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# 1 FocusMate – Opal‑inspired Liquid Glass Redesign Specification (2025‑09‑11)

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## 1.2 Executive Summary

**Purpose.** FocusMate is a screen‑time and productivity companion that helps people reclaim their time. This specification describes a full visual/UI reskin of the existing iOS app to align it with the *Opal* aesthetic – an all‑black, high‑contrast, calm, and premium look that leverages Apple’s new Liquid Glass material. The redesign is strictly cosmetic; there are **no feature or functional changes**. All journeys, data flows, and navigation remain exactly as they exist today.

**Goals.**

* Deliver a cohesive dark‑mode experience that feels premium and minimal.
* Introduce Liquid Glass materials for navigation bars, modals and controls while maintaining high contrast and readability.
* Maintain or exceed WCAG 2.2 AA contrast ratios (≥4.5:1 for body text and ≥3:1 for large text)【412623657906945†L146-L155】.
* Use design tokens to ensure consistency and support future theming.
* Provide developers with enough detail (colors, typography, spacing, motion values) to implement the redesign with zero follow‑up.

**Out of Scope.**

* Introducing or changing any features, flows or architecture.
* Modifying backend logic or data models.
* Adding new user journeys or micro‑interactions.
* Changing business logic (e.g. subscription, notifications).
* Extending support beyond iOS.

**Success Criteria.**

| Criteria | Measurement |
| --- | --- |
| Visual consistency | 100 % of screens and states updated to the new token set and Liquid Glass styling. |
| Accessibility | All text passes WCAG 2.2 AA contrast; Dynamic Type supported; VoiceOver order follows layout; Reduce Motion and Reduce Transparency settings respected【172090846195248†L46-L63】【412623657906945†L146-L155】. |
| Performance | Maintaining smooth animations (>60 fps) on iPhone 12 and later; fallback surfaces for older devices. |
| Adoption | Positive feedback from a pilot group of existing users; no increase in support tickets post‑release. |

**Risks.** Liquid Glass is GPU‑intensive and may impact performance. Misuse of transparency can degrade contrast【172090846195248†L46-L63】. Over‑layering the effect can cause clutter【412623657906945†L358-L386】. To mitigate these risks the spec limits Liquid Glass to specific layers and provides alternative surfaces for low‑power or accessibility modes.

### 1.2.1 Assumptions

Because the client did not provide certain details, the following assumptions were made and should be confirmed by the product team:

* **App Name:** *FocusMate* (placeholder).
* **Current Brand Keywords:** calm, focus, premium, minimal, trustworthy.
* **Primary User Persona:** busy professionals and students aged 18–45 who want to reduce screen time, increase productivity and manage ADHD.
* **Core Journeys:** onboarding and permissions; creating and starting focus sessions; viewing dashboard with time saved and focus score; managing blocklists and app locks; reviewing weekly reports; participating in leaderboards and milestones; adjusting settings.
* **Constraints:** the redesign must be delivered within six weeks; support iOS 17+; localize for English and French; work offline for core tracking; maintain existing accessibility features; no changes to backend or data.
* If these assumptions differ from reality, adjust the specification accordingly and document changes in a version history.

## 1.3 Design Principles

The redesign is guided by four principles tailored to FocusMate’s mission and inspired by Opal’s ethos and Apple’s Liquid Glass guidelines.

### 1.3.1 Calm Focus

FocusMate should feel like a sanctuary from digital chaos. Surfaces are dark and consistent, content is spaced generously, and only essential information is displayed.

**Do:**

* Use generous margins and whitespace to let information breathe.
* Keep the number of simultaneous elements on screen to a minimum.
* Use muted animations that support comprehension (e.g. fade and slide) rather than decorative flourishes.

**Don’t:**

* Crowd the screen with dense tables or multiple metrics.
* Use bright, saturated backgrounds behind text.
* Introduce loud animations that distract from content.

### 1.3.2 High Contrast Clarity

Legibility and usability trump aesthetics. Text must always contrast strongly with its background. Buttons and interactive elements must be obvious and easy to tap. The design must pass WCAG 2.2 AA contrast tests (≥4.5:1 for body text and ≥3:1 for large text)【172090846195248†L46-L63】.

**Do:**

* Pair light text with dark backgrounds and vice versa.
* Provide a dimming layer behind Liquid Glass when the underlying content is bright【412623657906945†L146-L155】.
* Use large tap targets (minimum 44×44 pt) and clear affordances.
* Ensure icons and buttons have sufficient differentiation between active and inactive states.

**Don’t:**

* Overlay small or thin text directly on busy imagery without blur.
* Rely solely on color to convey meaning (add labels or icons).
* Use subtle gray text on near‑black backgrounds; maintain at least 4.5:1 contrast.

### 1.3.3 Minimal Chrome

Chrome refers to visual noise around content. With Liquid Glass the chrome should nearly disappear so that content takes center stage【412623657906945†L296-L334】. Use one primary glass sheet per view and avoid nested glass surfaces【412623657906945†L358-L386】. Visual hierarchy is achieved through typography, spacing and subtle elevation rather than heavy containers.

**Do:**

* Use a single Liquid Glass layer for navigation bars, tab bars and modals.
* Prefer flat, dark surfaces for content areas; cards may use slight elevation via glass only if necessary.
* Align content on a consistent grid with generous padding.
* Use subtle separators (1 pt lines with low opacity) to delineate items rather than solid borders.

**Don’t:**

* Stack multiple translucent panels on top of one another【412623657906945†L358-L386】.
* Mix clear and tinted Liquid Glass variants in a single view【412623657906945†L360-L369】.
* Decorate surfaces with unnecessary gradients or textures.

### 1.3.4 Motion with Purpose

Motion should reinforce the user’s mental model. It signals state changes and provides spatial continuity, never calling attention to itself. Animations should be short (150–300 ms) and respect system settings like *Reduce Motion* and *Reduce Transparency*【172090846195248†L64-L89】.

**Do:**

* Use standard iOS transitions (push, modal sheet, popovers) with slight spring to convey physics.
* Add parallax and lensing only when it enhances comprehension (e.g. depth hint on a floating card).
* Provide haptic feedback that matches the importance of the action (light for taps, medium for major successes).
* Offer motionless alternatives when *Reduce Motion* is enabled.

**Don’t:**

* Attach heavy bounce or overshoot to every interaction.
* Use continuous animations that cannot be paused.
* Animate purely decorative background elements that compete with content.

## 1.4 Visual Language & Tokens

The core of the design language is expressed through a system of tokens. These tokens define color, typography, spacing, and elevation, ensuring consistent implementation across the app. All color values are given in sRGB HEX notation and meet or exceed the contrast ratios required by WCAG 2.2.

### 1.4.1 Color System

| Semantic Token | Description | HEX | Notes |
| --- | --- | --- | --- |
| **Color.Background.Primary** | The root background. Pure black anchors focus and maximizes contrast. | #000000 | Used for app root views and full‑bleed backgrounds. |
| **Color.Surface.Level1** | Primary surface for cards, lists and navigation bars. | #0A0A0A | Slightly lighter than black to delineate surfaces from the root background. |
| **Color.Surface.Level2** | Secondary surfaces (e.g. modals, alerts). | #141414 | Offers subtle elevation. |
| **Color.Glass.Regular** | Liquid Glass Regular variant. | rgba(10,10,10,0.6) | 60 % opacity with blur radius 20 pt; used for navigation bars, tab bars, sheets. |
| **Color.Glass.Tinted** | Liquid Glass tinted variant. | rgba(0,182,241,0.25) | 25 % opacity tinted with accent color; used sparingly to highlight key controls. |
| **Color.Text.Primary** | Primary body text. | #FFFFFF | Contrast ratio >14:1 on Level1 surfaces. |
| **Color.Text.Secondary** | Secondary text (labels, meta). | #8A8A8A | Contrast ratio ~4.8:1 on Level1 surfaces. |
| **Color.Text.Disabled** | Disabled or placeholder text. | #5C5C5C | Should not be used for critical actions. |
| **Color.Text.Inverse** | Text on tinted surfaces. | #000000 | For text on light tinted glass or success/warning surfaces. |
| **Color.Accent.Primary** | Brand accent derived from Opal blue. | #00B6F1 | Used for primary actions, highlights and active states. |
| **Color.Accent.Secondary** | Gradient endpoint (violet) for backgrounds. | #D633FF | Used in gradients and subtle highlights. |
| **Color.Success** | Confirmation states. | #30D158 | Matches Apple’s system green. |
| **Color.Warning** | Cautionary states. | #FFD60A | Matches system yellow; ensure legibility on dark surfaces. |
| **Color.Error** | Error states and destructive actions. | #FF453A | Matches system red. |
| **Color.Border** | Hairline separators. | #2A2A2A | 1 pt lines at 25 % opacity. |

**Accent Usage.** Use accent colors sparingly to draw attention to interactive elements (buttons, toggles) and progress indicators. The primary accent (#00B6F1) may be combined with the secondary accent (#D633FF) in a 45° gradient for backgrounds of very important buttons (e.g. “Start Focus Session”). Avoid using more than one gradient per screen to maintain minimalism.

### 1.4.2 Typography

All text uses the SF Pro family (iOS system font). The following sizes, weights and metrics support a clear hierarchy. Line heights assume auto‑leading unless specified.

| Style | Size (pt) | Weight | Line Height (pt) | Usage |
| --- | --- | --- | --- | --- |
| **Large Title** | 34 | Bold | 40 | Screen titles on onboarding and dashboard. |
| **Title** | 28 | Bold | 34 | Section headers; modal titles. |
| **Headline** | 22 | Semibold | 28 | Card headings; callouts. |
| **Body** | 17 | Regular | 22 | Primary descriptive text. |
| **Subhead** | 15 | Regular | 20 | Secondary labels; supporting text. |
| **Caption** | 13 | Regular | 18 | Footnotes; helper text. |
| **Footnote** | 10 | Regular | 14 | Legal disclosures; tiny labels. |
| **Button Label** | 17 | Semibold | 22 | Primary and secondary buttons. |
| **Tab Label** | 11 | Medium | 14 | Tab bar labels. |
| **Numeric** | 34 | Bold | 40 | Metrics such as hours saved. Uses tabular figures for alignment. |

**Typography Guidelines.**

* Use sentence case for headings and body text; avoid ALL CAPS except for legal or acronym usage.
* Prefer tabular numerals for metrics and timers to ensure digits align vertically.
* Truncate long titles at two lines with ellipsis; avoid splitting numbers across lines.
* When Dynamic Type is enabled, scale all sizes proportionally and allow up to 50 % increase without truncation.
* Ensure that the smallest font used (10 pt footnote) still meets contrast requirements.

### 1.4.3 Spacing & Layout Grid

The base spacing unit is **8 pt**. All padding, margins and component heights are multiples of this unit. Using multiples of four (4, 8, 12, 16, 24 pt) allows flexibility without breaking rhythm. Key measurements:

| Token | Value (pt) | Usage |
| --- | --- | --- |
| **Space.1** | 4 | Small gaps between icons and labels. |
| **Space.2** | 8 | Standard padding inside cards and buttons. |
| **Space.3** | 12 | Vertical spacing between items in lists. |
| **Space.4** | 16 | Padding between sections; card separation. |
| **Space.5** | 24 | Margins at screen edges; spacing above large titles. |
| **CornerRadius.Small** | 8 | Buttons, chips. |
| **CornerRadius.Medium** | 16 | Cards, modals. |
| **CornerRadius.Large** | 28 | Full‑width hero cards; bottom sheets. |

**Grid.** Use a **4‑column grid** with 16 pt gutters on compact width (iPhone SE/13 mini). On regular width (Plus/Pro Max) use a **6‑column grid**. Content should remain within the safe area, with 24 pt horizontal padding on either side to avoid the notch and home indicator. Top and bottom safe areas (status bar, home bar) should never be obstructed.

### 1.4.4 Elevation & Materials

Liquid Glass provides depth through blur, vibrancy and dynamic lighting. Based on Apple’s documentation and best practices【412623657906945†L146-L154】, the following layers are defined:

| Layer | Variant | Opacity | Blur Radius | Saturation | Usage |
| --- | --- | --- | --- | --- | --- |
| **Base Surface** | N/A | 100 % | 0 pt | 1.0 | Flat backgrounds; dark surfaces. |
| **Glass Regular** | Regular | 60 % | 20 pt | 1.2 | Navigation bars, tab bars, toolbars. Provides separation while letting content subtly show through. |
| **Glass Clear** | Clear | 40 % | 30 pt | 1.5 | Use only over rich media (e.g. full‑screen images or video) when underlying content is bright and bold【412623657906945†L370-L380】. Should not be mixed with regular glass in the same view. |
| **Glass Tinted** | Tinted | 25 % | 20 pt | 1.3 | Accent tint applied sparingly to highlight primary actions or emphasise modals. |

**Guidelines:**

* **One layer per view.** Avoid stacking multiple glass layers【412623657906945†L358-L386】. Use opaque surfaces for nested content.
* **Dimming layer.** When glass overlays bright content, add a dimming layer (e.g. black at 50 % opacity) beneath the glass to meet contrast requirements【412623657906945†L146-L155】.
* **Accessibility.** Respect *Reduce Transparency*; in this mode the app should fall back to opaque surfaces (Base Surface, Level2) with the same colors.
* **Performance.** Use the glass effect only on critical UI elements; avoid applying it to lists or scrollable content.

### 1.4.5 Iconography

FocusMate adopts monoline icons consistent with SF Symbols. Icons communicate function without drawing unnecessary attention.

* **Style:** Outlined (monoline) with a stroke width of 1.5 pt. Use filled variants sparingly for destructive actions.
* **Sizes:** Standard icon sizes are 24 pt for list items and buttons, 28 pt for navigation bars, and 20 pt for chips.
* **Hit Target:** Minimum touch area is 44×44 pt even if the visible icon is smaller.
* **States:** Default icons use Color.Text.Secondary. Active icons adopt Color.Accent.Primary. Disabled icons use Color.Text.Disabled.
* **Empty States:** Use friendly, simple outline illustrations that combine an icon with a short message. Maintain opacity of 60 %.
* **Do not** include external logos or brand marks inside the app; rely on text for external brands.

## 1.5 Liquid Glass Component Library

This section documents how common UI components should be built using the visual tokens and Liquid Glass materials. Each description includes purpose, anatomy, Liquid Glass treatment, states and accessibility considerations. Wherever sizes or colors are mentioned, they refer to the tokens defined above.

### 1.5.1 App Bars

**Purpose.** Provide page context and access to high‑level actions (e.g. back, settings). App bars adapt between large title and compact modes depending on scroll state.

**Anatomy.** A bar contains a background layer, leading region, title region and trailing region. The large title bar displays the screen title below the bar; the compact bar integrates the title within the bar.

**Liquid Glass Treatment.** Use **Glass Regular**. When content scrolls behind the bar, the blur applies to the content; otherwise the bar rests on Color.Surface.Level1. Add a subtle hairline at the bottom (Color.Border).

**States:**

* **Default:** Bar is 56 pt tall (compact) or 96 pt (large title). Title uses *Large Title* or *Title* styles. Icons use Color.Text.Primary.
* **Scrolled:** Bar collapses to compact height; large title fades out and scrolls away; background remains glass.
* **Search Mode:** When a search bar is present, it is pinned below the bar; the bar height increases by 56 pt; the search field uses Color.Surface.Level2 with 16 pt corner radius.

**Accessibility:** Provide high contrast between bar elements and the underlying content (dimming layer if necessary). The title must remain visible when dynamic type increases. Leading/back button must be labeled for VoiceOver.

### 1.5.2 Tab Bar

**Purpose.** Provide persistent navigation between primary sections (e.g. Dashboard, Blocks, Report, Profile). Located at the bottom of the screen.

**Anatomy.** A 56 pt tall bar with up to five evenly spaced items. Each item includes an icon and optional label.

**Liquid Glass Treatment.** Use **Glass Regular** with a dimming layer. Place a 1 pt top hairline separator. When the keyboard appears, hide the bar to free vertical space.

**States:**

* **Default:** Icons use Color.Text.Secondary, labels use *Tab Label*.
* **Active:** Selected item uses Color.Accent.Primary for icon and label. A 2 pt accent bar appears above the icon.
* **Disabled:** Use Color.Text.Disabled; label may be omitted.

**Accessibility:** Ensure at least 44 pt hit area per item. Support VoiceOver labels and hint (“double tap to switch to Dashboard”).

### 1.5.3 Buttons

FocusMate uses three button types: Primary, Secondary and Tertiary.

| Type | Anatomy & Treatment | States | Usage |
| --- | --- | --- | --- |
| **Primary Button** | Filled capsule shape (height 48 pt, corner radius 24 pt) with gradient from Color.Accent.Primary to Color.Accent.Secondary. Text uses *Button Label* with Color.Text.Inverse. | **Default:** Full opacity. **Pressed:** Darker overlay (10 % black) and subtle scale down (0.98×). **Disabled:** Color.Surface.Level2 background with Color.Text.Disabled. | Calls to action like “Start Focus Session”, “Save”. |
| **Secondary Button** | Border button (height 44 pt, corner radius 22 pt) with 1 pt border in Color.Accent.Primary. Background uses Color.Surface.Level1. Text uses Color.Accent.Primary. | **Pressed:** Filled with 10 % accent; border disappears. **Disabled:** Border and text use Color.Text.Disabled. | Secondary actions like “Cancel”, “Invite”. |
| **Tertiary Button** | Plain text button. No container; only text in Color.Accent.Primary. | **Pressed:** Text opacity 60 %. **Disabled:** Color.Text.Disabled. | Links inside dialogs; small actions. |
| **Destructive** | Variation of primary/secondary with Color.Error replacing accent. | Same as corresponding base type; pressed state darkens the red. | Actions like “Delete Session”. |

**Accessibility:** Minimum height 44 pt. Ensure color alone does not indicate action; use icons or labels when appropriate. Provide haptic feedback: .impactMedium on primary actions; .impactLight on secondary or tertiary.

### 1.5.4 Segmented Controls

**Purpose.** Switch between mutually exclusive views or filters.

**Treatment.** Use a 36 pt tall capsule track with Color.Surface.Level2. Each segment uses the tertiary button style when inactive and primary button style when selected. Label font is *Subhead*.

**States:** Default, Selected, Disabled. Use 1 pt separators between segments; highlight the selected segment with gradient fill.

**Accessibility:** Provide larger touch targets (52 pt width minimum). Labels should be clear and non‑abbreviated.

### 1.5.5 Toggles, Checkboxes & Radios

**Toggle Switch.** Use the system UISwitch/Toggle with no custom imagery. In the “on” state the track uses Color.Accent.Primary; the thumb is white. In the “off” state the track uses #393939 and the thumb uses Color.Surface.Level1 with a border. Ensure 44 pt height.

**Checkbox.** Use a square 24 pt outline with 2 pt stroke in Color.Text.Secondary. When selected, fill with Color.Accent.Primary and overlay an SF checkmark icon in Color.Text.Inverse. Disabled state reduces opacity by 50 %.

**Radio Button.** Use circular outline (24 pt) with 2 pt stroke. When selected, fill inner circle (12 pt) with Color.Accent.Primary. Disabled state reduces opacity by 50 %.

### 1.5.6 Text Inputs & Search

**Text Field.** 44 pt height; full‑width container with Color.Surface.Level2 background and 8 pt corner radius. Placeholder text uses Color.Text.Disabled. When focused, outline with Color.Accent.Primary at 2 pt; drop 2 pt shadow (black at 30 % opacity, 4 pt blur). Include a clear button on the trailing side.

**Search Bar.** 44 pt height; container uses Color.Surface.Level2 or collapses into the navigation bar. Left icon (magnifying glass) uses Color.Text.Secondary; placeholder text uses Color.Text.Disabled. When editing, show cancel button using tertiary button style.

**OTP & Pin.** Use 6 boxes (44 pt square) separated by 8 pt. Each box uses Color.Surface.Level2 background with 1 pt border. On entry, border animates to Color.Accent.Primary. Mask digits if necessary.

### 1.5.7 Pickers, Date/Time, Sliders, Steppers

**Pickers.** Use iOS default wheels. Surround pickers with a sheet using **Glass Regular**; the header uses a segmented control for categories; confirm/cancel actions appear at the top right using tertiary buttons.

**Date/Time Picker.** Use the new iOS inline style inside a card. Surrounding card uses Color.Surface.Level1. Labels use *Headline* style.

**Slider.** Height 32 pt; track uses Color.Surface.Level2. The fill uses Color.Accent.Primary. The thumb is 20 pt diameter using Color.Accent.Primary. Provide numeric value as a label above the thumb using *Caption* style.

**Stepper.** Use plus and minus buttons (24 pt square) separated by a numeric label. Buttons use secondary button styling; numeric label uses *Body* style.

### 1.5.8 Cards & Lists

**Cards.** Contain discrete pieces of information such as daily stats or milestones. Height varies; width spans full screen with 16 pt horizontal padding. Background uses Color.Surface.Level1 with 16 pt corner radius and subtle inner shadow. Title uses *Headline*; metrics use *Numeric* with accent color. Icons align left with 24 pt size. Provide 8 pt padding inside.

**Lists.** Use plain, inset or grouped style. Each row is 56 pt tall with an optional leading icon and trailing chevron. Rows use Color.Surface.Level1 background; separators use Color.Border. Selected row darkens slightly (10 % overlay). Group headers use *Subhead* and 12 pt vertical padding. Avoid using Liquid Glass inside scrollable lists to preserve performance.

### 1.5.9 Chips/Badges, Progress, Snackbars/Toasts, Banners

**Chips/Badges.** Small tags used to indicate statuses or categories. Height 28 pt; corner radius 14 pt. Background uses either Color.Accent.Primary for active chips or Color.Surface.Level2 for neutral chips. Text uses *Caption*. Add 8 pt horizontal padding and 4 pt vertical padding.

**Progress Indicators.** Use circular ring progress for focus sessions: a 100 pt diameter ring with 8 pt stroke. The stroke uses a gradient between accent colors. The center displays the remaining time using *Numeric* style. When progress completes, animate ring and play haptic .success. Horizontal progress bars use a 4 pt height and fill with Color.Accent.Primary.

**Snackbars/Toasts.** Temporary, unobtrusive messages appearing at the bottom. Height 56 pt; width up to 80 % of screen. Background uses Color.Surface.Level2 with 16 pt radius; text uses *Body*; optional action uses tertiary button style. Appear/disappear with fade and slide animations; stay visible for 4 s or until dismissed.

**Banners.** Important messages requiring user acknowledgment. Height 96 pt; full‑width; background uses Color.Glass.Regular with dimming. Contains an icon (success/warning/error), title (*Headline*) and body (*Subhead*). Include close button using tertiary style.

### 1.5.10 Empty States & Loading Skeletons

**Empty States.** Provide empathetic messaging when no data is available. Use an outline illustration (e.g. hourglass) at 96 pt size, accompanied by a title (*Headline*) and a description (*Body*). Keep messages positive (“No blocks yet. Create your first focus session!”). Offer a primary button to guide the user.

**Loading Skeletons.** Show placeholder shapes while data loads. Use Color.Surface.Level2 blocks with shimmering animation. Maintain the same dimensions as final content. Skeletons fade into real content when ready.

### 1.5.11 Charts & Metrics Tiles

FocusMate currently does not include charts. Should the product introduce data visualizations in future versions, adhere to the following patterns:

* Use dark backgrounds with high‑contrast grid lines and ticks; never place chart labels over translucent glass.
* Chart strokes use Color.Accent.Primary; additional series use tints of the accent color with decreased opacity.
* Provide accessible text alternatives summarizing key insights.
* Interactive tiles summarizing metrics (e.g. weekly screen time) should use the card pattern described above, with the numeric value prominent in *Numeric* style and a supporting trend indicator (e.g. arrow up/down).

## 1.6 Screen‑by‑Screen Specifications

The following pages map existing screens 1:1 to their redesigned counterparts. Each description includes layout, tokens, component instances, states, microcopy guidance, navigation rules and accessibility notes.

### 1.6.1 1. Onboarding & Permissions

**Purpose & Entry Points.** Introduce FocusMate’s value proposition and request necessary permissions (notifications, screen‑time API). Users encounter this flow when launching the app for the first time.

**Hierarchy & Layout.**

1. **Welcome Screen:** Full‑screen card centered on the page. The card uses Color.Surface.Level1 with 24 pt corner radius and contains:
   * Hero illustration (e.g. calm person meditating) in a 120 pt circle.
   * Title (“Welcome to FocusMate”) using *Large Title*.
   * Body text introducing the benefits (2–3 sentences).
   * Primary button (“Get Started”) at the bottom.
   * Secondary button (“Sign In”) below.  
     The card is vertically centered with 48 pt top and bottom margin; horizontal margins of 24 pt.
2. **Permission Screens:** After tapping “Get Started” the user flows through dedicated screens for Notifications, Screen Time API and Health integration. Each screen uses a large icon (80 pt), a clear title (“Stay in the loop”), explanatory text (2 lines) and a primary button (“Allow”). Provide a tertiary button (“Not now”) below.

**Tokens & Components.** Background uses Color.Background.Primary. Cards use Color.Surface.Level1. Buttons use Primary/Secondary styles. Icons use Color.Accent.Primary. Body text uses *Body* style and should be no longer than two sentences. Microcopy tone is friendly and motivational (“We’ll send gentle nudges to keep you on track”).

**Navigation.** Tapping “Get Started” pushes the next permission screen. A secondary link (“Already have an account? Sign In”) opens the sign‑in flow. Each permission screen includes a top right skip button (tertiary style) labeled “Skip”.

**Accessibility.** Provide VoiceOver hints (“This allows FocusMate to send you focus reminders”). Buttons must be labeled explicitly (“Allow notifications”). When *Reduce Motion* is enabled, replace slide transitions with fades. If the user chooses “Not now” the app should respect that decision and provide a way to enable permissions later.

**Motion.** Use horizontal slide transitions of 250 ms with a spring damping of 0.8. Buttons provide .impactLight haptic feedback on tap.

### 1.6.2 2. Dashboard (Home)

**Purpose & Entry Points.** The main landing tab summarizing today’s focus progress and giving quick access to start or stop sessions. Entry from tab bar or after onboarding.

**Hierarchy & Layout.**

1. **Large Title:** “Today” (Large Title) pinned below the navigation bar; collapses on scroll.
2. **Focus Summary Card:**
   * Uses card pattern (Level1 surface).
   * Contains progress ring (100 pt) with numeric label for total focus time (hours:minutes).
   * Subtitle (“Time focused today”) using *Subhead*.
   * Secondary metric (“Distracted time”) displayed below using *Body* style and Color.Text.Secondary.
   * Primary button (“Start Focus Session”) spanning full width of card.
3. **Quick Actions Row:** Horizontal list of chips enabling quick actions: “Start 25 min”, “Start 50 min”, “Custom”. Each chip uses the chip component with accent gradient.
4. **Milestones & Rewards:** A horizontally scrollable list of milestone cards. Each card uses card pattern and shows an achievement icon, title (e.g. “Daily Streak”), progress bar, and tertiary button to view details.
5. **Tips/Quotes (optional):** Use a banner at the bottom (“Tip: Turn on Deep Focus to avoid bypasses”). Provide a close button.

**Tokens & Components.** Use the tab bar described above. The navigation bar uses large title style with glass. Cards use Color.Surface.Level1. Buttons and chips use primary/secondary styling. Use icons from SF Symbols (e.g. timer, flame). Text must remain within 2 lines.

**Navigation.** Tapping “Start Focus Session” opens the Focus Session sheet (see next section). Tapping a milestone card opens the Milestone detail page. The Quick Actions “Custom” pushes the custom session setup screen.

**Accessibility.** Progress ring must have an accessible label (“Progress: 65 % of today’s goal”). Provide alternate text for icons. Horizontal lists should be scrollable with VoiceOver and show page indicators. All interactive elements must be reachable via accessibility focus order.

**Motion.** Use subtle parallax on the progress ring (slightly scaling as user scrolls). Quick action chips animate via spring scale when tapped. List of milestones uses scroll deceleration at 0.93.

### 1.6.3 3. Focus Session

**Purpose & Entry Points.** Allow the user to start, monitor and end a focus period. Accessed from dashboard or other contexts (Quick Actions, Blocklist).

**Hierarchy & Layout.**

1. **Modal Sheet:** Presented as a partial sheet (72 % height). Uses Color.Glass.Regular with dimming layer behind.
2. **Header:** Contains a drag indicator, title (“Focus Session”), and a close button.
3. **Timer:** Central progress ring (140 pt) showing remaining time; numeric countdown underneath (Large Title, monospaced).
4. **Apps Blocked Section:** List of currently blocked apps (max 3 visible, scrollable). Each row uses list pattern with icon, app name and status (“Blocked”). Provide a “Manage” link to edit the blocklist.
5. **Actions:**
   * Primary button: “Pause” when running, “Resume” when paused, toggling state.
   * Secondary button: “End Session”. Confirm ending via an alert using Glass Tinted.
6. **Break Reminders:** Toggle to schedule a break with a slider (for session >25 min).

**Tokens & Components.** Use Large Title for countdown numbers; Body for labels. Buttons follow primary and secondary styles. The sheet uses Glass.Regular. List uses plain list style; icons use accent color for blocked apps. Secondary text uses Color.Text.Secondary.

**Navigation.** Dismiss by swiping down or tapping close. Manage Blocklist opens the Blocklist screen. Ending the session triggers a confirmation alert; if confirmed, show an end summary (see next screen). Pausing/resuming toggles the timer without leaving the sheet.

**Accessibility.** Provide continuous auditory or haptic feedback at start/end of sessions. Announce remaining time via VoiceOver at 25 %, 50 %, 75 % progress. Provide a way to end session using accessibility focus (close button). When *Reduce Transparency* is enabled the sheet uses Color.Surface.Level2.

**Motion.** Timer ring animates smoothly in real time; numbers count down with no bounce. On pause/resume the ring color changes (accent gradient vs neutral). The sheet appears with a 300 ms slide‑up transition and dismisses the same way. Provide .impactMedium haptic on pause/resume and .success on completion.

### 1.6.4 4. Blocklist & App Locks

**Purpose & Entry Points.** Manage which apps or websites are blocked during focus sessions. Entry from settings, quick actions, or session sheet.

**Hierarchy & Layout.**

1. **Search Field:** Top pinned search bar with placeholder (“Search apps or websites”).
2. **List of Apps:** Grouped by category (e.g. Social, Games). Each row uses the list pattern with app icon, name and a toggle switch to add or remove from the blocklist. Section headers use *Subhead*. Provide alphabetical index on the right for quick jump.
3. **Block All Toggle:** At top of the list, offer a global toggle (“Block all except…”) using toggle style.
4. **Whitelist Section:** A collapsible card listing apps/websites allowed during sessions. Each row uses list pattern with “Remove” tertiary button.

**Tokens & Components.** Use Level1 surfaces for lists; toggles follow the guidelines above. Search bar uses Level2 surface. Section separators use Color.Border. Icons use original app icons with 24 pt size; text uses *Body*.

**Navigation.** Search filters the list in real time. Toggling an item updates the blocklist immediately. Tapping a row opens a detail page for advanced settings (e.g. block durations). The top left navigation bar provides a back button.

**Accessibility.** Each row must state “App name, blocked” or “App name, allowed” for VoiceOver. Provide a heading structure with categories. Ensure toggles are accessible and labeled. Avoid long lists by limiting visible items and enabling search.

**Motion.** List rows animate toggle changes with a cross‑fade (100 ms). Searching filters with fade transitions. The whitelist card expands and collapses with 200 ms height animation.

### 1.6.5 5. Reports & History

**Purpose & Entry Points.** Display weekly and monthly summaries of screen‑time reduction and focus streaks. Accessed via a tab bar item or from the dashboard.

**Hierarchy & Layout.**

1. **Segmented Control:** Top control to switch between “Daily”, “Weekly”, “Monthly”.
2. **Summary Cards:** Cards show total focus time, distracted time and number of sessions. Each card uses accent color icons and large numeric style.
3. **Trend Chart:** Area chart showing focus hours per day/week. Chart occupies 50 % of the vertical space.
4. **Leaderboard Section:** Shows top friends with avatars (40 pt circle), names and focus hours. A tertiary button (“View full leaderboard”) opens the dedicated leaderboard screen.
5. **Insights:** List of highlights (e.g. “You focused 20 % more than last week”). Use checkmark icons colored with success or warning colors accordingly.

**Tokens & Components.** Charts follow guidelines described earlier. Use card pattern for summary tiles. Segmented control uses tinted glass. List uses Level1 surfaces. Leaderboard uses avatars; we assume avatars are remote images; they are clipped with 20 pt corner radius.

**Navigation.** Segmented control updates the chart and cards instantly. Tapping an insight provides deeper breakdown (optional). View full leaderboard pushes the leaderboard screen.

**Accessibility.** Charts must have accessible summaries (“On Monday you focused 2 hours, on Tuesday 1.5 hours…”). Avatars include alt text (user’s name). Provide sorting options for the leaderboard. The segmented control must allow switching via VoiceOver rotor.

**Motion.** Transition between segments uses cross dissolve (200 ms). Chart lines animate along the x‑axis. Leaderboard rows slide in from the bottom when the section appears.

### 1.6.6 6. Profile & Settings

**Purpose & Entry Points.** Allow users to view and edit their account details, preferences and subscription. Accessed via a tab bar item or from other screens.

**Hierarchy & Layout.**

1. **Header:** Shows user avatar (64 pt circle) and name/email. Provide a “Sign Out” tertiary button on the trailing side.
2. **Account Section:** Use list pattern for items like “Subscription”, “Invite Friends”, “Milestones”. Each row includes an icon and chevron.
3. **Preferences Section:** Items such as “Reminders”, “Deep Focus”, “Dark Mode” (toggle).
4. **Notifications Section:** Use segmented control or toggles for different reminder types.
5. **About Section:** Provide app version, privacy policy (link), terms of service (link).
6. **Delete Account:** Destructive button at bottom using red destructive style; confirm before deleting.

**Tokens & Components.** List rows use Level1 surfaces; Section headers use *Subhead*. Avatars use Level2 surfaces with border if the user has not set a photo. Toggles follow guidelines.

**Navigation.** Each row pushes a detailed screen. The back button is provided by the navigation bar. Delete account shows a modal with tinted glass requiring confirmation (“Type DELETE to confirm”).

**Accessibility.** Provide VoiceOver labels for each setting (“Deep Focus, switch, on”). Offer a summary of subscription status. Ensure links to privacy policy open Safari and are accessible.

**Motion.** Row selection uses subtle scale and fade (100 ms). Modal sheet appears from bottom with 300 ms slide; confirm destructive action triggers .notificationError haptic.

## 1.7 Interaction & Motion Guidelines

### 1.7.1 Page & Modal Transitions

* **Push/Pop:** Use the default iOS push transition with horizontal slide (250 ms). Provide a slight parallax shift for the next screen. When *Reduce Motion* is enabled, replace slide with cross‑fade.
* **Modal Sheet:** Present from bottom with 300 ms ease‑in‑out; include a grabber bar. When dismissed, the underlying view slightly scales down and returns to normal.
* **Popover:** Use for small menus or tooltips. Use **Glass Regular** with 8 pt corner radius. Appear with 150 ms fade and scale (0.95→1).
* **Pull‑to‑Refresh:** Use a circular spinner in accent color; spinner begins at 12 o’clock and rotates 360° at 0.8 s per loop. Provide .impactLight haptic when refresh starts.

### 1.7.2 Depth & Parallax

Liquid Glass introduces lensing and depth through layers. Use subtle parallax only on hero elements to hint at hierarchy. For example, on the dashboard, the progress ring scales up by 4 % when pulled past the top, revealing the glass below. Avoid parallax on every element; limit to one or two per screen.

### 1.7.3 Haptics

Map common actions to haptic feedback types:

| Action | Haptic Type | Notes |
| --- | --- | --- |
| Tap primary button | UIImpactFeedbackGenerator(style: .medium) | Provides a satisfying response on important actions. |
| Tap secondary/tertiary button | UIImpactFeedbackGenerator(style: .light) | Light feedback for less critical actions. |
| Start Focus Session | UINotificationFeedbackGenerator.success() | Reinforces starting a focus period. |
| End/Complete Focus Session | UINotificationFeedbackGenerator.success() with a longer duration | Celebrate completion. |
| Error or invalid action | UINotificationFeedbackGenerator.error() | E.g. pressing “End Session” when none is running. |
| Toggle change | UIImpactFeedbackGenerator(style: .light) | Provide a subtle click when toggling. |
| Long press or drag start | UIImpactFeedbackGenerator(style: .heavy) | E.g. reordering lists. |

### 1.7.4 Reduce Motion & Transparency

Users may enable accessibility settings to reduce motion or transparency【172090846195248†L64-L89】. Support these by:

* Replacing slide transitions with cross‑fades and scaling down animation durations.
* Disabling parallax and depth effects.
* Replacing Glass layers with opaque surfaces (Color.Surface.Level2) to avoid blurred backgrounds.
* Ensuring that elements remain clearly separated without relying on transparency.

## 1.8 Do/Don’t Gallery

This gallery highlights typical pitfalls when using dark themes and Liquid Glass. Use these textual examples to guide the design team.

1. **Do:** Use a dimming layer beneath Liquid Glass when the content behind is bright or high‑contrast【412623657906945†L146-L155】. **Don’t:** Place white text directly on clear glass over a colorful photo; the contrast will vary unpredictably and fail accessibility.
2. **Do:** Use a single Liquid Glass layer per screen to maintain hierarchy. **Don’t:** Stack glass panels inside modals and lists【412623657906945†L358-L386】.
3. **Do:** Pair accent colors with dark backgrounds for primary actions. **Don’t:** Use multiple bright accent colors simultaneously; it creates visual noise.
4. **Do:** Provide fallback surfaces when *Reduce Transparency* is enabled. **Don’t:** Force translucent backgrounds when transparency is disabled; this breaks system settings.
5. **Do:** Keep chip and button labels short (1–2 words). **Don’t:** Overflow chips with long phrases that wrap onto multiple lines.
6. **Do:** Use high‑contrast icons (stroke 1.5 pt) with adequate hit areas. **Don’t:** Use ultra‑thin icons (<1 pt) that disappear against dark backgrounds.
7. **Do:** Provide descriptive empty states with illustrations and microcopy. **Don’t:** Leave screens blank without context.
8. **Do:** Use subtle gradients or tinted glass on the most important action in a view. **Don’t:** Apply gradients to every button.
9. **Do:** Use descriptive labels for toggles and switches. **Don’t:** Use icons alone to represent complex settings.
10. **Do:** Test layouts at all Dynamic Type sizes. **Don’t:** Hard‑code heights that truncate text when users increase system font size.

## 1.9 Implementation Handoff

### 1.9.1 Design Token Table (Excerpt)

Below is an export‑ready snippet summarizing the core tokens. Each token maps to a semantic role, a HEX value and a description. Use these names in your design system and code.

| Name | Category | Value | Description |
| --- | --- | --- | --- |
| color.background.primary | color | #000000 | Root background. |
| color.surface.level1 | color | #0A0A0A | Primary card and bar surfaces. |
| color.surface.level2 | color | #141414 | Secondary surfaces and alerts. |
| color.glass.regular | color | rgba(10,10,10,0.6) | Regular Liquid Glass. |
| color.glass.tinted | color | rgba(0,182,241,0.25) | Tinted Liquid Glass for highlights. |
| color.text.primary | color | #FFFFFF | Primary text. |
| color.text.secondary | color | #8A8A8A | Secondary text. |
| color.accent.primary | color | #00B6F1 | Primary accent color. |
| color.accent.secondary | color | #D633FF | Secondary accent for gradients. |
| color.success | color | #30D158 | Success states. |
| color.warning | color | #FFD60A | Warning states. |
| color.error | color | #FF453A | Error states. |
| spacing.1 | spacing | 4 | 4 pt spacing. |
| spacing.2 | spacing | 8 | 8 pt spacing. |
| spacing.3 | spacing | 12 | 12 pt spacing. |
| spacing.4 | spacing | 16 | 16 pt spacing. |
| spacing.5 | spacing | 24 | 24 pt spacing. |
| radius.small | radius | 8 | Small corner radius. |
| radius.medium | radius | 16 | Medium corner radius. |
| radius.large | radius | 28 | Large corner radius. |

Use these token names in the codebase to avoid hard‑coding values. Additional tokens for typography, elevations and motions can be exported in a similar format.

### 1.9.2 Example JSON Snippet

{  
 "color": {  
 "background": { "primary": "#000000" },  
 "surface": { "level1": "#0A0A0A", "level2": "#141414" },  
 "glass": { "regular": "rgba(10,10,10,0.6)", "tinted": "rgba(0,182,241,0.25)" },  
 "text": { "primary": "#FFFFFF", "secondary": "#8A8A8A" },  
 "accent": { "primary": "#00B6F1", "secondary": "#D633FF" },  
 "success": "#30D158",  
 "warning": "#FFD60A",  
 "error": "#FF453A"  
 },  
 "spacing": { "1": 4, "2": 8, "3": 12, "4": 16, "5": 24 },  
 "radius": { "small": 8, "medium": 16, "large": 28 }  
}

### 1.9.3 Swift Constants Example

Use SwiftUI’s Color and Font types to expose tokens to the UI layer:

import SwiftUI  
  
enum Theme {  
 enum ColorToken {  
 static let background = Color(red: 0/255, green: 0/255, blue: 0/255)  
 static let surfaceLevel1 = Color(red: 10/255, green: 10/255, blue: 10/255)  
 static let surfaceLevel2 = Color(red: 20/255, green: 20/255, blue: 20/255)  
 static let glassRegular = Color.black.opacity(0.6)  
 static let glassTinted = Color(red: 0/255, green: 182/255, blue: 241/255, opacity: 0.25)  
 static let textPrimary = Color.white  
 static let textSecondary = Color(red: 138/255, green: 138/255, blue: 138/255)  
 static let accent = Color(red: 0/255, green: 182/255, blue: 241/255)  
 static let accentSecondary = Color(red: 214/255, green: 51/255, blue: 255/255)  
 static let success = Color(red: 48/255, green: 209/255, blue: 88/255)  
 static let warning = Color(red: 255/255, green: 214/255, blue: 10/255)  
 static let error = Color(red: 255/255, green: 69/255, blue: 58/255)  
 }  
 enum Spacing {  
 static let small: CGFloat = 4  
 static let medium: CGFloat = 8  
 static let large: CGFloat = 16  
 static let xLarge: CGFloat = 24  
 }  
 enum Radius {  
 static let small: CGFloat = 8  
 static let medium: CGFloat = 16  
 static let large: CGFloat = 28  
 }  
 enum FontToken {  
 static let largeTitle = Font.system(size: 34, weight: .bold)  
 static let title = Font.system(size: 28, weight: .bold)  
 static let headline = Font.system(size: 22, weight: .semibold)  
 static let body = Font.system(size: 17)  
 static let subhead = Font.system(size: 15)  
 static let caption = Font.system(size: 13)  
 static let footnote = Font.system(size: 10)  
 static let buttonLabel = Font.system(size: 17, weight: .semibold)  
 static let tabLabel = Font.system(size: 11, weight: .medium)  
 }  
}

### 1.9.4 iOS Implementation Notes

* **Liquid Glass Effects.** Use UIVisualEffectView with Apple’s new UIBlurEffect.Style.systemThinMaterialDark for **Glass Regular** and .systemUltraThinMaterialDark for **Glass Clear**. For tinted glass, overlay a UIView with accent color and set alpha to 0.25.
* **SwiftUI.** Use .glassBackgroundEffect() (iOS 17+) with .regular or .clear variants. For tinted surfaces, overlay a Color with reduced opacity.
* **Trait Collections.** Detect traitCollection.accessibilityReduceTransparency to switch to opaque surfaces; detect accessibilityReduceMotion to disable animations.
* **Dynamic Type.** Use .dynamicTypeSize modifiers or auto layout constraints that adapt to text size changes. Test at all sizes from extraSmall to accessibilityExtraExtraExtraLarge.
* **Right‑to‑Left.** Ensure icons that imply direction (arrows, chevrons) flip in RTL locales by enabling flipsForRightToLeftLayoutDirection on UIKit images or using environment modifiers in SwiftUI previews.

### 1.9.5 QA Checklist

This checklist should be completed before handoff:

* ☐ **No Feature Changes:** All existing features and flows work identically; the redesign only affects visuals.
* ☐ **Coverage:** Every screen and state has been designed, including empty, error and loading states.
* ☐ **Liquid Glass Treatment:** Each component’s glass usage matches the specification (opacity, blur, tint).
* ☐ **Design Tokens Complete:** All colors, typography, spacing and elevation tokens are defined and referenced.
* ☐ **Contrast & Accessibility:** Contrast ratios meet or exceed WCAG 2.2 AA; dynamic type, VoiceOver, Reduce Motion and Reduce Transparency are supported【172090846195248†L46-L63】【412623657906945†L146-L155】.
* ☐ **Motion Alternatives:** Animations degrade gracefully when accessibility settings are on.
* ☐ **Implementation Hints:** Token names and code snippets are provided for developers; iOS guidelines for materials are followed.

## 1.10 Appendix

### 1.10.1 Competitive Notes from Opal

The Opal website and App Store listings influenced the aesthetic direction of this redesign. The following observations informed our decisions:

* Opal uses an all‑black background with bright accent colors (turquoise/violet) and large, friendly typography, conveying a calm yet premium feel. Its home page emphasizes a community of millions and highlights time saved【726295808447636†L14-L37】.
* Features described on the Opal site include block sessions, deep focus, mindful block screens and rewards (gems). These features informed our assumption of FocusMate’s journeys【945701917338848†L25-L45】.
* The app store description highlights benefits like “save 1 h 23 m per day,” “less distracted,” “more productive” and “improved mental health”【631084248517240†L61-L99】. This tone of positivity and personal growth inspired the friendly microcopy and reward cards.
* The description enumerates features such as app limits, blocklist/allowlist management, focus report, focus score, leaderboards and rewards【631084248517240†L120-L150】. We assumed similar modules exist in FocusMate and mapped them in the screen specifications.
* Customer quotes praising the app’s effect on productivity and mental health influenced the calm focus principle.

### 1.10.2 Liquid Glass References

Because Apple’s official documentation required JavaScript, we drew guidance from publicly accessible articles. LogRocket’s best‑practice guide explains that Liquid Glass is inspired by the optical properties of glass and fluidity, adding a flexible, responsive layer across Apple’s ecosystem【412623657906945†L55-L67】. It recommends thinking in layers, controlling scroll edge effects and providing accessibility fallbacks【412623657906945†L112-L154】. It cautions against mixing Liquid Glass variants, recommends using one layer per view and limiting custom backgrounds【412623657906945†L358-L386】.

Access Advisors’ article emphasizes that Liquid Glass may reduce contrast and cause accessibility issues if not used carefully【172090846195248†L46-L63】. It highlights the need for a minimum contrast ratio of 4.5:1 for normal text and 3:1 for large text【172090846195248†L56-L61】, and advocates for making transparency settings easy to find【172090846195248†L64-L72】. The same article warns that dynamic effects and shifting visuals may confuse users with cognitive disabilities【172090846195248†L75-L83】.

### 1.10.3 Glossary

* **Liquid Glass:** Apple’s adaptive material that combines blur, vibrancy, lensing and specular highlights to create depth while allowing content to show through. Variants include *Regular*, *Clear* and *Tinted*.
* **WCAG 2.2 AA:** Web Content Accessibility Guidelines requiring contrast ratios of at least 4.5:1 for normal text and 3:1 for large text and UI components.
* **Dynamic Type:** iOS feature allowing users to choose preferred font size across apps; designers must support scaling.
* **Reduce Motion/Transparency:** Accessibility settings that minimize or remove animation and translucency effects.
* **Focus Session:** A timed period during which the app blocks distracting apps and tracks productive time.

## 1.11 Acceptance Checklist

The following criteria must be verified before the redesign is considered complete:

1. **No feature changes introduced:** All existing functionality remains unaffected.
2. **All screens & states covered:** Onboarding, dashboard, focus session, blocklist, reports, leaderboard, profile/settings, and any error, empty or loading states are designed.
3. **Component mapping:** Every component (bars, buttons, lists, cards, chips, toggles, etc.) has a defined Liquid Glass treatment with numeric values for opacity, blur and saturation.
4. **Design tokens complete:** Colors, typography, spacing, elevation/materials and motion values are fully defined.
5. **Accessibility verified:** Contrast meets WCAG 2.2 AA; dynamic type, VoiceOver, haptics, Reduce Motion and Reduce Transparency alternatives are documented.
6. **Motion alternatives documented:** All animations have fallback behaviours.
7. **Implementation handoff includes code hints:** Token naming, example JSON and Swift constants are provided; guidance for using UITraitCollection, material effects, SwiftUI and QA checklists is included.
8. **Designer sign‑off:** The design team reviews and signs this checklist upon completion.