**TFive App - Complete Screen Flow**

**Version:** 1.0  
**Date:** October 1, 2025  
**Based on:** TFive PRD v1.0

**Summary Statistics**

**Total Screen Count:**

* **Module 1 - Enterprise Admin Portal:** 12 screens
* **Module 2 - User Onboarding:** 6 screens
* **Module 3 - Main App Experience:** 18 screens
* **Module 4 - Integration Screens:** 3 screens

**Grand Total: 39 main screens** (with numerous sub-screens, modals, and states)

**Module 1: Enterprise Admin Portal (Web) - 12 Screens**

**Initial Setup Flow (3 screens)**

**1. Admin Sign Up/Login**

* Authentication method selection (Email/SSO/Google)
* Two-factor authentication setup
* Password recovery option

**Micro-interactions:**

* Loading states during authentication
* Error messages for invalid credentials
* Success redirect to onboarding

**2. Enterprise Onboarding Wizard**

**Step 1 - Company Information:**

* Company name input
* Logo upload
* Industry selection dropdown
* Company size selector

**Step 2 - Organization Values & Goals:**

* Template selection (predefined objectives)
* Custom document upload (PDF, Word, text)
* Manual goal entry text area
* Values description field

**Step 3 - Directory Integration:**

* Active Directory connection option
* Google Workspace connection option
* OAuth authorization flow
* Skip for manual user management

**Micro-interactions:**

* Progress indicator (Step 1/2/3)
* File upload preview
* Connection status indicators
* Save & continue validation

**3. Onboarding Completion & Dashboard Preview**

* Setup summary review
* Welcome message
* Quick tour option
* Go to dashboard CTA

**Micro-interactions:**

* Confetti animation on completion
* Smooth transition to dashboard

**Core Admin Screens (9 screens)**

**4. Admin Dashboard Home**

**Overview Cards:**

* Total active users
* Current engagement rate
* Programs completed this month
* Active subscriptions

**Recent Activity Feed:**

* New user registrations
* Program completions
* System notifications

**Quick Actions:**

* Invite members button
* View analytics
* Manage billing

**Micro-interactions:**

* Real-time counter animations
* Hover states on cards
* Refresh data button

**5. Team Management**

**Main View:**

* Member list table (name, email, role, status, join date)
* Search bar
* Filter options (role, status, department)
* Bulk actions selection

**Quick Actions per User:**

* Edit role
* Deactivate/Reactivate
* Resend invitation
* View activity

**Micro-interactions:**

* Sortable columns
* Inline editing for roles
* Confirmation modals for critical actions
* Status badges (active/pending/inactive)

**6. Invite Members**

**Tab 1 - Single Invite:**

* Email address input
* Role selection dropdown
* Custom message field (optional)
* Send invitation button

**Tab 2 - Bulk Upload:**

* CSV template download link
* File upload drag & drop area
* Preview imported users table
* Validate and send button

**Tab 3 - Invitation Status:**

* Sent invitations list
* Status tracking (sent/accepted/expired)
* Resend option
* Cancel invitation option

**Micro-interactions:**

* Email validation in real-time
* CSV parsing preview
* Success toast notifications
* Error highlighting for invalid entries

**7. Subscription & Billing**

**Current Plan Section:**

* Plan name and tier
* User count (used/total)
* Features included
* Next billing date
* Upgrade/Downgrade CTAs

**Payment Method:**

* Card details display (last 4 digits)
* Update payment method button
* Billing address

**Invoice History:**

* Table of past invoices
* Download invoice PDFs
* Payment status indicators

**Micro-interactions:**

* Stripe integration modal
* Plan comparison tooltip
* Download button states

**8. Analytics Dashboard *(Structure for Post-MVP)***

**Key Metrics Cards:**

* Active users (total & trend)
* Program completion rate
* Average session duration
* Wellness score trends (anonymized)

**Engagement Charts:**

* User activity over time (line graph)
* Program type distribution (pie chart)
* Department participation (bar chart)

**Filters:**

* Date range picker
* Department filter
* Program type filter

**Export Options:**

* Download PDF report
* Export CSV data
* Schedule automated reports

**Micro-interactions:**

* Interactive chart tooltips
* Drill-down on chart segments
* Loading skeletons while fetching data

**Module 2: User Onboarding & Authentication - 6 Screens**

**Registration Flow (6 screens)**

**1. Invitation Landing Page (Link from Email)**

* Company logo
* Welcome message
* Invitation verification (automatic via token)
* Get started button

**Micro-interactions:**

* Token validation loading
* Error message for expired/invalid tokens
* Smooth entrance animation

**2. User Registration**

**Personal Information:**

* First name
* Last name
* Email (pre-filled from invitation)
* Phone number (optional)

**Password Creation:**

* Password input with strength indicator
* Confirm password
* Password requirements checklist

**Micro-interactions:**

* Real-time password strength meter
* Validation errors inline
* Success checkmarks

**3. Workspace Introduction**

**Visual Explanation:**

* Illustration of dual workspace concept
* TFive Pro description (Enterprise)
* TFive One description (Personal)
* Data separation explanation

**Micro-interactions:**

* Animated workspace cards
* Swipe/click to learn more
* Continue button

**4. Privacy & Consent**

**Consent Sections:**

* Data usage agreement (collapsible full text)
* Calendar integration permission
* Wellness tracking consent
* Communication preferences

**Checkboxes:**

* Required consents (must accept)
* Optional preferences

**Links:**

* Privacy policy
* Terms of service

**Micro-interactions:**

* Expand/collapse full legal text
* Required field indicators
* Enable continue only when required consents accepted

**5. Onboarding Tour - TFive Pro *(Structure for Post-MVP)***

**Interactive Walkthrough:**

* Screen 1: Enterprise workspace overview
* Screen 2: Tairo AI chat demo
* Screen 3: Company programs library
* Screen 4: Calendar integration benefits
* Screen 5: Analytics sharing explanation

**Micro-interactions:**

* Progress dots indicator
* Skip tour option
* Previous/Next buttons
* Animated feature highlights

**6. Onboarding Tour - TFive One *(Structure for Post-MVP)***

**Interactive Walkthrough:**

* Screen 1: Personal workspace overview
* Screen 2: Private Tairo AI
* Screen 3: Self-directed programs
* Screen 4: Personal wellness tracking
* Screen 5: Data privacy guarantee

**Final Screen:**

* "You're all set!" confirmation
* Go to TFive Pro button
* Go to TFive One button

**Micro-interactions:**

* Progress dots indicator
* Skip tour option
* Previous/Next buttons
* Celebration animation on completion

**Module 3: Main App Experience - 18 Screens**

**Navigation & Core (3 screens)**

**1. Main Navigation/Home**

**Header:**

* TFive logo
* Workspace switcher toggle (Pro ↔ One)
* Notifications bell icon
* User avatar menu

**Navigation Menu:**

* Home/Dashboard
* Tairo AI Chat
* Program Library
* Progress Tracker
* Calendar Insights (Pro only)
* Settings

**Dashboard Content:**

* Personalized greeting
* Daily check-in prompt (if not completed)
* Suggested programs from Tairo
* Continue learning (in-progress programs)
* Recent achievements

**Micro-interactions:**

* Notification badge count
* Dropdown menus
* Active menu item highlighting
* Pro and One workspace should have different header colour to highlight the difference

**2. Workspace Switcher Interface**

**Toggle/Dropdown:**

* Visual indicator of current workspace
* Switch to [Other Workspace] option
* Visual theme difference (Pro: corporate colors, One: personal colors)

**Confirmation Modal (first time):**

* "You're switching to [Workspace Name]"
* Context explanation
* Remember my choice checkbox
* Confirm button

**Micro-interactions:**

* Smooth transition animation
* Toast notification "Switched to [Workspace]"
* Loading state during switch

**3. User Profile & Settings**

**Tabs:**

* Personal Information
* Notification Preferences
* Privacy Settings
* Integration Management
* Account Security

**Personal Information:**

* Name, email, phone
* Profile photo upload
* Edit/Save buttons

**Notification Preferences:**

* Email notifications toggles
* Push notifications toggles
* Daily check-in reminders
* Program recommendations
* Achievements & rewards

**Privacy Settings:**

* Data sharing preferences
* Wellness data visibility
* Analytics participation (enterprise)
* Delete account option

**Integration Management:**

* Connected calendars (Google/Microsoft)
* Slack connection status
* Teams connection status
* Disconnect options

**Account Security:**

* Change password
* Two-factor authentication
* Active sessions list
* Sign out all devices

**Micro-interactions:**

* Toggle switches
* Inline editing
* Save confirmation toasts
* Disconnect confirmation modals

**Daily Wellness (2 screens)**

**4. Daily Check-in Screen**

**Question Flow:**

1. "How are you feeling today?" (Emoji selector: 😄 😊 😐 😟 😢)
2. "What's your stress level?" (Slider 1-10)
3. "How well did you sleep?" (Slider 1-10 or quality selector)
4. "What's your energy level?" (Slider 1-10)
5. "How satisfied are you with your work today?" (Slider 1-10, Pro only) / "How satisfied are you feeling?" (One)

**Interface Elements:**

* Question counter (1/5)
* Skip check-in link (with skip counter)
* Previous/Next buttons
* Submit button (final question)

**Micro-interactions:**

* Smooth question transitions
* Emoji animation on selection
* Slider fill animation
* Progress bar

**5. Check-in Results & Insights**

**Immediate Feedback:**

* Summary of responses
* Trend comparison (vs. yesterday, vs. average)
* Mood emoji with overall score

**Tairo Insights:**

* Personalized message based on responses
* Concern alerts (if scores indicate distress)
* Recommended programs for today
* Suggested break times (if stress is high)

**Visual Elements:**

* Weekly mood chart
* Sleep quality trend
* Energy level pattern

**Actions:**

* View detailed trends
* Start recommended program
* Chat with Tairo
* Done (return to home)

**Micro-interactions:**

* Animated chart reveals
* Gentle concern alerts
* CTA button highlights

**Tairo AI Interface (4 screens)**

**6. Tairo Chat - TFive Pro (Enterprise)**

**Interface:**

* Chat message list (scrollable)
* Message input box
* Attach file button
* Send button

**Enterprise Context Indicators:**

* "Enterprise Workspace" badge
* Company-specific suggested prompts
* Calendar-based prompts (e.g., "You have back-to-back meetings today")

**Suggested Prompts:**

* "Help me prepare for my 2 PM meeting"
* "I'm feeling overwhelmed with my schedule"
* "Suggest a stress management program"
* "What development programs should I focus on?"

**Message Features:**

* Tairo responses with citations (when referencing company docs)
* Program recommendations (clickable cards)
* Calendar event references

**Micro-interactions:**

* Typing indicator (Tairo is typing...)
* Message sent confirmation
* Smooth scroll to new messages
* Expandable program cards

**7. Tairo Chat - TFive One (Personal)**

**Interface:**

* Chat message list (scrollable)
* Message input box
* Attach file button
* Send button

**Personal Context Indicators:**

* "Personal Workspace" badge
* Personal goal-based prompts
* Wellness-focused suggestions

**Suggested Prompts:**

* "I want to improve my sleep quality"
* "Help me build a meditation habit"
* "Suggest programs for career growth"
* "I'm working on better work-life balance"

**Message Features:**

* Tairo responses focused on personal development
* Program recommendations (clickable cards)
* No company context

**Micro-interactions:**

* Typing indicator
* Message sent confirmation
* Smooth scroll
* Different color theme from Pro

**8. Calendar Integration Setup *(Structure for Post-MVP)***

**Step 1 - Choose Provider:**

* Google Calendar button
* Microsoft Outlook button
* Skip for now link

**Step 2 - Permission Request:**

* Explanation of what access is needed
* What TFive will and won't do with calendar data
* Privacy guarantee

**Step 3 - OAuth Authorization:**

* Redirect to Google/Microsoft login
* Permission acceptance screen (external)
* Return to TFive

**Step 4 - Success Confirmation:**

* "Calendar connected successfully"
* What happens next explanation
* View insights button

**Micro-interactions:**

* Provider logo animation
* Loading state during OAuth
* Success checkmark animation

**9. Calendar Insights Dashboard *(Structure for Post-MVP)***

**Overview Cards:**

* Total meetings this week
* Back-to-back meeting count
* Free time available
* Stress indicator score

**Weekly Calendar View:**

* Color-coded calendar showing meeting density
* High-stress time blocks highlighted
* Suggested break times overlaid

**Tairo Recommendations:**

* "Consider combining these 3 short meetings"
* "You have 4 hours of back-to-back meetings tomorrow - take a 5-minute breathing break beforehand"
* "Your Tuesday looks busy - I've suggested a stress management program"

**Action Items:**

* View detailed analysis
* Start recommended program
* Adjust notification settings
* Disconnect calendar

**Micro-interactions:**

* Calendar heatmap colors
* Hover details on meeting blocks
* Expandable recommendation cards

**Program Library (9 screens)**

**10. Program Library Home**

**Header:**

* "Program Library" title
* Search bar
* Filter button

**Tab Navigation:**

* Recommended (default)
* All Programs
* In Progress
* Completed
* Saved/Favorites

**Filter Panel (Slide-out):**

* Program Type checkboxes (Getting Started, Deep Learning, Hands-On Practice, Personal Wellbeing, Creative Exploration)
* Topic tags (Stress Management, Leadership, Communication, etc.)
* Duration filter (show only 25-min programs by default)
* Difficulty level (Beginner, Intermediate, Advanced)
* Apply/Reset buttons

**Program Card Grid:**

* Program thumbnail/icon
* Title
* Type badge (e.g., "Hands-On Practice")
* Duration (25 minutes)
* Brief description (1-2 lines)
* Progress indicator (if started)
* Save/Favorite icon
* Start/Continue button

**Micro-interactions:**

* Search auto-complete
* Filter count badge
* Card hover effects
* Smooth filtering transitions
* Save animation (heart fill)

**11. Program Detail Page**

**Hero Section:**

* Program title
* Type badge
* Visual thumbnail/hero image
* Start Program CTA (large, prominent)
* Save to favorites button
* Share program option

**Program Overview:**

* Description (2-3 paragraphs)
* What you'll learn (bullet points)
* Time breakdown:
  + Learn: X minutes
  + Act: Y minutes
  + Earn: 5 minutes

**Content Preview:**

* Expandable sections showing topics covered
* Sample content snippets
* Preview of activities

**Who This Is For:**

* Recommended for: [personas/roles]
* Prerequisites (if any)
* Related programs

**Reviews/Ratings (Post-MVP):**

* Average rating stars
* User testimonials
* Number of completions

**Micro-interactions:**

* Expandable sections
* CTA button pulse/highlight
* Save animation
* Scroll progress indicator

**12. Program Session - Learn Phase**

**Session Header:**

* Program title
* Phase indicator (Learn / Act / Earn)
* Progress bar (overall session progress)
* Time remaining
* Exit/Save progress button

**Content Type Selector:**

* Quick Read tab (3 min)
* Deep Read tab (up to 10 min)
* Audio (Conversation) tab (5-10 min)
* Audio (Presentation) tab (5-10 min)

**Quick Read View:**

* Clean text layout
* ~500 words
* Section headers
* Key takeaways highlighted
* Scroll indicator
* Next button (to Act phase)

**Deep Read View:**

* ~1,800 words
* Multiple sections with headers
* Progress through reading indicator
* Bookmark capability
* Next button

**Audio View:**

* Audio player controls (play/pause, skip 15s back/forward)
* Transcript option (expandable)
* Playback speed control
* Volume control
* Conversation/Presentation waveform visualization
* Next button (enabled when audio completes or manually)

**Micro-interactions:**

* Smooth content type switching
* Auto-play audio when tab selected
* Reading progress estimation
* Gentle next button highlight when content consumed

**13. Program Session - Act Phase**

**Session Header:**

* Same as Learn Phase
* Phase indicator updated to "Act"

**Activity Type Selector:**

* Guided Activity tab
* Practice Cards tab
* Reflection tab

**Guided Activity View:**

* Activity title and instructions
* Visual demonstration (image/animation)
* Timer display (countdown)
* Start activity button
* Step-by-step guidance
* Completion confirmation
* Next button

**Practice Cards View:**

* Flashcard interface
* Front: scenario/question
* Flip button
* Back: explanation/tip
* Card counter (1/8)
* Previous/Next card buttons
* Mark as understood checkbox
* Complete button when all cards reviewed

**Reflection View:**

* Reflection prompt/question
* Text area for response
* Character count
* Optional: voice note option
* Save response button
* Skip (with confirmation)
* Next button

**Micro-interactions:**

* Timer countdown animation
* Card flip animation
* Auto-save for text input
* Haptic feedback on activity completion (mobile)

**14. Program Session - Earn Phase (Quiz)**

**Session Header:**

* Phase indicator updated to "Earn"
* Progress bar
* Time remaining (5 min)

**Quiz Interface:**

* Question counter (1/5)
* Question text
* Answer options:
  + Multiple choice (radio buttons)
  + True/False (large buttons)
  + "What would you do?" scenarios (radio buttons)
* Next question button
* Previous question button (optional)

**Question Feedback:**

* Immediate feedback after answer selection (correct/incorrect)
* Brief explanation for incorrect answers
* Point value display (+10 points)

**Micro-interactions:**

* Answer selection highlight
* Correct answer celebration (checkmark + points animation)
* Incorrect answer feedback (gentle shake)
* Progress bar fill

**15. Program Session - Earn Phase (Results)**

**Results Header:**

* "Great Work!" or similar celebration message
* Final score (e.g., 4/5 correct)
* Total points earned (e.g., +40 points)

**Performance Breakdown:**

* Questions correct
* Time taken
* Accuracy percentage

**Achievements Unlocked:**

* New badges earned (visual cards)
* Milestone reached notifications
* Streak updates (e.g., "3 days in a row!")

**Micro-interactions:**

* Confetti animation
* Badge unlock animation
* Points counter animation
* Sound effects (optional, muted by default)

**16. Program Session - Celebrate & Discover**

**Celebration Section:**

* Program completion badge
* Total time invested (25 min)
* Key takeaways recap (3 bullet points)
* Personal progress message

**What You Earned:**

* Points added to total
* Badges/achievements
* Rewards progress (e.g., "25 more points to next reward")

**Reflect & Rate:**

* "How helpful was this program?" (1-5 stars or thumbs up/down)
* Optional feedback text area

**Discover Next:**

* "Recommended for You" section
* 3-4 related program cards
* "View All Programs" link

**Action Buttons:**

* Back to Home
* Start Next Program
* View Progress

**Micro-interactions:**

* Celebration animations
* Star rating hover effects
* Smooth transition to next program

**17. Progress Tracker Dashboard**

**Overview Section:**

* Total programs completed
* Total time invested
* Current streak (days)
* Total points earned

**Tabs:**

* In Progress
* Completed
* Achievements
* Rewards

**In Progress Tab:**

* Program cards with progress bars
* Resume button
* Estimated time remaining
* Last accessed date

**Completed Tab:**

* Completed program list
* Completion date
* Certificate download (if applicable)
* Review/Rating option
* Retake option

**Achievements Tab:**

* Badge collection grid
* Locked badges (greyed out with unlock requirements)
* Unlocked badges (full color)
* Achievement categories (Learning, Wellness, Consistency, etc.)
* Badge detail modal on click

**Rewards Tab:**

* Points balance
* Available rewards list (Enterprise & Personal)
* Redeemed rewards history
* Redeem button per reward

**Micro-interactions:**

* Progress bar animations
* Badge unlock celebrations
* Filter/sort options
* Search completed programs

**18. Rewards Catalog**

**Header:**

* "Your Rewards" title
* Points balance display
* Filter toggle (Enterprise / Personal)

**Enterprise Rewards Section:**

* Rewards chosen by employer
* Examples: gift cards, team events, company perks
* Points required for each
* Availability status
* Redeem button

**Personal Rewards Section:**

* TFive catalog rewards
* Examples: branded items, charitable donations, premium content
* Points required
* Redeem button

**Redemption Flow:**

* Select reward
* Confirm redemption modal
* Delivery information (if physical)
* Confirmation screen
* Email confirmation sent

**Redeemed Rewards History:**

* Past redemptions list
* Redemption date
* Tracking info (if applicable)

**Micro-interactions:**

* Point balance countdown on redemption
* Redemption celebration animation
* Insufficient points indicator (grayed out)

**Module 4: Integration Screens - 3 Screens**

**1. Integration Hub**

**Connected Integrations Section:**

* Calendar (Google/Microsoft) - Status: Connected
* Slack - Status: Connected/Not Connected
* Microsoft Teams - Status: Connected/Not Connected
* Each with "Manage" or "Connect" button

**Available Integrations:**

* List of future integrations (grayed out)
* "Coming Soon" badges

**Integration Cards:**

* Integration logo
* Brief description
* Benefits list
* Connect button
* Settings button (if connected)

**Micro-interactions:**

* Connection status badges
* Hover effects on cards
* Slide-out settings panel

**2. Slack Integration Setup**

**Step 1 - Introduction:**

* Slack logo
* "Connect TFive to Slack" title
* Benefits list:
  + Get program reminders in Slack
  + Quick access to Tairo via slash commands
  + Share progress with team (optional)
* Continue button

**Step 2 - Authorization:**

* "Authorize Slack" button
* Redirect to Slack OAuth page (external)
* Return to TFive after authorization

**Step 3 - Configuration:**

* Notification preferences:
  + Daily check-in reminders (toggle)
  + Program recommendations (toggle)
  + Achievement celebrations (toggle)
* Channel selection for team sharing (optional)
* Save preferences button

**Step 4 - Success:**

* "Slack Connected!" confirmation
* Quick tips for using Slack integration
* "Try it now" button (opens Slack)
* Done button

**Micro-interactions:**

* Loading state during OAuth
* Success animation
* Preference toggle switches

**3. Microsoft Teams Integration Setup**

**Step 1 - Introduction:**

* Teams logo
* "Connect TFive to Teams" title
* Benefits list:
  + Get program reminders in Teams
  + Access Tairo via Teams chat
  + Enhanced calendar insights
* Continue button

**Step 2 - Authorization:**

* "Authorize Teams" button
* Redirect to Microsoft OAuth page (external)
* Return to TFive after authorization

**Step 3 - Configuration:**

* Notification preferences:
  + Daily check-in reminders (toggle)
  + Meeting preparation suggestions (toggle)
  + Program recommendations (toggle)
* Teams channel selection (optional)
* Calendar sync confirmation
* Save preferences button

**Step 4 - Success:**

* "Teams Connected!" confirmation
* Quick tips for using Teams integration
* "Open Teams" button
* Done button

**Micro-interactions:**

* Loading state during OAuth
* Success animation
* Preference toggle switches
* Calendar sync progress indicator

**Design System Notes**

**Visual Distinction Between Workspaces:**

* **TFive Pro (Enterprise):** Professional color palette (blues, grays), company logo visible
* **TFive One (Personal):** Warmer color palette (greens, purples), personal branding

**Consistent Elements Across App:**

* Sleek Header with workspace switcher
* Bottom navigation (mobile)
* Side navigation (desktop)
* Tairo chat always accessible (floating button)
* Notification bell
* User avatar menu

**Responsive Considerations:**

* Mobile-first design for user app
* Desktop-optimized for admin portal
* Touch-friendly tap targets (minimum 44x44px)
* Swipe gestures for mobile navigation

**End of Document**