

Life System App – Flow & Reference Structure

This document defines the structural logic for how the Life System app operates. Every action in the daily schedule does NOT contain instructions directly. Instead, each action references a relevant system page. This allows personalization, modular expansion, and AI-driven guidance.

CORE PRINCIPLE: REFER, DO NOT REPEAT

The app functions like a personal operating system. Daily schedules reference systems. Systems contain routines. Routines may reference sub-systems such as meditation, nutrition, or recovery.

EXAMPLE: DAILY FLOW LOGIC

Event: Wake Up

Action: Refer to Wake-Up Routine

Wake-Up Routine Page Contains:

- Hydration steps
- Light movement options
- Optional spiritual practice
- If user has meditation enabled → link to Meditation Page

SYSTEM: WAKE-UP ROUTINE

Purpose: Orientation and nervous system regulation.

Contains:

- Default hydration instructions
- Movement options (stretch, walk, stillness)
- Conditional logic:
 - If meditation enabled → link to Meditation System
 - If astrology enabled → show daily astrological note
 - If neither → simple grounding prompt

SYSTEM: MEAL PREP FLOW

Event: Meal Prep

Action: Refer to Meal Prep System

Meal Prep System Page Contains:

- Grocery list for the selected week/day
- Cooking instructions
- Portioning logic
- Containers per meal

SYSTEM: MEALS

Event: Breakfast / Lunch / Dinner

Action: Refer to Meal Page

Meal Page Contains:

- Assigned container for that meal
- Optional substitutions
- Macro summary (read-only)
- No cooking steps during weekdays

SYSTEM: TRAINING

Event: Workout

Action: Refer to Training System

Training System Page Contains:

- Workout type for the day
- Exercise list or routine
- Recovery guidance
- Optional mobility links

SYSTEM: EVENING WIND-DOWN

Event: Evening Wind-Down

Action: Refer to Wind-Down Routine

Wind-Down Routine Page Contains:

- Screen reduction guidance
- Reflection prompts
- Optional spiritual or journaling links

AI ROLE IN THE SYSTEM

The AI routes users to systems rather than micromanaging tasks.

AI Responsibilities:

- Determine which system to reference
- Adjust references based on user preferences
- Ask clarifying questions when systems are missing
- Avoid overwhelming the user

SUMMARY

This structure enables personalization, scalability, and clarity. It separates schedules from systems, systems from beliefs, and keeps the user in control of their life direction.