

Product Requirements Document (PRD): FlowState

1. Document Control

Product / Feature Name: FlowState (The Vibe-Coded Productivity App)

Version: 1.0 (MVP)

Author: Product Team

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Approvers: [Head of Product], [Engineering Lead], [Design Lead]

2. Executive Summary

FlowState is an AI-first weekly productivity app designed to reduce executive dysfunction and alignment anxiety. Unlike traditional tools that act as rigid databases, FlowState functions as a fluid, adaptive partner. By leveraging Gemini 3.0, the app automates data entry via multimodal capture, dynamically adjusts schedules based on "liquid time" and user energy levels, and provides empathetic support through "body doubling." We are building this to help users shift from managing software to maintaining flow.

3. Context & Background

Current state: Users currently juggle multiple apps (Notes, Calendar, To-Do, Read-Later) that do not communicate. Schedules are rigid; one missed task breaks the day, leading to users abandoning the system.

Customer insights: Gen Z and Millennial users are experiencing "productivity dysmorphia"—the feeling of being busy but not productive. There is a high demand for "ADHD-friendly" tools that lower the barrier to entry (friction) and manage the emotional aspect of work.

Competitive/market context:

Notion: Too manual; requires heavy setup ("Legos").

Google Calendar: Rigid time blocks; lacks task context.

Motion: High cost; feels corporate/aggressive rather than supportive.

Constraints: Heavy reliance on Gemini 3.0 API latency and cost; privacy concerns regarding reading personal content (emails/screenshots).

4. Problem Statement (Outcome-Driven)

Users struggle to maintain consistency with rigid productivity tools, which causes "shame spirals" when tasks are missed and administrative burnout. A successful solution should enable users to capture inputs effortlessly and have their schedule adapt to their reality automatically.

5. User Research & Insights