Handz V1 PRD Bundle

CH20 — Practice Mode: Setup

This chapter specifies the complete **Practice Setup** experience: how users choose what to drill, configure a session, understand paywalls/credits, and start a practice session. It does **not** cover the in-session experience (CH21) or logging/history (CH22).

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Open Questions / Placeholders	**PLACEHOLDER:** Save-as-Preset for session setups • Owner: CH22/CH23 • Options: Off in V1 / Pro-c

1. Purpose and Scope

Practice Setup is where users pick **what** they will drill, **in what order**, and **with what timing assumptions**. The output of Practice Setup is a **Practice Session Plan** object that CH21 consumes to run the session, and CH22 consumes to log it.

In V1, Practice is the core paid feature: Free users can start practice only via monthly credits on **saved flows**. Guests cannot save flows, therefore they cannot start a normal practice session.

In scope (CH20)

- Practice launcher (Practice tab entry) and routing into setup.
- Selecting drill content: paths across one or many saved flows; selecting full flows; selecting gameplans (if already created in CH23).
- Ordering drill items (drag reorder) and grouping behavior.
- Session configuration: sets, time per set, rest, assumed reps; global defaults + per-item overrides.
- Paywall/credit gating and user-visible limits at setup time.
- Pre-start validation (missing moves, deleted flows, plan restrictions) and start confirmation.

Out of scope (owned elsewhere)

- Active practice session UX, controls, timer behavior, interruptions

    - See: HZ-V1-CH21 §1–§9
- Logging, streaks, history views, mastery updates

- • See: HZ-V1-CH22 and HZ-V1-CH23
- Maintenance scheduling, notifications
  - • See: HZ-V1-CH24 and HZ-V1-CH27
- Offline sync conflict rules
  - • See: HZ-V1-CH28
- Global error taxonomy and copy conventions
  - • See: HZ-V1-CH31

2. Definitions and Concepts (Setup-facing)

Full definitions live in CH03. This chapter uses the following terms with strict meanings:

- **Flow**: A user-saved flowchart of move nodes and optional sequence nodes. (See: CH12/CH13)

- **Path**: A concrete traversal through a flow (root to an end state) chosen by selecting branches at decision points. Paths can cross merges; each path is still a linear ordered list of nodes. (See: CH13 for path materialization rules.)

- **Drill Item**: One unit the user drills during practice. In V1, drill items are either (A) a Path, or (B) a Whole-Flow drill that expands to multiple Paths at session start.

- **Session Plan**: The configuration artifact produced by setup that lists ordered Drill Items and their timing assumptions.

- **Credit**: A Free-plan token that permits starting one paid practice session on saved flows (global lock in CH00 Decision Log).

- **Saved Flow**: A flow that exists in the user's library (not merely in inbox or demo-only).

3. Entry Points and Navigation

Practice Setup is reachable from multiple places. All entry points land in the same setup flow, but can prefill selections depending on context.

Owned routes (route IDs are normative; actual implementation names may differ but must preserve semantics):

- **/practice** — Practice Tab Home (launcher)

- **/practice/setup** — Setup Wizard Root (no prefill)

- **/practice/setup?prefillFlowId=<id>** — Setup prefilled with one flow (e.g., from Flow Detail "Practice" button)

- **/practice/setup?prefillGameplanId=<id>** — Setup prefilled with a gameplan (from Gameplan detail in CH23)

- **/practice/setup?prefillPathId=<id>** — Setup prefilled with a specific path (from path list view)

Navigation principles (must follow CH04/CH05):

- Setup is a **multi-step flow** inside the Practice tab stack. Back button moves to the previous step; leaving the Practice tab prompts to discard unsaved setup changes if any selections exist.

- Setup must be resumable **within the current app session** (local state). Persisting setup drafts across app restarts is owned by CH28 (default: do not persist).

- Practice Setup never modifies flows. It only reads flow data + writes a Session Plan.

4. Setup Flow Overview

Setup is structured as a short wizard with a clear mental model: **Select → Order → Configure → Review & Start**.

To keep V1 fast and non-overwhelming, the UI uses progressive disclosure: default settings are enough to start; deeper knobs are behind "Advanced" toggles.

Wizard Steps (canonical):

- Step 0 — Eligibility Gate (conditional)

    - Guest state check and conversion prompt (if user is Guest).

    - Free-plan credit availability check (if user is Free).

    - If blocked, offer Demo Practice (placeholder) or upgrade/signup routes.
- Step 1 — Select Drill Items

    - Pick saved flows, then pick paths within them (or select full flows).

    - Optionally pick a gameplan (if exists).

    - Show filters, search, and preview.
- Step 2 — Order Drill Items

    - Drag to reorder the final drill sequence.

    - Optionally group by flow or by gameplan (toggle).

    - Expose per-item quick edits.
- Step 3 — Configure Timing

    - Set global defaults (sets, time per set, rest, assumed reps).

    - Override per drill item if needed.
- Step 4 — Review & Start

    - Summarize what will be drilled and estimated time.

    - Confirm credit spend if Free.

    - Start session → passes Session Plan to CH21.

5. Practice Tab Home (Launcher)

The Practice tab is the user's "start drilling" hub. It must present the value instantly and reduce friction, while clearly explaining gating for Guest/Free.

Screen ID: PRACTICE_HOME

Layout (top to bottom):

- **Header**: Title "Practice" + subtle subtitle (dynamic): "Drill decisions until they're automatic."

- **Primary CTA Card** (always visible)

    - **Button:** "Start Practice" → route to PRACTICE_SETUP (Step 0/1).

    - **Supporting line:** "Pick paths from any saved flow."

    - If Free: show credit badge "Credits: 3 left this month" (or "0 left").

    - If Pro/Trial: show badge "Unlimited".

    - If Guest: show badge "Sign up to save & practice".
- **Continue** (optional)

    - If user has an interrupted setup (within session): "Continue Setup" → returns to last step.

    - If user has an interrupted active session (owned by CH21): show "Resume Session" card.
- **Quick Picks** (read-only shortcuts)

    - Recent Flows list (max 5) with "Practice" buttons (prefillFlowId).

    - Recent Gameplans list (max 3) if any.

    - "Browse Library" link to Library tab (CH15).
- **Motivation & Progress Snapshot** (pulls from CH22)

    - Streak tile (non-judgmental): "You practiced 2 days this week."

    - Last session summary: "Last: 12 paths • 18 min • Jan 2"

Empty states:

- No saved flows yet

    - Show a friendly empty state: "No saved flows yet."

    - CTA: "Build a flow" → route to flow builder (CH12).

    - Secondary: "View Demo Flow" → flow detail of built-in demo (CH16).
- No credits (Free)

    - Replace CTA subtitle with: "Credits used. Upgrade for unlimited practice."

    - Primary CTA remains but triggers paywall on Start (see §9).

6. Step 0 — Eligibility Gate

This step may be skipped if the user is eligible to start practice. It is shown when the app must block a normal session start due to plan state.

Eligibility rules are owned by CH08 and CH25; this chapter defines the setup-time UX for those rules.

Rule summary (as currently locked in CH00 Decision Log):

- Guest: cannot save flows; therefore cannot start normal practice sessions. (Practice requires saved flows.)

- Free: Practice is paywalled; Free receives 3 monthly practice credits usable only on saved flows; Free cannot practice inbox items.

- Pro/Trial: unlimited practice on saved flows.

Screen ID: PRACTICE_GATE

Trigger conditions:

- User taps "Start Practice" and is Guest → show gate.

- User is Free and has 0 credits → show gate.

- User is Free and has credits but attempts to include disallowed items (e.g., inbox-only flows) → show gate or inline error in Step 1.

UI copy (exact):

Title: "Unlock Practice"
Body: "Practice turns your flows into automatic reactions. To start a session you'll need an account, and Free uses monthly credits."

Actions (exact buttons):

- **Primary:** "Create account" → AUTH (CH07)

- **Secondary:** "Start free trial" → PAYWALL (CH25) (only if StoreKit available; otherwise "Upgrade")

- **Tertiary:** "Not now" → back to PRACTICE_HOME

- **Optional placeholder:** "Try a demo session" → PRACTICE_DEMO_SETUP (if enabled)

Non-blocking messaging: this screen must avoid guilt/shame. No red warnings. Use neutral language.

7. Step 1 — Select Drill Items

Goal: users choose what to drill with minimal cognitive load, while still supporting power users who want complex multi-branch drilling.

7.1 Source types and what is selectable

- Saved Flows (Library)

  - Selectable by all logged-in users. Guest cannot have saved flows.

  - Each flow can be selected as: (A) "Whole Flow", or (B) specific Paths.
- Gameplans (if implemented in CH23)

  - Selectable as a prebuilt set of Paths (may span multiple flows).

  - Setup should allow editing which paths inside the gameplan are included for this session (without modifying the gameplan) — this is a session-only override.
- Inbox items (received imports)

- Inbox items are view-only until saved to Library (CH18).

- Practice Setup must NOT list inbox items as selectable drill items by default.

- If user arrives with a prefill from inbox (rare deep link), show a blocking banner: "Save this flow to practice." with action "Save to Library" (may require freeing space for Free users).

- Demo flows

  - If demo flows exist, treat them as **not-counting** toward free saved-flow cap (CH08).

  - Whether demo flows can be practiced is a placeholder (see front-matter).

7.2 Screen layout

Screen ID: PRACTICE_SELECT

Header: "Choose what to drill" + small helper line: "Select paths or entire flows. You can mix across flows."

Sections:

- A) Collection Picker (top)

  - Segment control: "Flows" | "Gameplans" (Gameplans hidden if none exist).

  - Search bar (Flow-only search in V1 per CH15 lock): searches flow titles and folder names; does not search move text.

  - Filter pill row: Folder, Style tag (if exists), "Recently practiced", "Unpracticed", "Most used" (metrics from CH22).

- B) List of selectable items (middle)

  - Flows view: a list of Flow Cards.

  - Each Flow Card has: checkbox, flow name, folder tag, last practiced, number of paths, and an expand/collapse caret.

  - Expand reveals paths list for that flow.

- C) Selected tray (bottom sticky)

  - Sticky bar shows: "Selected: N items" and estimated time (rough).

  - Buttons: "Next" (primary), "Clear" (secondary).

  - If Free: show a subtle note: "Credits are used when you start practice."

7.3 Flow Card details

Each Flow Card supports 3 levels of selection:

- Level 1 — Select whole flow

  - Checkbox at card-level selects the flow as a Whole-Flow Drill Item.

  - Whole-flow selection implies: paths will be expanded at session build time (CH21).

  - UI shows "Whole flow selected" badge.

- Level 2 — Select specific paths

  - Tapping caret expands path list.

- Each path has its own checkbox; selecting any path auto-switches the flow selection mode to "Specific paths" and unchecks "whole flow" to avoid double-counting.

- A "Select all paths" helper appears in expanded view.

- Level 3 — Preview

  - Tapping the flow name (not checkbox) navigates to Flow Detail (CH16) in view mode.

  - From Flow Detail, user can return to setup with prefill maintained.

7.4 Path list behavior

Paths must be identifiable and scannable even though users may not know the term "path". Therefore the UI uses human-friendly labels and reveals the technical term in tooltips only.

- Path label format

  - Default label: concatenation of move names with arrows, truncated: "Jab → Cross → Hook …".

  - Secondary label: optional user-defined nickname if they named it in Flow Detail (CH16).

  - Metadata chips (if available): "Ends at: {move}", "Length: {N moves}", "Last practiced: {date}".
- Selecting many paths quickly

  - "Select all" toggles all visible paths in that flow.

  - Long-press a path opens quick actions: "Preview path", "Select similar" (placeholder), "Add to gameplan" (owned by CH23).

  - Batch selection: in expanded view, a "Multi-select" mode can appear if the user taps "Edit" (optional; default off for V1).
- Branch naming (condition labels)

  - If the flow contains labeled branches (from CH12/CH14), show a short condition snippet under the path: "if: leans back" (first branching condition only) with "+N" if multiple.

7.5 Validation and inline errors (Step 1)

Errors should be inline and fixable without popups unless the user is blocked.

- Flow deleted or unavailable

  - If a flow is missing while displayed, gray it out with label "Unavailable" and disable selection.

  - Tapping shows toast: "This flow isn't available right now." (See CH31 for toast style.)
- Free saved-flow cap impacts selection

  - Setup itself does not create new flows; however, if the user attempts to practice an inbox import, they must save it first and may hit the 2-flow cap.

  - In that case, show the "Max flows reached" modal (owned by CH18/CH08) before returning to selection.
- Free credit context

  - If user has 0 credits, allow selection but block at Step 4 with paywall. This lets them understand value first.

- Always show "Credits: 0" badge in header so the block is expected.

8. Step 2 — Order Drill Items

Users must be able to decide drill order explicitly (locked requirement). This step shows the final drill sequence that will be run.

Screen ID: PRACTICE_ORDER

Inputs: selected items from Step 1. Output: ordered list of Drill Items.

8.1 Default ordering

- Default order is the selection order (last selected appended).
- If user entered via prefillFlowId, default order starts with that flow's selected paths first.
- If user entered via prefillGameplanId, default order follows the gameplan's defined order (CH23).

8.2 UI layout

- Header: "Order your drills" + helper: "Drag to reorder. Your session runs top to bottom."
- List: draggable cards (one per Drill Item).
- Footer: Back / Next buttons.

8.3 Drill Item card fields

- Title: Path nickname if exists, otherwise default arrow label.
- Subtitle: Source flow name + folder tag.
- Right-side quick actions: "Edit" (opens per-item config shortcut, does not leave step), "Remove".
- Badge: "Whole flow" if applicable.

8.4 Grouping toggle (optional in V1)

To keep V1 simple, grouping is optional and off by default. If included, it must be a single toggle, not a complex system.

- Toggle: "Group by flow"
    - When ON: items are visually clustered under flow headers.
    - Reordering: user can drag items within a group; moving between groups requires dragging across headers.
    - Session still runs in overall top-to-bottom order; headers are visual only.
- If OFF (default)
    - Single flat list.

9. Step 3 — Configure Timing

This step defines the timing assumptions for the session. The app is trust-based: it assumes reps based on user-selected targets and time. V1 uses **actual duration** (locked) and does not require tap-per-rep.

Screen ID: PRACTICE_CONFIG

9.1 Configuration model

Configuration uses **global defaults** plus **per-item overrides**:

- Global defaults (apply to all items unless overridden)

    - Sets per item (default: 3)

    - Time per set (default: 3:00 or 5:00 — choose one; **PLACEHOLDER owner CH20**)

    - Rest between sets (default: 0:30)

    - Assumed reps per set (default: 15) — label as "Assumed reps"
- Per-item overrides (optional)

    - Each drill item card shows a small "Overrides" pill if customized.

    - Per-item override fields mirror global fields.

9.2 UI layout

- Top summary bar

    - Shows estimated session time range: "Est. 18–24 min" (range because user may end early; exact logic defined in CH21).

    - Shows number of drill items.
- Global defaults section

    - Four compact controls: Sets, Time, Rest, Assumed reps.

    - Each control must be one tap away from editing (no deep modals).

    - Use steppers + presets (e.g., time presets 1:00 / 2:00 / 3:00 / 5:00).
- Per-item list

    - Each item shows its current effective config and an "Edit" link.

    - Edit opens a bottom sheet with the same four fields + "Reset to global".

9.3 Reps assumptions and language

We must avoid implying the app can measure actual reps. All copy must say "assumed".

- Label everywhere: "Assumed reps per set".

- Tooltip copy: "Handz doesn't count reps. It assumes you hit your target pace."

- In Review step: "We'll estimate total reps from your settings."

9.4 Constraints and guardrails (UX limits)

To keep sessions usable for people drilling up to ~2 hours, constraints are soft caps, not hard walls. Hard caps are only used to prevent crashes.

- Soft caps (warn, don't block)

    - More than 40 drill items selected → show yellow banner: "Big session. Consider splitting."

    - Estimated session time > 90 minutes → banner: "Long session. Keep it realistic."

    - Assumed reps per set > 50 → banner: "High reps. Make sure your form stays sharp."
- Hard caps (block only for stability) — PLACEHOLDER owner CH30/CH12

    - Max drill items per session (default placeholder: 100).

    - Max total session plan size in memory.

10. Step 4 — Review & Start

This step confirms what will happen, makes the cost (credits/paywall) explicit, and produces the final Session Plan object passed to CH21.

Screen ID: PRACTICE_REVIEW

10.1 Review summary

- Header: "Ready to practice?"

- Summary chips: "Items: N" • "Sets: X" • "Time/set: mm:ss" • "Rest: ss"

- Estimated session time (range).

- List of drill items (collapsed by default; expand for details).

10.2 Plan gating and credit spend

Credits are consumed at the moment the user starts the session (tap Start). They are not consumed when merely configuring.

- Guest

    - Show blocking card: "Create an account to practice." Buttons: "Create account" and "Start free trial".

    - Optional: "Try demo session" if enabled.
- Free with credits > 0

    - Show a line above Start button: "Uses 1 credit (credits reset monthly)."

    - Start button label: "Start (1 credit)"

    - On tap Start: show confirmation modal (see below).
- Free with credits = 0

    - Start button label: "Start" but disabled; show paywall CTA: "Start free trial" as primary.

    - Secondary link: "See what you'd drill" expands full list to keep value visible.
- Pro/Trial

    - Start button label: "Start practice" (no mention of credits).

- No confirmation modal.

10.3 Credit confirmation modal (Free only)

Modal ID: CREDIT_CONFIRM

Title: "Use a practice credit?"
Body: "This session will use 1 credit. Credits reset each month."

Buttons:

- **Primary:** "Use credit & start"

- **Secondary:** "Cancel"

- **Link (small):** "Upgrade for unlimited" → PAYWALL (CH25)

10.4 Session Plan output (data contract)

CH20 must output a serialized Session Plan object. CH21 treats it as read-only.

SessionPlan schema (normative JSON shape):

```
{ "sessionPlanId": "uuid", "createdAt": "ISO-8601", "createdByUserId": "uuid", "source": {
"entryPoint": "practice_tab | flow_detail | gameplan_detail | deep_link", "prefill":
{"flowId": "uuid|null", "gameplanId": "uuid|null", "pathId": "uuid|null"} }, "planState":
"guest | free | pro | trial", "creditSpend": {"willSpendOnStart": true|false,
"creditsRemainingBeforeStart": number|null}, "defaults": { "setsPerItem": 3,
"timePerSetSec": 180, "restSec": 30, "assumedRepsPerSet": 15 }, "items": [ { "itemId":
"uuid", "type": "path | whole_flow", "flowId": "uuid", "flowNameAtBuild": "string",
"pathId": "uuid|null", "pathLabelAtBuild": "string|null", "nodeIds": ["..."],
"configOverride": { "setsPerItem": 3, "timePerSetSec": 180, "restSec": 30,
"assumedRepsPerSet": 15 } | null } ], "ui": { "grouping": "none | by_flow", "orderLocked":
true }, "validation": { "warnings": ["..."], "blockedReasons": ["..."] } }
```

Notes:

- flowNameAtBuild and pathLabelAtBuild are snapshots for logging readability; do not treat them as canonical identifiers.

- nodeIds are optional in setup; if expensive to compute, CH21 can expand paths at runtime. If included, they must match CH13 node IDs.

- validation.warnings collects soft-cap banners shown to user; CH22 can store them for later debug.

11. Page List, Buttons, and Routing (No Guesswork)

This section enumerates all screens in CH20 and every primary/secondary action with its destination.

Screen ID	Primary Actions (tap targets)	Secondary Actions / Notes
PRACTICE_HOME	Start Practice → PRACTICE_SELECT (or PRACTICE_GATE if blocked) Continue Setup → last wizard step Practice on a Flow card → PRACTICE_SELECT (prefillFlowId)	Browse Library → Library tab (CH15) View Demo Flow → Flow Detail (CH16)

PRACTICE_GATE	Create account → AUTH (CH07) Start free trial → PAYWALL (CH25)	Not now → PRACTICE_HOME Try demo session → PRACTICE_DEMO_SETUP (placeholder)
PRACTICE_SELECT	Next → PRACTICE_ORDER Flow card checkbox → select whole flow Path checkbox → select path	Clear → deselect all Flow title → Flow Detail (CH16) Search/filter changes list only
PRACTICE_ORDER	Next → PRACTICE_CONFIG Drag handle → reorder Remove → remove item	Back → PRACTICE_SELECT Edit (quick) → opens per-item config preview (no navigation)
PRACTICE_CONFIG	Next → PRACTICE_REVIEW Edit item → bottom sheet override Reset overrides → revert to defaults	Back → PRACTICE_ORDER Changing defaults updates effective config on non-overridden items
PRACTICE_REVIEW	Start → CH21 PRACTICE_ACTIVE (consumes credit if applicable) Start free trial → PAYWALL (if blocked)	Back → PRACTICE_CONFIG Expand list → shows full item list If Free w/ credits: Start triggers CREDIT_CONFIRM modal

12. Setup-Specific Error States

Global error standards live in CH31. Below are setup-specific scenarios and required user-facing behavior.

- No network while loading flows

    - Show skeleton loading first; after timeout show inline error card: "Can't load your flows right now."

    - Buttons: "Retry" (reload) and "Go to Library" (CH15).

    - If cached flows exist (CH28), show cached list with banner "Offline — changes may not sync."
- Flow exists but path list cannot be computed (rare)

    - Fallback: allow whole-flow selection only; hide path expansion; show tooltip: "Path list unavailable right now."

    - Do not block user from practicing whole flow if possible.
- Credits desync (client says 1, server says 0)

    - On Start tap, server is source of truth. If server denies, show modal: "Credits unavailable" + CTA paywall.

    - Do not start session.
- User selected items, then deletes a flow in another tab

    - At Review step, revalidate. Removed items appear in list as disabled with reason: "Flow removed."

    - Start button is disabled until user removes invalid items or goes back to reselect.

13. Security and Abuse Considerations (Setup Layer)

Deep security is owned by CH30 and storage constraints by CH29. Setup must enforce basic anti-abuse guardrails without hurting normal users.

- Client-side

- Do not trust local credit counts; always confirm on start.

- Prevent repeated rapid "Start" taps (debounce).

- Protect against huge session plans by enforcing hard cap placeholders before building the plan object.

- Server/Rules (references)

  - Credit spend should be transactional (idempotency key = sessionPlanId).

  - Practice eligibility should be enforced by server rules or Cloud Functions as needed. See CH08/CH25.

  - Rate limits and abuse thresholds belong in CH30.

14. Acceptance Tests (Given / When / Then)

These tests are chapter-specific and must be used by QA (CH35) and by Replit builds to validate CH20.

Guest gate blocks normal practice

Given the user is in Guest state, when they tap "Start Practice" on PRACTICE_HOME, then PRACTICE_GATE is shown with "Create account" and "Start free trial", and no flow/path selector is accessible.

Free with credits can reach setup and start

Given the user is Free with creditsRemaining=3, when they select at least one saved path and navigate to Review, then the Start button reads "Start (1 credit)", and tapping it shows CREDIT_CONFIRM.

Credit is not spent until Start confirmed

Given Free creditsRemaining=3, when the user completes setup but taps Back or closes the app without starting, then creditsRemaining remains 3.

Free with 0 credits sees paywall but can explore value

Given Free creditsRemaining=0, when they select drill items and reach Review, then Start is disabled and "Start free trial" is visible as the primary action, and the drill item list is still viewable.

Selecting whole flow vs paths is mutually exclusive

Given a flow card, when the user checks "whole flow", then all path checkboxes are cleared/disabled; when the user selects any path checkbox, then "whole flow" is unchecked and the state is "specific paths".

Order step reorders accurately

Given three selected drill items, when the user drags item #3 to the top, then Review shows the items in the new order, and the Session Plan items array preserves that order.

Per-item override applies only to that item

Given global defaults sets=3, and one item overridden to sets=5, when the user changes global sets to 4, then the overridden item remains at 5 and all other items update to 4.

Invalid items block start

Given a selected path whose parent flow is deleted before Review, when Review loads, then the invalid item is shown as disabled with reason, and Start is disabled until the user removes it.

Credits desync handled

Given Free creditsRemaining client=1 but server=0, when user confirms CREDIT_CONFIRM, then the app shows "Credits unavailable" and routes to PAYWALL, and no practice session is started.

Acceptance Checklist

- All CH20 screens exist and are reachable via the specified routes.
- Selection supports: whole-flow and specific paths, with mutual exclusivity.

- Drag reorder works and persists into Session Plan output.

- Global defaults and per-item overrides behave as specified.

- Guest/Free/Pro gating matches CH00 decision log (credits, saved-flow requirement, inbox restrictions).

- All user-visible copy in CH20 matches this chapter's copy exactly (unless updated in a revision).

- Start passes a valid Session Plan object into CH21 route parameters.

- No crashes with 100 selected items (or the chosen hard cap).

15. Replit Build Prompt (CH20 only)

Paste the following into Replit Agent together with CH00 and this CH20 PDF. It instructs the agent to implement only Practice Setup.

```
You are implementing Handz V1 PRD Bundle (Bundle ID: HZ-V1). Follow CH00 rules strictly:
stable IDs, no detail loss, required header fields, and cross-references. Implement ONLY:
HZ-V1-CH20_Practice_Mode_Setup_R1 (Practice Mode: Setup). Do NOT implement CH21/CH22 logic
beyond minimal stubs for navigation. Goal: - Build the Practice tab launcher and the
Practice Setup wizard (Select -> Order -> Configure -> Review). - Enforce eligibility UX for
Guest/Free/Pro using hooks that read plan state and credits. - Output a SessionPlan object
(schema in CH20 §10.4) and navigate to Practice Active route (stub) with that payload.
Required screens (stack under Practice tab): 1) PRACTICE_HOME 2) PRACTICE_GATE (conditional)
3) PRACTICE_SELECT 4) PRACTICE_ORDER 5) PRACTICE_CONFIG 6) PRACTICE_REVIEW Modal:
CREDIT_CONFIRM Data assumptions for now: - Provide mock data or simple local store for: user
plan state, creditsRemaining, saved flows list, paths list per flow. - Structure flows and
paths so selection UX can be tested (at least 3 flows, each with 3 paths). - Implement
selection state and ordering state fully. Implementation requirements: - Use React Native +
navigation stack. - Use performant list rendering (FlatList). - Use drag-and-drop reorder
for PRACTICE_ORDER (e.g., DraggableFlatList). - Use bottom sheet for per-item overrides in
PRACTICE_CONFIG. - Apply progressive disclosure: show global defaults first, per-item
overrides hidden until "Edit". Eligibility UX: - If user is Guest: Start Practice routes to
PRACTICE_GATE. - If user is Free with credits=0: allow selection through Review but disable
Start and show "Start free trial". - If user is Free with credits>0: Start shows "Start (1
credit)" and on tap shows CREDIT_CONFIRM. Only after confirm, call a stubbed
`spendCredit(sessionPlanId)` and then navigate. - If user is Pro/Trial: Start is enabled, no
credit modal. Deliverables: - Working navigation and state. - Unit-style tests or
screen-level manual test checklist matching CH20 acceptance tests. - Clear comments linking
code sections to CH20 section numbers. If any assumption is needed, write it into a 'PRD
Assumptions (CH20)' block at the top of the relevant file.
```

16. Troubleshooting Notes (CH20)

- Drag reorder feels janky / laggy

    - Ensure list items are memoized; avoid re-rendering the entire list on every drag frame.

    - Keep heavy computation (path expansion) out of render; precompute labels.
- Selection state gets out of sync between whole-flow and paths

    - Treat selection mode as a single enum per flow: NONE | WHOLE_FLOW | SPECIFIC_PATHS.

    - When switching modes, clear the other mode's selection explicitly.
- Credits UI shows wrong value after returning from paywall

    - On focus of PRACTICE_HOME and PRACTICE_REVIEW, refresh entitlements/credits from source of truth (server).

    - Use optimistic UI only after confirmed spend.
- Review Start button enabled when invalid items exist

    - Run a validation pass when entering PRACTICE_REVIEW and whenever selection changes.

    - Disable Start if any blockedReasons exist; surface reasons inline.
- Estimate time seems incorrect

- Use a consistent formula: sum over items: (sets * timePerSetSec) + ((sets-1) * restSec).

- If per-item rest differs (future), use effective rest per item.