CH05 — Screen Inventory

Handz (HZ) V1 PRD • Revision R1 • Draft

This chapter enumerates every user-facing screen (and key overlays/modals) that must exist in V1, along with each screen's purpose, access rules (Guest/Free/Pro), and primary actions. It is intended to remove guesswork when implementing navigation, building UI stubs, and validating scope.

Chapter ownership

CH05 owns the canonical list of screens and their minimal required behaviors. Other chapters own deeper specifications (navigation map, components, rules, copy, data models).

Primary dependencies

- CH00 Master Index & Manifest (source of chapter structure and naming).
- CH04 Information Architecture & Navigation Map (defines exact tab structure, route transitions).
- CH07 Authentication & Account System (auth rules that affect which screens appear).
- CH08 Entitlements & Plan States (Guest/Free/Pro gating rules that affect access per screen).
- CH12-CH14 Flow Builder interaction model & sequence editor (defines behavior of builder sub-screens).
- CH25 Monetization & Paywall (copy, pricing, trial rules, upgrade flows).
- CH30 Warning Ladder (soft/hard warnings and standard modal behavior).

How to use this chapter

- When building navigation, create a route constant for every `Route ID` listed here, even if the first implementation is a placeholder UI.
- When adding a new feature, you must also add a new screen entry here (or explicitly state why no new UI is required).
- Use the **Access** field to implement gating (Guest/Free/Pro) consistently: screens may exist but should redirect/upsell when locked.
- Treat **Purpose** as the definition of done for that screen's first shippable version.

Inventory at a glance

Global & System

- **S00** — App Launch / Splash (`Splash`)
- **S01** — Force Update / Maintenance Gate (`MaintenanceGate`)
- **S58** — Soft Cap / Warning Modal (`WarningModal`)

Entry & Authentication

- **S02** — Welcome Gate (`Welcome`)
- **S03** — Email Sign Up (`AuthEmailSignup`)
- **S04** — Email Log In (`AuthEmailLogin`)
- **S05** — Forgot Password (`AuthForgotPassword`)
- **S06** — Email Verification Pending (`AuthVerifyPending`)

Onboarding & Setup

- **S07** — Quick Setup: Training Styles (`OnboardingStyles`)
- **S08** — Quick Setup: Move Pack Picker (`OnboardingMovePacks`)
- **S09** — Onboarding: What is a Flow? (`OnboardingFlowIntro`)

Main Shell

- **S10** — Main App Shell (Tab Bar) (`AppTabs`)
- **S11** — Home / Dashboard (`Home`)

Library & Flow Management

- **S12** — Library: Flows List (`LibraryFlows`)
- **S13** — Library: Folder Picker (Modal) (`FolderPickerModal`)
- **S14** — Library: Create Folder (`CreateFolder`)
- **S15** — Flow Detail View (`FlowDetail`)
- **S16** — Flow Metadata Editor (`FlowMetaEdit`)

Flow Builder

- **S17** — Flow Builder Canvas (`FlowBuilder`)
- **S18** — Move Picker (from Builder) (`MovePickerModal`)
- **S19** — Node Action Menu (`NodeMenu`)
- **S20** — Add Branch Sheet (`AddBranchSheet`)
- **S21** — Sequence Detail Editor (`SequenceEditor`)

Move Library

- **S22** — Moves Library (`MovesList`)
- **S23** — Move Detail (`MoveDetail`)
- **S24** — Create/Edit Custom Move (`MoveEdit`)
- **S25** — Revert Changes Picker (`RevertPicker`)

Sharing & Inbox

- **S26** — Share Flow (Unlisted) (`ShareFlow`)

- **S27** — My Share Links (`ShareLinksList`)
- **S28** — Shared Flow Viewer (Web / In-app) (`SharedFlowView`)
- **S29** — Inbox: Imports List (`Inbox`)
- **S30** — Inbox Item Preview (`InboxItemView`)
- **S31** — Import Conflict Resolution (`ImportConflict`)

Practice

- **S32** — Practice Home (`PracticeHome`)
- **S33** — Practice Setup (`PracticeSetup`)
- **S34** — Practice Active Session (`PracticeActive`)
- **S35** — Practice Pause Overlay (`PracticePaused`)
- **S36** — Practice Rest Screen (`PracticeRest`)
- **S37** — Practice Session Summary (`PracticeSummary`)
- **S38** — Practice History (`PracticeHistory`)
- **S39** — Practice Log Detail (`PracticeLogDetail`)

Gameplans, Mastery & Maintenance

- **S40** — Gameplans Home (`GameplansHome`)
- **S41** — Create Gameplan (Wizard) (`GameplanCreate`)
- **S42** — Gameplan Detail (`GameplanDetail`)
- **S43** — Maintenance Queue (`MaintenanceQueue`)
- **S44** — Maintenance Session (`MaintenanceSession`)

Monetization & Subscription

- **S45** — Upgrade Paywall (`Paywall`)
- **S46** — Plan Comparison (`PlanCompare`)
- **S47** — Trial/Subscription Success (`PurchaseSuccess`)
- **S48** — Subscription Management (`ManageSubscription`)
- **S49** — Restore Purchases (`RestorePurchases`)

Settings, Account, Support, Legal

- **S50** — Settings Home (`Settings`)
- **S51** — Account & Profile (`AccountProfile`)
- **S52** — Notification Settings (`NotifSettings`)
- **S53** — Data Export (`DataExport`)
- **S54** — Delete Account Confirmation (`DeleteAccount`)
- **S55** — Legal: Terms (`Terms`)
- **S56** — Legal: Privacy Policy (`Privacy`)
- **S57** — Help / FAQ (`Help`)

Placeholders & decisions that remain flexible

These are not blockers for CH05, but they must be resolved (or explicitly kept flexible) in CH04/CH06/CH25 so implementation does not drift:

- Exact bottom tab titles, order, and which tab is default on first launch (CH04).
- Whether a distinct Home/Dashboard tab exists, or whether Library is the primary root (CH04).
- Exact line between Practice vs Maintenance availability in Free vs Pro (CH25).
- Whether undo/redo is included in V1 builder; if not, confirm minimal safe editing affordances (CH12/CH13).
- Exact export formats (JSON/CSV/PDF) and what data is included (CH34).

Acceptance criteria for CH05 completeness

- Every user-facing route in the app maps to exactly one CH05 entry (no orphan screens).
- Every CH05 screen can be reached through at least one documented entry point (CH04 confirms).
- For each screen, Guest/Free/Pro access is unambiguous (CH08/CH25 confirm).
- All paywalls/upsells referenced in gating rules correspond to concrete screens/modals listed here.
- No screen requires a horizontal layout that cannot fit iOS portrait; modals and sheets must be scroll-safe.

Screen specifications

Each screen below is specified to the minimum level needed to implement navigation and a first shippable UI. Deeper behavior, edge cases, and data rules are owned by the referenced chapters.

Global & System

S00 — App Launch / Splash

- **Route ID:** `Splash`
- **Presentation:** Full-screen
- **Access:** All users
- **Owned by:** CH04/CH31

Purpose

Show brand mark while initializing app, loading auth/session state, and checking critical app conditions.

Primary actions

- Auto-advance to next appropriate entry screen once init completes.

Secondary actions

- (Optional) show retry button if init fails.

Key states

- Cold start
- Warm start
- Offline start
- Init failure

Notes / constraints

- If iOS requires permissions or StoreKit checks, do them after navigation to avoid blocking splash too long.

S01 — Force Update / Maintenance Gate

- **Route ID:** `MaintenanceGate`
- **Presentation:** Full-screen
- **Access:** All users (conditional)
- **Owned by:** CH31

Purpose

Block usage if a breaking backend change or required app update is detected; guide user to update or retry later.

Primary actions

- Show 'Update' (opens App Store) or 'Try again' if maintenance.

Secondary actions

- View status details (optional)

Key states

- Update required
- Maintenance ongoing
- Unknown error

Notes / constraints

- Only shown when remote config indicates forced update or maintenance.

S58 — Soft Cap / Warning Modal

- **Route ID:** `WarningModal`
- **Presentation:** Modal
- **Access:** Contextual (Free/Pro/Guest)
- **Owned by:** CH30

Purpose

Standard warning ladder UI: informs user of approaching or exceeding a soft cap, and offers actions.

Primary actions

- Upgrade
- Adjust behavior
- Dismiss

Secondary actions

- Learn more

Key states

- Soft warning
- Hard block

Notes / constraints

- Warning ladder and copy owned by CH30.

Entry & Authentication

S02 — Welcome Gate

- **Route ID:** `Welcome`
- **Presentation:** Full-screen
- **Access:** All users (first-run or logged-out)
- **Owned by:** CH07

Purpose

Primary entry screen: explain Handz value quickly and offer sign up / log in / try as guest (demo-only).

Primary actions

- Sign up with Apple
- Sign up with Google
- Sign up with Email
- Log in
- Try Without Account (Guest)

Secondary actions

- Open Terms
- Open Privacy Policy

Key states

- Default
- Auth provider error
- Offline

Notes / constraints

- Guest choice must communicate limitations (cannot save flows, cannot customize move packs, cannot practice, etc.).

S03 — Email Sign Up

- **Route ID:** `AuthEmailSignup`
- **Presentation:** Full-screen
- **Access:** Logged-out users
- **Owned by:** CH07

Purpose

Collect email + password (and optionally display name) for email sign up flow.

Primary actions

- Submit sign up
- Back

Secondary actions

- Show/hide password
- Open Terms/Privacy

Key states

- Validation errors
- Email in use
- Weak password
- Offline

Notes / constraints

- If using magic link instead of password, replace with email-only + 'Send link'.

S04 — Email Log In

- **Route ID:** `AuthEmailLogin`
- **Presentation:** Full-screen
- **Access:** Logged-out users
- **Owned by:** CH07

Purpose

Email login with password (or magic link).

Primary actions

- Submit login
- Back

Secondary actions

- Forgot password
- Switch to sign up

Key states

- Invalid credentials
- Rate-limited
- Offline

S05 — Forgot Password

- **Route ID:** `AuthForgotPassword`
- **Presentation:** Full-screen
- **Access:** Logged-out users
- **Owned by:** CH07

Purpose

Request password reset email.

Primary actions

- Send reset email
- Back to login

Key states

- Success state
- Email not found
- Offline

Notes / constraints

- Copy should avoid account enumeration where possible.

S06 — Email Verification Pending

- **Route ID:** `AuthVerifyPending`
- **Presentation:** Full-screen
- **Access:** New email signups (conditional)
- **Owned by:** CH07

Purpose

Explain that user must verify email; allow resend; allow changing email.

Primary actions

- Resend verification
- Open email app (deep link if available)
- Continue (re-check)

Secondary actions

- Change email
- Log out

Key states

- Waiting
- Resent
- Offline

Onboarding & Setup

S07 — Quick Setup: Training Styles

- **Route ID:** `OnboardingStyles`
- **Presentation:** Full-screen
- **Access:** New account users (optional)
- **Owned by:** CH04/CH09

Purpose

Select training styles (Boxing, Muay Thai, Kickboxing, Karate, TKD, MMA, Other). Drives default move pack suggestions and demo flows.

Primary actions

- Select styles (multi-select)
- Continue
- Skip

Key states

- First-run
- Return-from-guest upgrade (re-run)

Notes / constraints

- No gym code/community in V1. Keep this lightweight.

S08 — Quick Setup: Move Pack Picker

- **Route ID:** `OnboardingMovePacks`
- **Presentation:** Full-screen
- **Access:** New account users (recommended); not available for Guest
- **Owned by:** CH09

Purpose

Let user choose default move packs to load into their library (e.g., Striking Essentials, Boxing Essentials, Muay Thai Essentials).

Primary actions

- Select one or more packs
- Load packs
- Skip (load generic essentials)

Secondary actions

- Preview pack contents
- Search packs

Key states

- Loading
- Load failed
- Offline

Notes / constraints

- Guest users do not get this; show prompt to create account to customize.

S09 — Onboarding: What is a Flow?

- **Route ID:** `OnboardingFlowIntro`
- **Presentation:** Full-screen
- **Access:** New users (optional but recommended)
- **Owned by:** CH04/CH15

Purpose

Teach the core mental model: flow = decision tree of striking actions and responses; show micro-demo interaction.

Primary actions

- Next
- Skip tutorial

Secondary actions

- Replay
- Open example flow

Key states

- First-run only
- Optional re-run from Settings

Notes / constraints

- Keep vocabulary accessible; avoid assuming users know 'nodes' or 'graphs'.

Main Shell

S10 — Main App Shell (Tab Bar)

- **Route ID:** `AppTabs`
- **Presentation:** Container
- **Access:** Logged-in users; Guest sees limited version
- **Owned by:** CH04

Purpose

Holds bottom tab navigation for V1 sections (exact tabs owned by CH04).

Primary actions

- Navigate between tabs

Key states

- Logged-in
- Guest (limited)
- Offline

Notes / constraints

- CH05 lists screens; CH04 defines exact tab titles/order.

S11 — Home / Dashboard

- **Route ID:** `Home`
- **Presentation:** Full-screen (Tab root)
- **Access:** Logged-in users; Guest has demo variant
- **Owned by:** CH04/CH15

Purpose

Landing area: show recent flows, quick actions, practice CTA, streak summary, and demo flow card(s).

Primary actions

- Open Flow
- Create New Flow
- Start Practice (gated)
- Browse Demo Flows (Guest)

Secondary actions

- Dismiss tips
- Go to Move Library
- Upgrade CTA

Key states

- Empty library
- Has flows
- Guest mode
- Offline

Notes / constraints

- If CH04 decides no Home tab, this becomes Library root header section.

Library & Flow Management

S12 — Library: Flows List

- **Route ID:** `LibraryFlows`
- **Presentation:** Full-screen (Tab root)
- **Access:** Logged-in users; Guest sees demo-only list
- **Owned by:** CH15

Purpose

Browse user flows; search by flow name; sort; move flows into folders; create new flow; open flow detail.

Primary actions

- Search flows
- Open flow
- Create flow (gated for Guest)
- Create folder
- Move flow to folder

Secondary actions

- Sort
- Multi-select bulk actions
- Swipe actions: edit/share/duplicate/delete

Key states

- Empty state (0 flows)
- At cap (Free=2)
- Offline (cached list)

Notes / constraints

- Search is flow-only in V1 (as locked).

S13 — Library: Folder Picker (Modal)

- **Route ID:** `FolderPickerModal`
- **Presentation:** Bottom sheet / Modal
- **Access:** Logged-in users
- **Owned by:** CH15

Purpose

Choose a folder to move one or more flows into; create folder inline.

Primary actions

- Select folder
- Create folder
- Confirm move

Secondary actions

- Cancel

Key states

- No folders
- Create success/fail

S14 — Library: Create Folder

- **Route ID:** `CreateFolder`
- **Presentation:** Modal
- **Access:** Logged-in users
- **Owned by:** CH15

Purpose

Create a new folder for organizing flows.

Primary actions

- Enter name
- Create

Secondary actions

- Cancel

Key states

- Name validation
- Duplicate name
- Offline

S15 — Flow Detail View

- **Route ID:** `FlowDetail`
- **Presentation:** Full-screen
- **Access:** Logged-in users; Guest can view demo flows
- **Owned by:** CH16

Purpose

Central hub for a single flow: view overview, edit/open builder, start practice, share, duplicate, export (if supported).

Primary actions

- Open Builder
- Start Practice (gated)
- Share (unlisted)
- Duplicate
- Move to folder

Secondary actions

- Rename
- Delete
- Export
- View practice history for this flow

Key states

- Demo flow
- User flow
- At cap (Free)
- Offline

Notes / constraints

- Practice credits usable only on saved flows; inbox items not eligible.

S16 — Flow Metadata Editor

- **Route ID:** `FlowMetaEdit`
- **Presentation:** Modal
- **Access:** Logged-in users
- **Owned by:** CH16

Purpose

Edit flow title, description, tags (flow-level), folder assignment, and visibility (V1: unlisted share only).

Primary actions

- Save changes

Secondary actions

- Cancel

Key states

- Validation
- Offline

Flow Builder

S17 — Flow Builder Canvas

- **Route ID:** `FlowBuilder`
- **Presentation:** Full-screen
- **Access:** Logged-in users (creation/editing gated for Guest)
- **Owned by:** CH12/CH13

Purpose

Create/edit the flowchart: add moves, add branches (up to 10), add optional sequence nodes, pan/zoom, reorder layout, replace root, merges, dangling paths allowed.

Primary actions

- Add first move
- Add next move
- Add branch
- Edit connection/sequence
- Undo/redo (if present)
- Save

Secondary actions

- Open move picker
- Open node menu
- Exit (with save/discard)

Key states

- Empty canvas
- Unsaved changes
- Offline (draft saved locally)

Notes / constraints

- Interaction model owned by CH12/CH13; this screen inventory defines it exists and key entry points.

S18 — Move Picker (from Builder)

- **Route ID:** `MovePickerModal`
- **Presentation:** Bottom sheet / Full-screen modal
- **Access:** Logged-in users (Guest view-only)
- **Owned by:** CH09/CH10/CH11

Purpose

Search/select a move to place on canvas (from default + custom move library).

Primary actions

- Search moves
- Select move
- Create custom move (gated for Guest)

Secondary actions

- Filter by art/body part
- Cancel

Key states

- No results
- Offline (cached moves)

Notes / constraints

- If user selected move packs, show 'Installed packs' sections.

S19 — Node Action Menu

- **Route ID:** `NodeMenu`
- **Presentation:** Context menu / Bottom sheet
- **Access:** Logged-in users
- **Owned by:** CH12/CH13

Purpose

Actions for a selected node: replace move, add branch, edit node metadata, delete node, set as root, etc.

Primary actions

- Replace move
- Add branch
- Edit node label/notes
- Delete

Secondary actions

- Cancel
- View move details

Key states

- Disabled states if action not allowed

S20 — Add Branch Sheet

- **Route ID:** `AddBranchSheet`
- **Presentation:** Modal / Bottom sheet
- **Access:** Logged-in users
- **Owned by:** CH12

Purpose

Define opponent trigger label (optional) and choose the response move; creates a new outgoing path from a node.

Primary actions

- Enter trigger label
- Select response move
- Create branch

Secondary actions

- Cancel

Key states

- Branch limit reached (10)
- Validation
- Offline

Notes / constraints

- Branches can branch again; merges allowed; dangling paths allowed.

S21 — Sequence Detail Editor

- **Route ID:** `SequenceEditor`
- **Presentation:** Modal
- **Access:** Logged-in users
- **Owned by:** CH14

Purpose

Edit the transition details between two connected moves (optional).

Primary actions

- Edit fields
- Save

Secondary actions

- Cancel
- Delete details

Key states

- Empty (no details yet)
- Offline

Notes / constraints

- Full spec owned by CH14; listed here so it's not forgotten.

Move Library

S22 — Moves Library

- **Route ID:** `MovesList`
- **Presentation:** Full-screen
- **Access:** Logged-in users; Guest sees read-only default list
- **Owned by:** CH09/CH10/CH11

Purpose

Browse all moves (default + custom); filter; search; open move detail; create custom move (gated).

Primary actions

- Search moves
- Filter
- Open move detail
- Create custom move (gated)

Secondary actions

- Sort
- Bulk actions (optional)

Key states

- Empty custom moves
- Offline

Notes / constraints

- Default move list ships with tags/families, no technique descriptions (locked).

S23 — Move Detail

- **Route ID:** `MoveDetail`
- **Presentation:** Full-screen
- **Access:** Logged-in users; Guest read-only
- **Owned by:** CH11

Purpose

View a single move: name, tags/family, any user-added notes/media (if allowed), and variants/aliases relationships.

Primary actions

- Edit move (if custom)
- Add note/video (Pro upload)
- View variants
- Duplicate to custom (optional)

Secondary actions

- Back

Key states

- Default move (limited edit)
- Custom move (editable)
- Offline

Notes / constraints

- Editing rules and revert model owned by CH11.

S24 — Create/Edit Custom Move

- **Route ID:** `MoveEdit`
- **Presentation:** Full-screen or Modal
- **Access:** Logged-in users (not Guest)
- **Owned by:** CH11

Purpose

Create a custom move or edit an existing custom move; progressive disclosure fields; choose family/alias/variant relationships.

Primary actions

- Save
- Cancel

Secondary actions

- Add tags
- Set as variant of…
- Attach link/video (rules apply)

Key states

- Validation
- Revert changes
- Offline

Notes / constraints

- Ship with minimal required fields; deeper fields optional.

S25 — Revert Changes Picker

- **Route ID:** `RevertPicker`
- **Presentation:** Modal
- **Access:** Logged-in users
- **Owned by:** CH11

Purpose

Let user revert changes at different scopes: this move only, this flow only, this library section, etc. (as previously agreed).

Primary actions

- Choose scope
- Confirm revert

Secondary actions

- Cancel

Key states

- Confirm warning
- Offline

Sharing & Inbox

S26 — Share Flow (Unlisted)

- **Route ID:** `ShareFlow`
- **Presentation:** Modal / Bottom sheet
- **Access:** Logged-in users
- **Owned by:** CH17

Purpose

Generate and manage an unlisted share link for a flow; show link + actions.

Primary actions

- Create link
- Copy link
- Revoke link

Secondary actions

- Cancel
- View link settings

Key states

- No link yet
- Link created
- Link revoked
- Rate limit reached (soft cap)

Notes / constraints

- Share link lifecycle and caps owned by CH17.

S27 — My Share Links

- **Route ID:** `ShareLinksList`
- **Presentation:** Full-screen
- **Access:** Logged-in users
- **Owned by:** CH17

Purpose

List active share links user has created; allow revoke; show counts/limits.

Primary actions

- Open link details
- Revoke link
- Copy link

Secondary actions

- Filter/sort

Key states

- Empty
- At cap/soft cap warning
- Offline

S28 — Shared Flow Viewer (Web / In-app)

- **Route ID:** `SharedFlowView`
- **Presentation:** Full-screen
- **Access:** Anyone with link; limited for non-logged-in
- **Owned by:** CH17/CH29

Purpose

View a shared flow (read-only) and optionally import into inbox if logged in; show disclosure about local-only uploads not shared.

Primary actions

- Import to Inbox (if logged in)
- Sign up / Log in

Secondary actions

- Preview practice (demo)

Key states

- Logged out
- Logged in
- Expired link
- Offline

Notes / constraints

- If flow contains private uploads, show placeholder and explain not shared; links are the shareable method.

S29 — Inbox: Imports List

- **Route ID:** `Inbox`
- **Presentation:** Full-screen
- **Access:** Logged-in users
- **Owned by:** CH18/CH25

Purpose

View received imports (flows shared to you). Free cap=10; Free can view but cannot practice inbox items.

Primary actions

- Open import
- Save to library (if allowed)
- Delete import

Secondary actions

- Upgrade CTA when at cap

Key states

- Empty
- At cap (10)
- Offline

Notes / constraints

- Saving to library requires account; if Free at 2 saved flows cap, require delete/upgrade first.

S30 — Inbox Item Preview

- **Route ID:** `InboxItemView`
- **Presentation:** Full-screen
- **Access:** Logged-in users
- **Owned by:** CH18/CH19

Purpose

View an imported flow (read-only until saved); show what will happen if saved; show conflict notices.

Primary actions

- Save to library (gated)
- Delete from inbox
- Upgrade (if needed)

Secondary actions

- View missing move mapping details
- View sender notes (if allowed)

Key states

- Conflicts detected
- No conflicts
- Free restrictions apply

Notes / constraints

- Conflict resolution owned by CH19.

S31 — Import Conflict Resolution

- **Route ID:** `ImportConflict`
- **Presentation:** Modal / Full-screen
- **Access:** Logged-in users
- **Owned by:** CH19

Purpose

Resolve missing moves/custom payloads: choose mapping, keep in flow-only, add to library, or create new variant move.

Primary actions

- Review conflicts
- Choose resolution per item
- Confirm import

Secondary actions

- Cancel (keep in inbox)

Key states

- Multiple conflicts
- No conflicts

Notes / constraints

- Keep it simple (as locked): no extra messaging prompts, no 'add both' complexity.

Practice

S32 — Practice Home

- **Route ID:** `PracticeHome`
- **Presentation:** Full-screen (Tab root)
- **Access:** Logged-in users; practice gated for Free/Guest
- **Owned by:** CH20/CH25

Purpose

Entry point for practice: explain value; show credits, last session, start practice CTA; upsell when locked.

Primary actions

- Start Practice (gated)
- View history
- Manage credits/upgrade

Secondary actions

- Open how practice works
- Choose flow

Key states

- Pro
- Free with credits
- Free out of credits
- Guest

Notes / constraints

- Practice is paywalled; Free gets 3 monthly credits usable only on saved flows.

S33 — Practice Setup

- **Route ID:** `PracticeSetup`
- **Presentation:** Full-screen
- **Access:** Logged-in users (Pro or Free w/ credits)
- **Owned by:** CH20

Purpose

Select paths (from saved flows only), order them, set timers/reps assumptions, and start session.

Primary actions

- Select paths
- Reorder paths
- Set global/rest settings
- Start practice

Secondary actions

- Save as preset (optional)
- Cancel

Key states

- No eligible saved flows
- No paths selected
- Credit warning

Notes / constraints

- User can choose which path first/second etc; reorder required in V1.

S34 — Practice Active Session

- **Route ID:** `PracticeActive`
- **Presentation:** Full-screen
- **Access:** Logged-in users (Pro or credit session)
- **Owned by:** CH21

Purpose

Run timed drill sets; show current path; allow pause, skip, early completion, end session; track actual duration; save as interrupted if ended early.

Primary actions

- Pause/Resume
- Skip set
- Complete set early
- End practice

Secondary actions

- Add set (if allowed)
- View next path list (optional)

Key states

- Running
- Paused
- Rest
- Ended early
- Completed

Notes / constraints

- Early end behavior follows workout trackers: if timer hits 0 OR user taps 'Completed Set', set completes.

S35 — Practice Pause Overlay

- **Route ID:** `PracticePaused`
- **Presentation:** Overlay
- **Access:** Logged-in users
- **Owned by:** CH21

Purpose

Pause state UI while timer stopped; keep context; allow resume or end.

Primary actions

- Resume
- End practice

Secondary actions

- Exit without saving (confirm)

Key states

- Paused

S36 — Practice Rest Screen

- **Route ID:** `PracticeRest`
- **Presentation:** Overlay / Full-screen
- **Access:** Logged-in users
- **Owned by:** CH21

Purpose

Rest between sets; countdown; show what's next; allow skip rest or end.

Primary actions

- Skip rest
- End practice

Key states

- Resting

S37 — Practice Session Summary

- **Route ID:** `PracticeSummary`
- **Presentation:** Full-screen / Modal
- **Access:** Logged-in users
- **Owned by:** CH22

Purpose

Show session results with concrete accomplishments: paths drilled, sets completed, actual duration, assumed reps, streak update, and next recommendations.

Primary actions

- Save log
- View history
- Start another session
- Return home

Secondary actions

- Edit plan/gameplan (optional)

Key states

- Completed
- Interrupted
- Partial completion

Notes / constraints

- Must emphasize what was accomplished, not just time spent.

S38 — Practice History

- **Route ID:** `PracticeHistory`
- **Presentation:** Full-screen
- **Access:** Logged-in users
- **Owned by:** CH22

Purpose

List past sessions; filter; open detail; show streak/consistency.

Primary actions

- Open session
- Filter/sort

Secondary actions

- Export (if implemented)
- Upgrade CTA

Key states

- Empty

S39 — Practice Log Detail

- **Route ID:** `PracticeLogDetail`
- **Presentation:** Full-screen
- **Access:** Logged-in users
- **Owned by:** CH22

Purpose

Detailed view of a single practice session: per-path breakdown, status, timestamps, and links back to flows.

Primary actions

- Open associated flow
- Repeat this session plan

Secondary actions

- Delete log (optional)
- Export

Key states

- Offline

Gameplans, Mastery & Maintenance

S40 — Gameplans Home

- **Route ID:** `GameplansHome`
- **Presentation:** Full-screen (Tab root)
- **Access:** Logged-in users (Pro features likely)
- **Owned by:** CH23/CH24/CH25

Purpose

Entry for mastery/gameplans: create gameplan, view active plans, maintenance queue, progress snapshot; upsell if gated.

Primary actions

- Create gameplan
- Open gameplan
- Start maintenance session
- Upgrade

Secondary actions

- Learn how mastery works

Key states

- No gameplans
- Has gameplans
- Maintenance overdue

Notes / constraints

- Gameplan naming customizable; not just 'Gameplan 1'.

S41 — Create Gameplan (Wizard)

- **Route ID:** `GameplanCreate`
- **Presentation:** Full-screen
- **Access:** Logged-in users
- **Owned by:** CH23

Purpose

Select multiple paths/flows to master; choose goal type; generate plan; allow batch selection so user isn't re-asked repeatedly.

Primary actions

- Select items
- Choose goal
- Generate plan
- Save gameplan

Secondary actions

- Cancel
- Save draft

Key states

- Nothing selected
- Large selections
- Conflicting settings

Notes / constraints

- Allow selecting entire flow, multiple flows, or individual paths; user can edit later.

S42 — Gameplan Detail

- **Route ID:** `GameplanDetail`
- **Presentation:** Full-screen
- **Access:** Logged-in users
- **Owned by:** CH23/CH24

Purpose

View a gameplan: included paths, mastery status per path, next drills, maintenance settings, edit selections.

Primary actions

- Start drill
- Edit selections
- Adjust schedule
- Archive gameplan

Secondary actions

- Rename

Key states

- Overload warning
- Offline

Notes / constraints

- User can downgrade mastery if trust issue (explicit control).

S43 — Maintenance Queue

- **Route ID:** `MaintenanceQueue`
- **Presentation:** Full-screen
- **Access:** Logged-in users
- **Owned by:** CH24

Purpose

Show what needs maintenance: prioritized list with filters (most used, most recent, etc.) and search; avoid overload.

Primary actions

- Start maintenance
- Filter
- Search
- Snooze items

Secondary actions

- Adjust maintenance load
- Notifications settings

Key states

- Empty
- Overloaded

Notes / constraints

- This is the user's 'browse' feature for maintenance.

S44 — Maintenance Session

- **Route ID:** `MaintenanceSession`
- **Presentation:** Full-screen
- **Access:** Logged-in users
- **Owned by:** CH24

Purpose

Run a short maintenance session similar to practice; focuses on retention; logs completion.

Primary actions

- Start
- Pause
- End
- Mark done

Key states

- Running
- Paused
- Completed

Notes / constraints

- If practice is paywalled but maintenance is included/excluded, document in CH25; still listed as screen.

Monetization & Subscription

S45 — Upgrade Paywall

- **Route ID:** `Paywall`
- **Presentation:** Full-screen / Modal
- **Access:** Logged-in users (Free) and Guests (pre-account)
- **Owned by:** CH25/CH26

Purpose

Explain Pro value (practice, mastery, maintenance, sharing limits, uploads, etc.) and start trial/subscription.

Primary actions

- Start 7-day trial
- Subscribe $9.99/mo
- Restore purchases

Secondary actions

- Not now
- See full comparison
- Terms/Privacy

Key states

- From practice lock
- From save lock
- From cap reached

Notes / constraints

- Copy/claims owned by CH25/CH26; this screen inventory defines entry points and required sections.

S46 — Plan Comparison

- **Route ID:** `PlanCompare`
- **Presentation:** Full-screen
- **Access:** All users (from paywall/settings)
- **Owned by:** CH25

Purpose

Side-by-side list of Guest/Free/Pro capabilities and caps; used to reduce confusion.

Primary actions

- Upgrade
- Close

Secondary actions

- Scroll details

Key states

- Offline

S47 — Trial/Subscription Success

- **Route ID:** `PurchaseSuccess`
- **Presentation:** Modal
- **Access:** Users who purchase
- **Owned by:** CH25

Purpose

Confirm upgrade; highlight what is now unlocked; provide next best action (start practice, create gameplan).

Primary actions

- Start practice
- Create gameplan
- Go to library

Secondary actions

- Close

Key states

- Success

S48 — Subscription Management

- **Route ID:** `ManageSubscription`
- **Presentation:** Full-screen
- **Access:** Pro users
- **Owned by:** CH25

Purpose

Route user to iOS subscription management; explain how to cancel/renew; show current plan status.

Primary actions

- Open Apple subscription settings

Secondary actions

- Back

Key states

- Offline

S49 — Restore Purchases

- **Route ID:** `RestorePurchases`
- **Presentation:** Modal
- **Access:** All logged-in users
- **Owned by:** CH25

Purpose

Restore StoreKit purchases; show success/failure.

Primary actions

- Restore
- Close

Key states

- Success
- Not found
- Error
- Offline

Settings, Account, Support, Legal

S50 — Settings Home

- **Route ID:** `Settings`
- **Presentation:** Full-screen (Tab root)
- **Access:** Logged-in users; Guest limited
- **Owned by:** CH07/CH27/CH34

Purpose

Account settings, app preferences, export/delete, legal, help; show plan status and upgrade button.

Primary actions

- Open Account
- Open Notifications
- Open Data Export
- Open Legal
- Upgrade

Secondary actions

- Send feedback
- Help/FAQ

Key states

- Guest limitations
- Offline

S51 — Account & Profile

- **Route ID:** `AccountProfile`
- **Presentation:** Full-screen
- **Access:** Logged-in users
- **Owned by:** CH07/CH34

Purpose

Edit profile (display name), view email, log out, delete account, re-run onboarding.

Primary actions

- Save profile
- Log out
- Delete account
- Re-run onboarding

Secondary actions

- Change email/password (if applicable)

Key states

- Validation
- Offline

S52 — Notification Settings

- **Route ID:** `NotifSettings`
- **Presentation:** Full-screen
- **Access:** Logged-in users
- **Owned by:** CH27

Purpose

Control reminders (practice, maintenance), frequency, quiet hours; request OS permission.

Primary actions

- Enable/disable
- Set times/days
- Test notification

Secondary actions

- Open OS settings

Key states

- Permission denied
- Offline

S53 — Data Export

- **Route ID:** `DataExport`
- **Presentation:** Full-screen
- **Access:** Logged-in users
- **Owned by:** CH34

Purpose

Export flows/moves/logs; choose format; explain privacy.

Primary actions

- Export flows
- Export moves
- Export practice logs

Secondary actions

- Cancel

Key states

- Export in progress
- Export failed
- Offline

S54 — Delete Account Confirmation

- **Route ID:** `DeleteAccount`
- **Presentation:** Full-screen / Modal
- **Access:** Logged-in users
- **Owned by:** CH34

Purpose

Confirm account deletion; explain what is deleted; require explicit confirmation.

Primary actions

- Confirm delete
- Cancel

Key states

- Confirm
- Deleting
- Failed

S55 — Legal: Terms

- **Route ID:** `Terms`
- **Presentation:** Full-screen
- **Access:** All users
- **Owned by:** CH34

Purpose

Display Terms of Service.

Primary actions

- Back

Key states

- Offline

S56 — Legal: Privacy Policy

- **Route ID:** `Privacy`
- **Presentation:** Full-screen
- **Access:** All users
- **Owned by:** CH34

Purpose

Display Privacy Policy.

Primary actions

- Back

Key states

- Offline

S57 — Help / FAQ

- **Route ID:** `Help`
- **Presentation:** Full-screen
- **Access:** All logged-in users
- **Owned by:** CH36/CH15

Purpose

Basic help content and links; explain flow concept; contact support.

Primary actions

- Search FAQs
- Contact support

Secondary actions

- Back

Key states

- Offline

Replit build prompt (CH05-driven)

Copy/paste prompt to Replit

```
You are building the Handz (HZ) iOS-only, portrait-only V1 app. Use CH05 as the
authoritative list of screens and routes.

Goal for this prompt: create the navigation skeleton and placeholder screens for EVERY
route listed in CH05, with correct gating stubs (Guest/Free/Pro) and consistent route
naming. Do not implement full business logic yet.

Requirements:
1) Create a single source of truth for route IDs (e.g., routes.ts / Routes.swift)
matching CH05 Route ID values exactly.
2) Implement a navigation container consistent with iOS patterns (tab bar + stack
navigation + modals/sheets).
3) Create a placeholder UI for each screen that displays:
- Screen code (Sxx)
- Screen name
- Route ID
- Plan state (Guest/Free/Pro) as detected
- Primary CTA buttons (wired to routes; may be stubbed)
4) Implement gating middleware:
- If a user is Guest and attempts an account-required action, redirect to S02 Welcome
or show Paywall as specified.
- If a user is Free and hits a locked feature (Practice, gameplans, uploads, etc.),
route to S45 Paywall with a source parameter.
- If a user is Free and exceeds caps (Saved Flows cap=2; Inbox cap=10), show S58
WarningModal then enforce the block.
5) Add a developer-only screen registry test that confirms every route constant has a
screen registered.

Deliverables:
- Working app shell that can navigate to every CH05 screen without crashes.
- A "Screen Debug" menu (hidden gesture or dev flag) that lists all screens and lets
the developer jump to any route for QA.
```

Troubleshooting checklist (navigation stage)

- If a tap does nothing: confirm the route ID matches CH05 exactly (case-sensitive).
- If a modal opens blank: verify the screen component is registered and receives the expected params.
- If you get stuck in a loop (e.g., Paywall -> back -> Paywall): add a 'returnTo' param and respect it after upgrade.
- If screens overlap on small devices: wrap primary layouts in vertical scroll and test iPhone SE sizes.
- If Guest gating feels annoying: ensure the Guest limitations are communicated before they start building (S02/S11), and use soft prompts before hard blocks.