Pull Request

Title: feat: scaffold focusflow layout foundation

0■■ Context
Week/Iteration: Week 7 – Deliverable 1 (HTML & CSS foundation)
Topics covered: Express routing, EJS templating, shared layout partials, CSS theming
Resources: Project Deliverable 1.pdf, Deliverable 1 Clarity.pdf, Webcolorused.pdf palette guide, Zybooks (Express/EJS review)

1■■ Summary (what & why)
Built the FocusFlow front-end skeleton by adding four EJS views (home, focus sessions, progress insights, about) that share a layout, navigation, and footer, wiring them through Express routes/controllers. Styled the pages with the provided color palette, refreshed buttons and cards for a cohesive look, and updated docs/.env defaults so the team has a consistent baseline before adding dynamic logic.

2■■ How to Verify (manual steps)
1. cp .env.example .env and configure DB credentials as needed
2. npm install
3. (Optional) npm run migrate # trigger guard makes reruns safe
4. npm run dev
5. Visit http://localhost:3000/
6. Use the nav to browse /focus, /insights, /about and confirm each page renders with the new styling
7. Capture screenshots or 30–60s screen recording showing all pages

Proof attached: https://github.com/user-attachments/assets/3fa6822c-8033-4c9c-9500-9f7fd98b3f03

3■■ Scope of Changes
[x] Routes / Controllers
[x] EJS Templates / Views
[x] Client-side CSS
[ ] Database (Migrations / Seeds) # no new migrations beyond trigger guard already in repo
[x] Documentation (README / Docs)
[x] Other: VS Code launch configuration

4■■ Quality Checklist
Security & Data
[ ] SQL is parameterized (no new queries)
[ ] EJS escapes untrusted output (static content only)
[x] CSRF middleware remains enabled
[ ] Authentication / authorization unchanged
[x] Session cookies configured with HttpOnly / SameSite=Lax

[ ] User input validation N/A (no forms yet)

Accessibility & UX
[x] Navigation keyboard friendly; focus states visible
[x] Semantic sections/headings provided
[ ] Images N/A (no image assets yet)
[ ] Error/empty states not introduced this iteration

Reliability & Ops
[x] App starts cleanly with npm run dev
[x] Migrations rerunnable (trigger drop guard)
[x] .env.example updated with defaults
[x] README documents current pages

Code Health
[x] PR size justified (~400 LOC of HTML/CSS)
[x] Conventional commit messages
[x] npm run lint / npm run format pass

5■■ Driver / Navigator & AI Assist
Driver: Ab Emmanuel
Navigator: Dasha Coates
AI Assist used: Codex CLI suggested layout/CSS and git housekeeping; edits reviewed and adjusted before committing.

6■■ Reviewer Request
Assigned reviewer team: Group 10 reviews Group 11 (per course rotation)
Teams message posted: pending – share PR link in cross-team channel before requesting review.