

Business Requirements Document

1. Executive Summary

This initiative supports a technology platform developed by Able.ai, a company focused on improving productivity and wellbeing outcomes for users with diverse cognitive and accessibility needs.

The platform operates in privacy-sensitive environments and serves users who experience fluctuating cognitive capacity throughout the workday. Existing productivity tools do not adapt to real-time user context, resulting in increased decision fatigue, reduced task completion, and disengagement during high-pressure work periods.

2. Business Objectives & Success Criteria

Primary Objective

- Enable users to quickly assess current capacity and receive appropriate support with minimal effort.

Secondary Objectives

- Reduce decision friction during high-stress work periods
- Improve recovery from task interruption or overload
- Maintain strict user control over data visibility and sharing

Success Metrics

- Energy check-in completed in ≤ 3 seconds
- $\geq 70\%$ weekly user engagement with core features
- User-reported reduction in perceived decision fatigue

3. Scope Definition

In Scope

- Energy state check-in optimized for accessibility and low cognitive load
- Context-aware support suggestions
- User-defined accessibility and interface preferences
- User-controlled data export and sharing
- Privacy-first integration with external tools (e.g., calendar, messaging, Slack)

Out of Scope

- Clinical diagnosis or treatment
- Automated decision-making without user approval
- Organizational performance monitoring without explicit user consent

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4. Stakeholders and User Roles

Role	Description
End User	Individual managing daily tasks and workload
System Admin	Maintains system configurations and integrations
Support Role	Monitors system health and user issues
Integration Partner	External productivity or scheduling platforms

5. Assumptions and Constraints

- Users may interact during periods of reduced attention or heightened stress
- Interactions must minimize decision fatigue and sensory overload
- All data handling must meet or exceed privacy expectations common in regulated environments
- All sensitive data processing is user-controlled
- Privacy-first architecture with explicit consent
- Accessibility compliance required (WCAG 2.1 AA)
- System must perform reliably under low-bandwidth conditions

6. High Level Functional Requirements

ID	Requirement
FR-01	System shall allow users to record current energy state in ≤ 3 seconds using accessible input methods
FR-02	System shall adapt displayed options based on user-defined cognitive and accessibility preferences
FR-03	System shall present contextual support options without requiring mandatory user action
FR-04	System shall maintain an interaction history to support user pattern awareness
FR-05	System shall allow users to export or share data with explicit, revocable consent

Priority and acceptance criteria

FR-01 | Energy state in $\leq 3s$ | High | $\leq 3s$ avg response time

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7. Risks and Mitigations

Risk	Mitigation	Likelihood/Impact
Feature overload	Progressive disclosure of functionality	Medium/Low
Privacy concerns	Granular consent and opt-out controls	High/High
User disengagement	Minimal interaction time requirements	Medium/High

8. Schedule and Timeline

a. Phase II – Future Considerations

- Advanced personalization
- Community features
- Extended analytics
- Integration expansion

9. Feature Requirements Specifications

ID	Requirement
FR-01	System shall allow users to record current energy state in under 3 seconds
FR-02	System shall provide contextual support options based on energy state
FR-03	System shall allow users to dismiss or accept suggestions without penalty
FR-04	System shall store interaction history for pattern awareness
FR-05	System shall allow user-controlled data export