Using the CentenarianOS Roadmap Builder

Quick Start

1. Create Your First Roadmap

1. Login to your account
2. Click **"Roadmap"** in the navigation
3. Click **"New Roadmap"** button
4. Fill in:
   - **Title**: "My Centenarian Journey"
   - **Description**: "Multi-decade transformation plan"
   - **Start Date**: Today
   - **End Date**: 10-50 years from now
5. Click **"Create Roadmap"**

2. Add Your First Goal

1. Click **"+ Goal"** button on your roadmap card
2. Fill in:
   - **Title**: "Achieve Sub-17s 100m Dash" (or your goal)
   - **Description**: What success looks like
   - **Category**: FITNESS (or relevant tag)
   - **Target Year**: 2026 (or your target)
3. Click **"Create Goal"**

3. Create a Milestone

1. Click the arrow next to your goal to expand it
2. Click **"+ Milestone"**
3. Fill in:
   - **Title**: "Q4 2025: Consistent 18s 100m"
   - **Description**: Specific, measurable outcome
   - **Target Date**: End of quarter
   - **Status**: In Progress
4. Click **"Create Milestone"**

4. Add Daily Tasks

1. Expand your milestone
2. Click **"+ Task"**
3. Fill in:
   - **Date**: Today or future date
   - **Time**: When you'll do it (e.g., 05:50 AM)
   - **Activity**: "Morning Strength: Push-ups, TRX Row, Plank"
   - **Description**: "3 sets of each, max reps..."
   - **Tag**: FITNESS
   - **Priority**: High (1)
4. Click **"Create Task"**

The Planning Hierarchy Explained

Think of it like a map with zoom levels:

🗺️ Roadmap (Highest Level)

What: Your entire multi-decade journey **Example**: "My Centenarian Journey (2025-2050)" **When to use**: You'll only create 1-3 roadmaps total

🎯 Goals (Multi-Year)

What: Audacious objectives that take years **Example**: "Run a sub-17 second 100m dash" **When to use**: Create 5-10 goals per roadmap (one per major life area)

🪜 Milestones (Quarterly/Monthly)

What: Measurable checkpoints toward a goal **Example**: "Q4 2025: Consistent 18s 100m" **When to use**: Create 4-12 milestones per goal (break the goal into smaller chunks)

✅ Tasks (Daily)

What: Specific actions you do today **Example**: "5:50 AM - Morning Strength Session" **When to use**: Create tasks for the next 1-4 weeks

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Workflow: From Vision to Daily Action

Sunday (Planning Day)

1. Review last week's task completion in **Planner** view
2. Go to **Roadmap** view
3. Check milestone progress
4. Create next week's tasks (7-14 tasks total)

Monday-Friday (Execution Days)

1. Use **Daily Tasks** view only
2. Check off tasks as you complete them
3. Don't worry about the hierarchy

Monthly

1. Review milestone status
2. Mark milestones as "Completed" when done
3. Create new milestones for next quarter

Quarterly

1. Review goal progress
2. Adjust target years if needed

3. Archive completed goals

Example: Fitness Goal Breakdown

Roadmap: My Centenarian Journey (2025-2050)

Goal: Achieve Sub-17s 100m Dash by 2027

- Category: FITNESS
- Target Year: 2027

Milestones:

1. Q4 2025: Consistent 18s 100m
2. Q2 2026: Consistent 17.5s 100m
3. Q4 2026: First 17s run
4. Q2 2027: Consistent Sub-17s

Tasks (for Milestone 1):

- Mon 5:50 AM: Morning Strength (Push-ups, Rows, Planks)
- Tue 5:50 AM: Sprint Session (100m × 4)
- Wed 5:50 AM: Morning Strength (Pike Push-ups, Curls)
- Thu 5:50 AM: Sprint Session (100m × 4)
- Fri 5:50 AM: Morning Strength (Chest Press, Inverted Row)
- Sat 10:00 AM: Long Run (Speed work focus)
- Sun 10:00 AM: Mobility/Recovery

Tips for Effective Planning

For Goals

- Make them audacious (if it doesn't scare you, it's not a goal)
- 1-2 per life area max (don't spread yourself thin)
- Must be measurable ("be healthy" ❌ , "run sub-17s" ✅)

For Milestones

- Use quarters: Q1 (Jan-Mar), Q2 (Apr-Jun), Q3 (Jul-Sep), Q4 (Oct-Dec)
- Include the metric in the title: "Hold 30s Front Lever" not "Get stronger"
- Mark as "Blocked" immediately if stuck (then troubleshoot)

For Tasks

- Schedule same time each day (builds habits)
- Link to ONE milestone only
- Keep activity short (fits on task card)
- Put details in description (you'll expand card when needed)

Navigation

Two Views for Different Purposes

Roadmap View (`/dashboard/roadmap`)

- For planning and reviewing hierarchy
- Expand/collapse to see your entire journey
- Use on Sundays for weekly planning

Daily Tasks View (`/dashboard/planner`)

- For execution mode
- Only shows today's or this week's tasks
- Use Monday-Friday for getting work done

Keyboard Shortcuts (Coming Soon)

Will add in Phase 2:

- `N` - New task (from anywhere)
- `Space` - Toggle task complete
- `E` - Edit task
- `T` - Switch to Today view
- `W` - Switch to Week view

What's Next

Now that you have the planning system:

1. **This week**: Create your roadmap hierarchy
2. **Next week**: Use it daily and track in Planner view
3. **Phase 2**: We'll add the Fuel (nutrition) and Engine (focus tracking) modules

The system works best when you use it every day for at least 2 weeks before judging it.