**Phase 1: Planning & Setup (Total: 10-12 hours)**

**Milestone 1: Finalize Features & User Flow (4-5 hours)**

* **~~Task 1.1:~~** ~~Review all core app features:~~
  + ~~Blab Web setup (invite 10 people for support).~~
  + ~~Mood tracking (sliders/buttons).~~
  + ~~Reach Out feature (quickly text all contacts).~~
  + ~~Chat Interface (text/voice/video chat options).~~
* **~~Task 1.2:~~** ~~Design basic user flow diagram (onboarding, home, mood tracking, chat).~~
* **~~Task 1.3:~~** ~~Confirm user journeys and features for the MVP (Minimum Viable Product).~~

**Milestone 2: Backend & Firebase Setup (6-7 hours)**

* **Task 2.1:** Set up Firebase account and project.
* **Task 2.2:** Implement Firebase Authentication (email/password sign-up, or Google/Facebook **login).**
* **Task 2.3:** Set up Firestore database for storing user data (profiles, mood tracking, messages).
* **Task 2.4:** Integrate API for Twilio messaging (for "Reach Out" feature).
* **Task 2.5:** Set up Agora or Jitsi SDK for voice/video calls.

**Phase 2: Analysis (Total: 10-12 hours)**

**Milestone 1: Market Research (2-3 hours)**

* **Task 2.1:** Analyze existing apps (e.g., Blablink, Talkspace) to identify gaps and opportunities.
* **Task 2.2:** Research user preferences for mental health tools (features, design, usability).

**Milestone 2: Target Audience Analysis (2-3 hours)**

* **Task 2.3:** Define detailed user personas for the 18-35 demographic.
* **Task 2.4:** Identify their pain points, motivations, and behaviors related to mental health.

**Milestone 3: User Feedback Collection (2-3 hours)**

* **Task 2.5:** Conduct surveys or interviews with potential users.
* **Task 2.6:** Use focus groups to validate the app concept and features.

**Milestone 4: Technical Feasibility (2-3 hours)**

* **Task 2.7:** Assess technical feasibility for features like real-time messaging, video calls, and mood **tracking.**
* **Task 2.8:** Evaluate potential API options (e.g., Firebase, Twilio) for backend functionality.

**Milestone 5: Risk Assessment (1-2 hours)**

* **Task 2.9:** Identify potential risks (e.g., privacy concerns, app scalability).
* **Task 2.10**: Develop mitigation strategies for these risks.

**Milestone 6: Success Metrics Definition (1 hour)**

* **Task 2.11**: Define KPIs (e.g., user engagement, retention rate, number of support requests handled).
* **Task 2.12**: Establish baseline goals for post-launch monitoring.

**Phase 3: Design & Frontend Development (Total: 40-50 hours)**

**Milestone 3: Wireframing & UI Design (10-12 hours)**

* **Task 3.1:** Sketch wireframes for key app screens (Onboarding, Dashboard, Profile, Chat).
* **Task 3.2:** Use tools like Figma or Adobe XD to create high-fidelity wireframes and flowcharts.
* **Task 3.3:** Review wireframes with stakeholders, finalize design.

**Milestone 4: Basic App Setup & Structure (6-8 hours)**

* **Task 4.1:** Create a new Flutter project with necessary dependencies (Firebase, Agora, Twilio).
* **Task 4.2:** Set up app structure:
  + Home screen
  + Profile screen
  + Chat screen
  + Onboarding screen
* **Task 4.3:** Implement app navigation using Flutter’s Navigator or GetX for routing.

**Milestone 5: User Onboarding & Blab Web Setup (8-10 hours)**

* **Task 5.1:** Create user registration and onboarding screens:
  + Collect mood preferences (e.g., slider for mood level).
  + Allow users to invite 10 people to their Blab Web.
  + Collect necessary data (e.g., name, email, Blab preferences).
* **Task 5.2:** Implement Firebase Authentication and store user details.
* **Task 5.3:** Implement Blab Web setup:
  + Add/remove contacts.
  + Display a list of Blab Web members on the Dashboard.

**Milestone 6: Mood Tracking & Messaging Feature (8-10 hours)**

* **Task 6.1:** Design a simple mood tracking interface (sliders or mood icons).
* **Task 6.2:** Implement the “Reach Out” feature to send a message to all contacts in Blab Web.
* **Task 6.3:** Integrate Firebase Firestore for saving and retrieving mood data.

**Milestone 7: Chat & Communication Interface (8-10 hours)**

* **Task 7.1:** Design and implement real-time chat (using Firebase or Twilio).
* **Task 7.2:** Set up real-time messaging updates (show new messages instantly).
* **Task 7.3:** Integrate Agora or Jitsi for video/voice calls within chat.
* **Task 7.4:** Implement message status indicators (sent, received, read).

**Phase 4: Testing, Debugging & Refinement (Total: 15-20 hours)**

**Milestone 8: Unit Testing & Debugging (6-8 hours)**

* **Task 8.1:** Test individual features for bugs (e.g., user sign-up, mood tracking, messaging).
* **Task 8.2:** Debug UI issues (screen transitions, layout problems).
* **Task 8.3:** Resolve Firebase integration errors (authentication or database issues).

**Milestone 9: User Acceptance Testing (UAT) (5-7 hours)**

* **Task 9.1:** Conduct UAT with a small group of users (friends, testers).
* **Task 9.2:** Gather feedback on the app experience, UI/UX, and features.
* **Task 9.3:** Refine app based on user feedback (fix pain points, improve flow).

**Milestone 10: Optimization & Performance Tuning (4-5 hours)**

* **Task 10.1:** Review app performance (loading times, API response).
* **Task 10.2:** Optimize Firebase queries to reduce latency.
* **Task 10.3:** Ensure smooth UI transitions, reduce app lag.

**Phase 5: Deployment & Finalization (Total: 10-12 hours)**

**Milestone 11: App Deployment to App Store/Google Play (5-6 hours)**

* **Task 11.1:** Prepare app for launch: Create assets (icons, screenshots, descriptions).
* **Task 11.2:** Configure app for release (debug mode off, final APK/IPA build).
* **Task 11.3:** Submit to App Store and Google Play for review.

**Milestone 12: Post-Launch Monitoring & Fixes (5-6 hours)**

* **Task 12.1:** Monitor app for crashes or issues (use Firebase Crashlytics).
* **Task 12.2:** Address any bugs or issues reported by users after launch.
* **Task 12.3:** Implement minor updates or hotfixes as needed.

**Total Estimated Hours: 85-106 hours**

Timeline Estimate:

* Week 1: Planning & Setup (Feature Finalization, Backend, Wireframing).
* Week 2: Analysis Phase (Research, User Feedback, Technical Feasibility).
* Week 3: Design & App Structure Setup (UI/UX, Mood Tracking, Blab Web).
* Week 4: Feature Implementation (Messaging, Chat, Testing).
* Week 5: Testing, Debugging, Deployment, and Post-launch Support.

To do:

Add online feature

Probably Phase 2 do a template change/recommendation of sent messages