

# LifeTracker – Product Requirements Document (PRD)

A Personal Operating System for Structured Self-Improvement

## 1. Product Vision & Research Background

Modern productivity tools focus on tasks, habits, or notes in isolation. Research across behavior science, knowledge management, and personal analytics shows that long-term improvement requires systems thinking, feedback loops, and reflection. LifeTracker is designed as a Personal Operating System that unifies physical, mental, career, and lifestyle domains into measurable systems.

## 2. Problem Statement

Users struggle with fragmented tools (task managers, habit trackers, notes apps). This fragmentation leads to shallow engagement, lack of reflection, and poor long-term consistency. There is no single system that connects daily actions to weekly outcomes across life domains.

## 3. Product Goals

- Convert daily actions into structured data
- Provide clarity on weekly progress
- Enable reflection and system-level improvement
- Remain calm, minimal, and non-distracting

## 4. Target User

Primary users are developers, students, freelancers, and founders who think in systems, value deep work, and want measurable growth rather than motivational noise.

## 5. Core Architecture

LifeTracker is built around a Dashboard and 10 Life Systems (Sections). Each section captures structured input, logs data, and feeds aggregated insights back to the Dashboard.

## 6. Dashboard Requirements

The Dashboard answers three questions instantly: What should I focus on today? How am I doing this week? Where should I go next?

Dashboard Components:

- Today at a Glance (date, focus score, tasks completed)
- To-Do List (Physical, Career, Lifestyle)
- Don't-Do List (avoidance awareness)
- Weekly Goals with progress bars
- Section grid linking to all life systems

## 7. Universal User Input System

All user inputs follow a unified structure to ensure consistency and aggregation. Every input includes category, type, timestamp, structured fields, and optional notes.

Input Types:

- Task
- Session
- Log Entry
- Goal
- Note / Reflection

## 8. Section-Level Requirements

Each section acts as an independent life system while sharing the same structural logic. Below is a summarized research-driven rationale.

**Workout Section:** Tracks physical training with sets, reps, progression, and reflections to ensure measurable fitness growth.

**Coding Section:** Tracks structured learning, syllabus completion, time spent, and applied knowledge.

**Meditation Section:** Tracks mental consistency, session duration, streaks, and emotional reflection.

**Reading Section:** Transforms reading into applied knowledge via highlights, notes, and progress tracking.

**Teaching Section:** Reinforces mastery by tracking teaching outputs and content creation stages.

**AI Section:** Documents AI usage as leverage, focusing on workflows and productivity gains.

**Business Section:** Structures idea validation, execution, and weekly business momentum.

**Personal Branding Section:** Tracks content creation, consistency, and audience feedback.

**Freelancing Section:** Manages clients, projects, deadlines, and delivery quality.

**Looksmaxing Section:** Tracks grooming, style, habits, and confidence-related improvements.

## **9. Weekly Aggregation & Analytics**

All logs and sessions automatically aggregate into weekly summaries. Analytics focus on trends, consistency, and insights rather than raw numbers.

## **10. Reflection & Feedback Loop**

Weekly reflections prompt the user to identify what improved, what failed, and what adjustment to make next week. This closes the Observe → Act → Reflect loop.

## **11. Non-Functional Requirements**

- Fast interactions
- Offline-friendly logging
- Private-by-default data
- Scalable architecture

## **12. Success Metrics**

- Weekly active usage
- Section balance
- Reflection completion rate
- Long-term retention

End of PRD