

Initial

<goal>

You are an industry-veteran SaaS product designer. You've built high-touch UIs for FANG-style companies.

Your goal is to take the context below, the guidelines, and the user inspiration, and turn it into a functional UI design

</goal>

<guidelines>

<aesthetics>

- Bold simplicity with intuitive navigation creating frictionless experiences
- Breathable whitespace complemented by strategic color accents for visual hierarchy
- Strategic negative space calibrated for cognitive breathing room and content prioritization
- Systematic color theory applied through subtle gradients and purposeful accent placement
- Typography hierarchy utilizing weight variance and proportional scaling for information architecture
- Visual density optimization balancing information availability with cognitive load management
- Motion choreography implementing physics-based transitions for spatial continuity
- Accessibility-driven contrast ratios paired with intuitive navigation patterns ensuring universal usability
- Feedback responsiveness via state transitions communicating system status with minimal latency
- Content-first layouts prioritizing user objectives over decorative elements for task efficiency

</aesthetics>

<practicalities>

- Simulate an iPhone device frame
- Use lucide react icons
- Use Tailwind for CSS
- This is meant to be a simulated iphone. Do not render scroll bars
- THIS IS A DESIGN EXERCISE, DO NOT WORRY ABOUT BUILDING FUNCTIONALITY OUTSIDE OF UI/UX EXAMPLES (e.g., state feedback)

</practicalities>

</guidelines>

<context>

<style-guide>

FocusLock needs to embody focus, mindfulness, and intentional design.

The core challenge here is creating a visual language that reinforces the app's purpose - helping users break destructive digital habits. This means the design itself should be:

1. **Calming and focused** - Not overstimulating like the apps it's trying to block
2. **Authoritative but not oppressive** - It needs to feel supportive, not punitive
3. **Reward-oriented** - Visual feedback that celebrates progress and learning
4. **Mindful** - Every design choice should feel intentional and purposeful

The color psychology is crucial here. We want colors that promote focus and calm - thinking deep blues for trust and stability, greens for growth and positive reinforcement, with warm accents for encouragement. The red/warning colors need to be used sparingly and thoughtfully - not aggressive, but firm.

The typography should feel clean and readable - this is an app where users will be consuming educational content, so legibility is paramount. The spacing should be generous, promoting a sense of calm and reducing visual stress.

The interaction design needs to embody the app's core philosophy - intentional friction. Animations should be smooth but not instant, buttons should feel substantial (not easy to accidentally tap), and the overall flow should encourage mindful interaction rather than rapid, thoughtless tapping.

The visual hierarchy should clearly communicate the app's value proposition - showing progress, time saved, and positive reinforcement prominently, while making the "unlock" actions require more deliberate interaction.

For an app targeting young professionals and students, the aesthetic needs to feel modern and aspirational - something they'd be proud to have on their phone - but not trendy in a way that might become dated. It should feel like a premium productivity tool, not a restrictive parental control app

FocusLock Design System

Color Palette

Primary Colors

- **Primary Deep Blue** - #1E3A8A (Core brand color, represents focus and depth)
- **Primary White** - #FFFFFF (Clean backgrounds and high-contrast text)
- **Primary Dark** - #1F2937 (Primary text and sophisticated dark elements)

Secondary Colors

- **Secondary Blue Light** - #3B82F6 (Interactive elements and secondary actions)
- **Secondary Blue Pale** - #EFF6FF (Subtle backgrounds and selected states)
- **Secondary Gray** - #F8FAFC (App backgrounds and neutral surfaces)

Accent Colors

- **Focus Green** - #10B981 (Success, progress, and positive reinforcement)
- **Mindful Teal** - #0D9488 (Calm actions and educational content)
- **Growth Gold** - #F59E0B (Achievements, streaks, and celebrations)
- **Gentle Purple** - #8B5CF6 (Premium features and special content)

Functional Colors

- **Success Green** - #059669 (Completed tasks and positive outcomes)
- **Warning Amber** - #D97706 (Gentle warnings and time alerts)
- **Alert Orange** - #EA580C (Firm boundaries and blocking states)
- **Neutral Gray** - #6B7280 (Secondary text and inactive elements)
- **Light Gray** - #E5E7EB (Dividers and subtle separators)

Emotional Colors

- **Calm Blue** - #DBEAFE (Peaceful backgrounds and rest states)
- **Achievement Gold** - #FEF3C7 (Success highlights and celebration backgrounds)
- **Focus Gradient** - Linear from #1E3A8A to #3B82F6 (Hero elements and primary CTAs)

Typography

Font Family

- **Primary Font:** SF Pro Display (iOS) / Product Sans (Android)
- **Reading Font:** SF Pro Text (iOS) / Roboto (Android)
- **Accent Font:** SF Pro Rounded (iOS) / Google Sans (Android)

Font Weights

- **Light:** 300 (Large display numbers)
- **Regular:** 400 (Body text)
- **Medium:** 500 (Emphasis)
- **Semibold:** 600 (Headers)
- **Bold:** 700 (Strong emphasis)

Text Styles

Display Text

- **Hero Display:** 48px/52px, Bold, Letter spacing -0.5px
 - Used for time saved, streak numbers, large statistics
- **Large Display:** 36px/40px, Semibold, Letter spacing -0.3px
 - Used for dashboard primary metrics
- **Medium Display:** 28px/32px, Medium, Letter spacing -0.2px
 - Used for session timers and prominent numbers

Headings

- **H1:** 24px/28px, Semibold, Letter spacing -0.2px
 - Screen titles and major sections
- **H2:** 20px/24px, Medium, Letter spacing -0.1px
 - Card titles and subsection headers
- **H3:** 18px/22px, Medium, Letter spacing 0px
 - Component headers and labels

Body Text

- **Body Large:** 17px/24px, Regular, Letter spacing 0px
 - Educational content and main reading text
- **Body:** 15px/21px, Regular, Letter spacing 0px
 - Standard UI text and descriptions
- **Body Small:** 13px/18px, Regular, Letter spacing 0.1px
 - Supporting information and metadata

Special Text

- **Focus Text:** 16px/24px, Medium, Letter spacing 0.2px
 - Motivational messages and focus prompts
- **Button Text:** 16px/24px, Semibold, Letter spacing 0.1px
 - All interactive elements
- **Caption:** 12px/16px, Medium, Letter spacing 0.3px
 - Timestamps, progress indicators, fine print
- **Stats Text:** 14px/20px, Semibold, Letter spacing 0px
 - Numerical data and analytics

Component Styling

Buttons

- **Primary Action Button**

- Background: Focus Gradient or Primary Deep Blue (#1E3A8A)
- Text: White (#FFFFFF)
- Height: 56dp
- Corner Radius: 16dp
- Padding: 24dp horizontal
- Shadow: Y-offset 4dp, Blur 12dp, Primary Blue at 20%
- **Secondary Button**
 - Background: Secondary Blue Pale (#FFF6FF)
 - Text: Primary Deep Blue (#1E3A8A)
 - Border: 1.5dp Secondary Blue Light (#3B82F6)
 - Height: 56dp
 - Corner Radius: 16dp
- **Unlock Button** (Special treatment)
 - Background: Alert Orange (#EA580C)
 - Text: White (#FFFFFF)
 - Height: 64dp
 - Corner Radius: 20dp
 - Requires 3-second press to activate
- **Mindful Button**
 - Background: Mindful Teal (#0D9488)
 - Text: White (#FFFFFF)
 - Height: 48dp
 - Corner Radius: 24dp (pill shape)

Cards

- **Dashboard Card**
 - Background: White (#FFFFFF)
 - Corner Radius: 20dp
 - Padding: 24dp
 - Shadow: Y-offset 2dp, Blur 16dp, Black at 8%
 - Border: 1dp Light Gray (#E5E7EB)
- **Progress Card**
 - Background: Achievement Gold (#FEF3C7) or Calm Blue (#DBEAFE)
 - Corner Radius: 16dp
 - Padding: 20dp
 - No shadow (integrated with background)
- **Educational Content Card**
 - Background: White (#FFFFFF)
 - Corner Radius: 12dp
 - Padding: 16dp
 - Border: 2dp Mindful Teal (#0D9488)

Input Fields

- Height: 52dp
- Corner Radius: 12dp
- Background: White (#FFFFFF)
- Border: 1.5dp Light Gray (#E5E7EB)
- Focus Border: 2.5dp Primary Deep Blue (#1E3A8A)
- Text: Primary Dark (#1F2937)
- Placeholder: Neutral Gray (#6B7280)
- Padding: 16dp horizontal

Progress Indicators

- **Focus Progress Bar**
 - Height: 8dp
 - Corner Radius: 4dp
 - Background: Light Gray (#E5E7EB)
 - Fill: Focus Green (#10B981)
- **Time Remaining Indicator**
 - Circular progress with 4dp stroke
 - Background: Light Gray (#E5E7EB)
 - Fill: Primary Deep Blue (#1E3A8A)

Toggle Switches

- **App Block Toggle**
 - Width: 60dp, Height: 32dp
 - Active: Focus Green (#10B981)
 - Inactive: Light Gray (#E5E7EB)
 - Handle: White circle with subtle shadow

Icons

- **Standard Icons:** 24dp x 24dp
- **Small Icons:** 20dp x 20dp
- **Large Feature Icons:** 32dp x 32dp
- **Hero Icons:** 48dp x 48dp (for empty states and celebrations)
- Primary color: Primary Deep Blue (#1E3A8A)
- Success color: Focus Green (#10B981)
- Warning color: Alert Orange (#EA580C)
- Inactive color: Neutral Gray (#6B7280)

Spacing System

- **4dp** - Tight spacing (related elements)
- **8dp** - Small spacing (component internal padding)
- **12dp** - Comfortable spacing (between related items)
- **16dp** - Standard spacing (default margins and padding)
- **20dp** - Medium spacing (between cards)
- **24dp** - Large spacing (section separation)
- **32dp** - Extra large spacing (major layout divisions)
- **40dp** - Screen edge padding (comfortable reading margins)

Motion & Animation

- **Mindful Transitions:** 400ms, Ease-out (encouraging deliberate interaction)
- **Success Celebrations:** 600ms, Spring animation with gentle bounce
- **Button Press:** 200ms, Ease-in-out with haptic feedback
- **Focus Timer:** Smooth 1000ms updates with breathing rhythm
- **Unlock Sequence:** 3000ms deliberate press with visual feedback
- **Educational Content:** Gentle fade transitions at 300ms

Blocking & Intervention Styling

- **Block Screen Background:** Deep gradient from Primary Deep Blue to Secondary Blue Light
- **Motivational Text:** Focus Text style in White (**#FFFFFF**)
- **Unlock Challenge Card:** White background with Mindful Teal accent
- **Progress During Content:** Subtle but always visible
- **Emergency Bypass:** Warning Amber with additional confirmation steps

Data Visualization

- **Time Saved Charts:** Focus Green (**#10B981**) primary, Growth Gold (**#F59E0B**) accents
- **Usage Reduction:** Gradient from Alert Orange to Focus Green showing improvement
- **Streak Counters:** Achievement Gold (**#FEF3C7**) backgrounds with bold numbers
- **Focus Sessions:** Calm Blue (**#DBEAFE**) with Primary Deep Blue text

Accessibility Features

- **High Contrast Mode:** Increased contrast ratios to WCAG AAA standards
- **Large Text Support:** All text scales up to 200% while maintaining layout
- **Reduced Motion:** Alternative animations for motion-sensitive users

- **Voice Control:** All interactive elements have clear voice labels
- **Color Blind Support:** Patterns and icons supplement color coding

Premium Tier Styling

- **Premium Badge:** Gentle Purple (#8B5CF6) with subtle glow effect
- **Enhanced Cards:** Additional shadow depth and refined borders
- **Exclusive Content:** Gentle Purple accents and premium indicators
- **Advanced Analytics:** Sophisticated chart styling with multiple data series

</style-guide>

<app-overview>

Elevator Pitch

"FocusLock is a mobile app that helps users reclaim their productivity by creating intentional friction between them and their most distracting apps. When users try to access blocked apps, they must complete educational content or brain teasers, transforming moments of weakness into opportunities for learning and mindful decision-making."

Problem Statement

Smartphone users lose an average of 2-4 hours daily to mindless app usage, particularly social media. Existing app blockers are either too easy to bypass (reducing effectiveness) or too restrictive (leading to uninstalls). Users need a solution that creates just enough friction to break the habit loop while still allowing access when genuinely needed.

Target Audience

- **Primary:** Young professionals (22-35) struggling with productivity and work-life balance
- **Secondary:** Students (18-25) who need help focusing during study sessions

USP

Unlike traditional app blockers that create binary on/off states, FocusLock transforms the unlock process into a value-adding experience through educational content, making users earn their distraction time while potentially learning something valuable.

Target Platforms

- iOS
- Android

Features List

Core Blocking Functionality

- As a user, I want to select specific apps to block so I can control my digital distractions
 - Display list of all installed apps with toggle switches
 - Allow bulk selection (e.g., "Select all social media")
 - Show app usage statistics next to each app for informed decisions
- As a user, I want blocked apps to redirect me to FocusLock when I try to open them
 - Implement system-level app blocking (using Screen Time API on iOS)
 - Show motivational message when redirect occurs
 - Track number of attempted opens per app

Unlock Mechanism

- As a user, I want to temporarily unlock apps for specific time periods
 - Offer preset durations: 5, 10, 15, 30, 60 minutes
 - Show countdown timer for remaining unlock time
 - Send notification 1 minute before re-lock
- As a user, I must complete educational content to unlock apps
 - Stream video content from content partners
 - Ensure completion tracking (no skipping)
 - Vary content based on user preferences/history

User Account & Settings

- As a user, I want to create an account to save my preferences
 - Support email/password and social login (Google, Apple)
 - Sync settings across devices
 - Password-protect settings to prevent impulsive changes
- As a user, I want to customize my blocking schedule
 - Set different rules for different times/days
 - Create "Focus Sessions" with custom app groups
 - Emergency bypass option (limited uses per month)

Monetization

Freemium Model:

- **Free Tier: Block up to 3 apps, basic educational content**
- **Premium (\$4.99/month): Unlimited apps, premium content library, advanced scheduling, detailed analytics**
- **Family Plan (\$9.99/month): Up to 5 accounts with parental controls**

</app-overview>

<task>

Follow the guidelines above precisely to ensure correctness. Your output should be a horizontal series of vertical screens showcasing each view specified below. For each problem, you brainstorm 3 different solutions to that same problem. Each angle should be unique, but still conform to the overall UX/UI parameters of this app.

#1 - When a user has run out of free “emergency unlocks”, the only way they can unlock is to withdraw money from their account. Imagine the account is pre-loaded with some amount of money (like \$25), and it costs \$5 to unlock while inside of the block period

</task>

<output>

Make sure each “screen” is in it’s own contained file, and gets imported into the main App view. Place all screens on the main application route (“/”)

</output>

</context>

EVALUATOR-OPTIMIZER THE OUTPUT AGAINST ORIGINAL STANDARDS