Navigation map from HOME SCREEN

```
|
├── Take Anti-SMUB Test
|      ├── Quick Test
|      ├── Full Assessment
|      ├── Recovery Check
|      ├── Focus Capacity Test
|      └── Results Dashboard
|
├── Focus Mode
|      ├── Start Session
|      ├── App Restrictions
|      ├── Presets
|      ├── Focus Analytics
|      └── Rewards
|
├── Set Focus Goal
|      ├── Goal Builder
|      ├── Digital Boundaries
|      ├── Focus Rituals
|      ├── Discipline Contracts
|      └── Vision Reminders
|
├── Daily Challenge
|      ├── Today's Challenge
|      ├── Challenge Library
|      ├── Completion System
```

```
|      ├── Streak Engine
|      └── Rewards
|
└── Recovery Task
       ├── Behaviour Diagnosis
       ├── Trigger Mapping
       ├── Recovery Protocols
       ├── Relapse Prevention
       └── Recovery Analytics
```
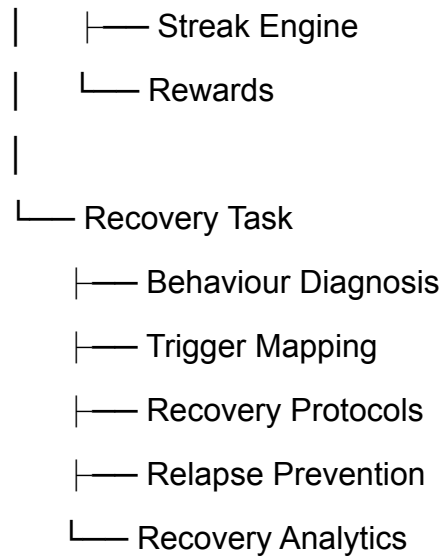
1) TAKE ANTI-SMUB TEST

"Access your digital dependency"

NEXT SCREEN: Digital Dependency Assessment Hub

Screen Structure

A. Header

- Title: **Anti-SMUB Assessment**
- Subtitle: *"Understand your digital dependency profile"*
- Progress indicator
- Behavioural colour meter mini-view

B. Test Options Panel

- **Quick Test** (Daily pulse check)
- **Full Assessment** (Deep behavioural analysis)
- **Recovery Check** (Relapse detection)
- **Focus Capacity Test** (Attention endurance)

C. Test Intelligence Section

- "What this test measures"
    - Attention control
    - Compulsion patterns
    - Dopamine dependency
    - Habit loops
    - Digital discipline

D. Result Engine Preview

- Sample outputs:
    - Risk Level
    - Dependency Category
    - Behavioural Pattern
    - Focus Index
    - Control Score

E. Action Buttons

- **Start Test**
- View Past Results
- Compare Progress

Behavioural Score Inputs

- Test completion
- Improvement trend
- Risk reduction
- Consistency

2) FOCUS MODE

"Control your wins and success"

NEXT SCREEN: Focus Control Center

Screen Structure

A. Focus Status

- Current focus state: ON/OFF
- Today's focus time
- Focus streak
- Distraction attempts blocked

B. Focus Controls

- Start Focus Session
- Set Focus Duration
- Select Restricted Apps
- Silence Notifications
- Emergency Override (ethical design)

C. Focus Presets

- Study Mode
- Work Mode
- Deep Focus
- Creative Mode
- Detox Mode

D. Behaviour Feedback

- "Focus Impact on Score"
- "Distraction Attempts Today"
- "Focus Success Rate"

E. Rewards Panel

- Focus points earned
- Focus level rank
- Focus streak badge

Behavioural Score Inputs

- Focus duration
- Session completion
- Distraction resistance
- Consistency
- Streaks

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3) SET FOCUS GOAL

"Start breaking free today"

NEXT SCREEN: Life Focus Architect

Screen Structure

A. Identity Layer

- "Who are you becoming?"
- Goal categories:
    - Academic
    - Career
    - Health
    - Business
    - Spiritual
    - Personal mastery

B. Goal Builder

- Main life goal
- Supporting goals
- Daily discipline goals
- Digital boundaries
- Focus rituals

C. Digital Alignment Engine

- Apps that help your goal

- Apps that harm your goal
- Time budget per category
- Focus windows

D. Behaviour Contracts

- "I commit to…"
- Daily discipline pledge
- Weekly focus commitment

E. Goal Visualisation

- Vision reminder
- Purpose prompt
- Identity statement

Behavioural Score Inputs

- Goal compliance
- Boundary discipline
- Ritual consistency
- Purpose alignment
- Daily goal actions

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4) DAILY CHALLENGE

"Improve your SMUB score"

NEXT SCREEN: Behaviour Conditioning Arena

Screen Structure

A. Today's Challenge

- Title
- Behaviour target

- Difficulty level
- Time window
- Countdown timer

B. Challenge Categories

- Digital detox
- Focus training
- Awareness
- Physical grounding
- Mental discipline
- Social discipline

C. Challenge Mechanics

- Instructions
- Success conditions
- Failure conditions
- Bonus actions

D. Completion System

- Check-in button
- Evidence upload (optional)
- Reflection prompt

E. Reward Engine

- Score points
- Streak update
- Rank progression
- Behaviour badge

Behavioural Score Inputs

- Completion

- Difficulty
- Consistency
- Accuracy
- Reflection quality

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5) RECOVERY TASK

"Where and why you fall short"

NEXT SCREEN: Behavioural Recovery Lab

Screen Structure

A. Behaviour Diagnosis

- Weakness zones
- Failure patterns
- Relapse triggers
- Addiction loops

B. Root Cause Mapping

- Emotional triggers
- Situational triggers
- Digital triggers
- Habit triggers

C. Recovery Protocol

- Daily recovery tasks
- Trigger interruption
- Loop breaking exercises
- Behaviour rewiring actions

D. Relapse Prevention

- Early warning signs
- Emergency actions
- Support mechanisms
- Control plans

E. Recovery Progress

- Recovery streak
- Stability score
- Risk reduction index

Behavioural Score Inputs

- Recovery consistency
- Relapse reduction
- Trigger control
- Pattern improvement
- Stability growth