

This is a comprehensive app specification for FlowState, designed for implementation in Google AI Studio (backend intelligence) and Google Antigravity (frontend/app generation).

This specification prioritizes "vibe-coding"—ensuring the technical architecture supports a calm, fluid, and aesthetic user experience.

A. High-Level App Overview

Name: FlowState

Core Philosophy: "Operating System for your Vibe."

Aesthetic Style: "Aurora Glass." Soft, moving gradients, blurred glass overlays, rounded corners (24px), large sans-serif typography, and micro-interactions that breathe.

Primary Interaction: Multimodal Input (Voice/Immersive Structured Flow).

Tech Stack:

Brain: Gemini 3.0 Pro (via AI Studio) for reasoning and JSON generation.

Body: Google Antigravity (Web App) for UI, State Management, and Event triggers.

B. Detailed Feature Breakdown

The Intake Vessel (Brain Dump)

Input: Big central "record" button (voice), camera icon (napkin sketches), and text field (quick type).

Vibe: Non-judgmental. A blank canvas that says, "Let it all out."

The Prism (AI Synthesis)

Process: Gemini processes the raw input, categorizes it, assigns "Energy Points" (EP) to tasks, and estimates duration.

Output: A draft plan presented as cards.

The Flow Dashboard (Week View)

Display: Not a grid. A vertical "Stream" of days.