** Configured
 - **Purpose:** Client-side access to Pro price ID
 - **Where to get it:** Same as STRIPE_PRO_PRICE_ID
 - **Format:** `price_...`
 - **Used by:** Frontend subscription UI
 - **Security:** Public - OK to expose
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NOTIFICATION SYSTEM VARIABLES

NOTIFICATION_EMAIL

- **Current Status:** Needs to be set
- **Purpose:** “From” address for notification emails
- **Format:** `email@domain.com`
- **Example:** `welcomefrommc@mindfulchampion.com`
- **Used by:** Goal reminders, video analysis notifications
- **Security:** Public - OK to expose

SUPPORT_EMAIL

- **Current Status:** Needs to be set
- **Purpose:** Support inquiry destination
- **Format:** `email@domain.com`
- **Example:** `support@mindfulchampion.com`
- **Used by:** Contact forms, support tickets
- **Security:** Public - OK to expose

PARTNERS_EMAIL

- **Current Status:** Needs to be set
- **Purpose:** Partner communication
- **Format:** `email@domain.com`
- **Example:** `partners@mindfulchampion.com`
- **Used by:** Partner outreach, integrations
- **Security:** Public - OK to expose

SPONSORS_EMAIL

- **Current Status:** Needs to be set
- **Purpose:** Sponsor communication
- **Format:** `email@domain.com`
- **Example:** `sponsors@mindfulchampion.com`
- **Used by:** Sponsor applications, offers

- **Security:** Public - OK to expose

EMAIL_FROM

- **Current Status:**  Configured
- **Purpose:** Default “from” address for all emails
- **Format:** email@domain.com
- **Example:** welcomefrommc@mindfulchampion.com
- **Used by:** All outgoing emails
- **Security:** Public - OK to expose

EMAIL_REPLY_TO

- **Current Status:** Needs to be set
- **Purpose:** Reply-to address for email responses
- **Format:** email@domain.com
- **Example:** dean@mindfulchampion.com
- **Used by:** All outgoing emails
- **Security:** Public - OK to expose

EMAIL_NOTIFICATIONS_ENABLED

- **Current Status:** Needs to be set
 - **Purpose:** Global email notification toggle
 - **Format:** true or false
 - **Example:** true
 - **Used by:** Notification system
 - **Security:** Public - OK to expose
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OPTIONAL - Nice to Have (Graceful degradation)

GOOGLE_CLIENT_ID

- **Current Status:** Not configured
- **Purpose:** Google OAuth sign-in
- **Where to get it:** <https://console.cloud.google.com/apis/credentials>
- **Format:** Long alphanumeric string
- **Used by:** Google sign-in feature
- **Security:** Public - OK to expose

GOOGLE_CLIENT_SECRET

- **Current Status:** Not configured
- **Purpose:** Google OAuth authentication
- **Where to get it:** <https://console.cloud.google.com/apis/credentials>
- **Format:** Alphanumeric string
- **Used by:** Google sign-in feature
- **Security:** SECRET - Never expose

TWILIO_ACCOUNT_SID

- **Current Status:**  Configured
- **Purpose:** Twilio SMS service

- **Where to get it:** <https://console.twilio.com/>
- **Format:** AC followed by alphanumeric
- **Example:** AC7fedafe6d788cf548dc5d99300b2a66
- **Used by:** SMS notifications (optional feature)
- **Security:** Medium - Keep private

TWILIO_AUTH_TOKEN

- **Current Status:**  Configured
- **Purpose:** Twilio authentication
- **Where to get it:** <https://console.twilio.com/>
- **Format:** Alphanumeric string
- **Used by:** SMS notifications
- **Security:** CRITICAL - Never expose

TWILIO_PHONE_NUMBER

- **Current Status:**  Configured
- **Purpose:** Twilio sending number
- **Where to get it:** Twilio console
- **Format:** +1XXXXXXXXXX
- **Example:** +18556429735
- **Used by:** SMS notifications
- **Security:** Public - OK to expose

RESEND_API_KEY

- **Current Status:**  Configured
- **Purpose:** Alternative email service (backup to Gmail)
- **Where to get it:** <https://resend.com/api-keys>
- **Format:** re_ followed by alphanumeric
- **Example:** re_Syxd3DX8_246jEmL7Lb1aYAXJnm76FziF
- **Used by:** Email service (alternative to Gmail)
- **Security:** SECRET - Never expose

YOUTUBE_API_KEY

- **Current Status:** Not configured
- **Purpose:** YouTube video integration
- **Where to get it:** <https://console.cloud.google.com/apis/credentials>
- **Used by:** Media center, tournament streams
- **Security:** Public - OK to expose (with restrictions)

BETS_API_KEY

- **Current Status:** Not configured
- **Purpose:** Live pickleball scores
- **Where to get it:** <https://betsapi.com/>
- **Used by:** Live scores section
- **Security:** SECRET - Keep private

PICKLEBALL_API_TOKEN

- **Current Status:** Not configured

- **Purpose:** Official pickleball tournament data
 - **Where to get it:** <https://api.pickleball.com/>
 - **Used by:** Tournament information
 - **Security:** SECRET - Keep private
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Quick Actions

Immediate Actions Needed

1. Set `NEXT_PUBLIC_APP_URL` to production domain
2. Set `STRIPE_WEBHOOK_SECRET` to actual webhook secret
3. Set `NOTIFICATION_EMAIL` for goal reminders
4. Set `SUPPORT_EMAIL` for support inquiries
5. Set `PARTNERS_EMAIL` for partner communications
6. Set `SPONSORS_EMAIL` for sponsor communications
7. Set `EMAIL_REPLY_TO` to `dean@mindfulchampion.com`
8. Set `EMAIL_NOTIFICATIONS_ENABLED` to `true`
9. Verify `CRON_SECRET` is set to provided value

Recommended Actions

1. Set up Google OAuth (if desired)
 2. Configure external API keys (YouTube, BetsAPI, etc.)
 3. Enable analytics and monitoring
 4. Review and rotate secrets (`NEXTAUTH_SECRET`, `CRON_SECRET`)
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Security Checklist

- All .env files are in .gitignore
 - No secrets committed to version control
 - Different values for dev/staging/prod
 - API keys have proper restrictions (domains, IPs)
 - Database has SSL enabled
 - S3 bucket has proper IAM policies
 - Rotate secrets every 90 days
 - Monitor failed authentication attempts
 - Set up alert for suspicious activity
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Additional Documentation

- **Gmail Setup:** See `GMAIL_SETUP.md`
- **Notification System:** See `NOTIFICATION_SYSTEM.md`
- **S3 Configuration:** See AWS S3 setup guide
- **Deployment:** See `DEPLOYMENT_GUIDE.md`

- **Security:** See `SECURITY_BEST_PRACTICES.md`
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Verification

Run the verification script to check your configuration:

```
npm run verify-env
```

This will:

-  Check all required variables are set
 -  Validate formats
 -  Test database connection
 -  Test email sending
 -  Test S3 access
 -  Report missing/invalid variables
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Last Updated: December 3, 2025

Status: Ready for Production Configuration