**Weight Loss Coach – SwiftUI App Plan Part C**

**Onboarding**

Purpose: Make the app usable immediately while teaching the “Plan Tonight → Reflect in the Morning” loop. Keep it warm, simple, and privacy-first—no weight or calorie tracking.

**1) Goals**

* Set clear expectations (mindset + prep, not diet tracking).
* Personalize lightly (name, motivation, reminder times).
* Trigger **one core action** during onboarding (demo Night Prep or Morning Focus) to create momentum.
* Ask for notifications with value framing; deep-link users to the right screen from reminders.
* Respect accessibility and cognitive load (≤ 60 seconds, large tap targets, plain language).

**2) Flow (1–3 screens + optional tutorial)**

1. **Welcome & Philosophy (Modal)**
   * Copy: “Welcome to [App Name]. Plan tonight, thrive tomorrow. We help you build healthy eating habits by preparing the night before and reconnecting with your ‘why’ each morning—no calorie counting or weight tracking.”
   * Secondary line: “Private by default. Your entries stay on your phone (iCloud sync is optional).”
   * CTA: **Continue** (primary), **Skip** (secondary).
2. **Personalization (we don’t need?)**
   * Fields:
     + *Name* (optional).
     + *Motivation (My Why)*: choose one or write your own.
       - Presets: **More energy**, **Better mood**, **Long-term health**, **Feel confident**, **Be a better example**.
     + Stored in DailyEntry.myWhy.
   * CTA: **Next**.
3. **Reminders Setup**
   * Evening reminder: default **9:00 PM**.
   * Morning reminder: default **8:00 AM**.
   * Ask for notification permission with benefit framing: “We’ll remind you at the best times so you don’t have to remember.”
   * On allow: schedule via deep-link routing.
4. **Interactive Demo (First Win)**
5. Here’s a tight, shippable version of that **Interactive Demo (First Win)**—both the UX beats (what the user sees) and a small SwiftUI scaffold you can drop in.
6. **UX beats (10–20 seconds total)**
7. Mini Night Prep (sheet or full-screen card)
8. Title: “Try a tiny Night Prep”
9. Items:
10. **Water ready** (toggle)
11. “Other…” (inline text field; placeholder: *Add one simple prep*)
12. Primary button (disabled until any change): **Save prep**
13. One Morning Focus prompt
14. Title: “Now a 1-line ‘Why’”
15. Text field (single line or compact TextEditor): placeholder *“Why do you want to eat healthy tomorrow?”*
16. Primary: **Save my Why**
17. First-win celebration (instant, gentle)
18. Show **Mini Sprout** growing beside a line of encouragement:  
    🌱 *One healthier choice, done.*
19. Haptic: success (respect Reduce Motion / Reduce Haptics)
20. CTA: **Finish** → routes to Today
21. Microcopy variants you can rotate:
22. “That swap makes you stronger.”
23. “Small steps, big wins.”
24. “You’re building momentum!”
25. **SwiftUI scaffold (compact, self-contained)**
26. import SwiftUI
27. struct DemoFirstWinView: View {
28. enum Step { case nightPrep, morningWhy, celebrate }
29. @Environment(\.accessibilityReduceMotion) private var reduceMotion
30. @State private var step: Step = .nightPrep
31. // Night Prep mini state
32. @State private var waterReady = false
33. @State private var otherPrep = ""
34. // Morning Why
35. @State private var myWhy = ""
36. // Celebration
37. @State private var showSprout = false
38. @State private var phrase = phrases.randomElement()!
39. var body: some View {
40. VStack(spacing: 20) {
41. switch step {
42. case .nightPrep:
43. DemoCard(title: "Try a tiny Night Prep") {
44. Toggle("Water ready", isOn: $waterReady)
45. TextField("Other… (one simple prep)", text: $otherPrep)
46. .textFieldStyle(.roundedBorder)
47. Button("Save prep") {
48. withAnimation(.easeInOut) { step = .morningWhy }
49. }
50. .buttonStyle(.borderedProminent)
51. .disabled(!(waterReady || !otherPrep.trimmingCharacters(in: .whitespaces).isEmpty))
52. .accessibilityHint("Save one tiny preparation for tomorrow")
53. }
54. case .morningWhy:
55. DemoCard(title: "Now a 1-line “Why”") {
56. TextField("Why do you want to eat healthy tomorrow?", text: $myWhy)
57. .textFieldStyle(.roundedBorder)
58. Button("Save my Why") {
59. // Persist demo values if desired, then celebrate
60. phrase = Self.phrases.randomElement()!
61. withAnimation(.spring(response: reduceMotion ? 0.1 : 0.6)) {
62. step = .celebrate
63. showSprout = true
64. }
65. }
66. .buttonStyle(.borderedProminent)
67. .disabled(myWhy.trimmingCharacters(in: .whitespaces).isEmpty)
68. }
69. case .celebrate:
70. VStack(spacing: 16) {
71. if showSprout {
72. MiniSproutView(reduced: reduceMotion)
73. .frame(width: 84, height: 84)
74. .transition(.scale)
75. .accessibilityHidden(true)
76. }
77. Text(phrase)
78. .font(.headline)
79. .multilineTextAlignment(.center)
80. .padding(.horizontal)
81. Button("Finish") {
82. // Route to Today → Morning Focus
83. // e.g., router.dest = .reviewPrep
84. }
85. .buttonStyle(.borderedProminent)
86. }
87. .padding(.top, 24)
88. }
89. }
90. .padding(24)
91. .navigationTitle("Quick Demo")
92. .onAppear {
93. // Optional: light haptic on appear of celebration
94. }
95. }
96. static let phrases = [
97. "One healthier choice, done.",
98. "That swap makes you stronger.",
99. "Small steps, big wins.",
100. "You’re building momentum!"
101. ]
102. }
103. private struct DemoCard<Content: View>: View {
104. let title: String
105. @ViewBuilder var content: Content
106. var body: some View {
107. VStack(alignment: .leading, spacing: 14) {
108. Text(title).font(.title3.bold())
109. content
110. }
111. .padding(16)
112. .background(RoundedRectangle(cornerRadius: 16).fill(Color(.secondarySystemBackground)))
113. }
114. }
115. // Minimal sprout sketch (replace with your production component)
116. struct MiniSproutView: View {
117. let reduced: Bool
118. @State private var grow = false
119. @State private var sway = false
120. var body: some View {
121. ZStack {
122. // stem
123. RoundedRectangle(cornerRadius: 2)
124. .fill(.green)
125. .frame(width: 6, height: grow ? 56 : 8)
126. .offset(y: grow ? 8 : 24)
127. .animation(.easeOut(duration: 0.6), value: grow)
128. // leaves
129. HStack(spacing: 0) {
130. Leaf()
131. .rotationEffect(.degrees(-30))
132. .offset(x: -16, y: -6)
133. Leaf()
134. .rotationEffect(.degrees(30))
135. .offset(x: 16, y: -6)
136. }
137. .opacity(grow ? 1 : 0)
138. .rotationEffect(.degrees(reduced ? 0 : (sway ? 2 : -2)), anchor: .bottom)
139. .animation(reduced ? nil : .easeInOut(duration: 1.6).repeatForever(autoreverses: true), value: sway)
140. }
141. .onAppear {
142. grow = true
143. if !reduced { sway = true }
144. }
145. .accessibilityHidden(true)
146. }
147. struct Leaf: View {
148. var body: some View {
149. Capsule().fill(.green).frame(width: 22, height: 12)
150. }
151. }
152. }
153. **Notes & wiring**
154. **Where to present:** after Reminders Setup in onboarding. Use .sheet or a dedicated onboarding stack.
155. **Persistence:** if you want the demo to “count,” write waterReady/otherPrep/myWhy into a temp DailyEntry and mark it as demo. Otherwise, just set flags that unlock the first-week plan.
156. **Accessibility:** all controls labeled; celebration respects **Reduce Motion**.
157. **Exit path:** “Finish” deep-links to Today → Morning Focus (your AppRouter.dest = .reviewPrep).
158. Want me to turn this into a reusable OnboardingDemoCoordinator with callbacks (onComplete) so you can drop it into your existing Part B router?

**Optional Tutorial (3 swipes)**

* + Morning Focus → I Need Help → Night Prep.
  + CTA: **Got it** (replayable in Settings).

**Completion**

* + Copy: “You’re set. Tonight, log your first prep. Tomorrow morning, review your why.”
  + CTA: **Start My First Morning Focus**.

**3) Copy & Microcopy**

* **Welcome title:** Plan tonight, thrive tomorrow.
* **Privacy line:** Your journey stays private on your device. iCloud sync optional.
* **Motivation prompt:** What’s your main reason for wanting to eat healthier?
* **Reminder explainer:** We’ll remind you in the evening to prep and in the morning to reflect.
* **Demo tip:** Try one tiny step now—get tomorrow’s water ready or add one prep.
* **First win celebration:** 🌱 One healthier choice, done.
* **Completion nudge:** Do one tiny prep tonight; review your why tomorrow.

**4) Behavioral Hooks**

* **Commitment prompt:** “I’ll spend 2 minutes each night planning my food.”
* **Positive framing:** Emphasize energy, control, confidence.
* **First action bias:** Ensure demo produces a “win.”
* **Social proof:** “Most people feel more confident after one week of nightly prep.”

**5) Notifications & Deep Links**

* Evening reminder → “Prep Tonight (for Tomorrow).”
* Morning reminder → “Review Your Prep.”
* Routes: wlcoach://prepTonight / reviewPrep / needHelp.

**6) Celebrations**

* First demo: **Mini Sprout animation** (gentle growth + sway).
* Milestones: Big overlay (ring/spark).
* Settings: toggle for “Celebrations.”

**7) Accessibility & Inclusivity**

* Large tap targets, high-contrast text.
* VoiceOver: Moon = Night Prep; Sun = Morning Focus.
* Respect “Reduce Motion.”
* Inclusive examples: culturally diverse food, no diet jargon.

**8) First-Week Plan (delivered in-app, not onboarding)**

* Day 1: Plan one healthy meal.
* Day 2: Reflect on energy/mood.
* Day 3: Put water where you’ll see it.
* Day 4: Prep a protein snack.
* Day 5: Identify a trigger and one swap.
* Day 6: Do a 90-second reset (I Need Help).
* Day 7: Review wins; pick a habit to repeat.

**9) QA Checklist**

* Welcome shows privacy + skip option.
* Notifications explained before prompt.
* Demo can be done in ≤ 1 tap + 1 text field.
* Mini sprout respects Reduce Motion.
* Deep-links route correctly.
* VoiceOver reads controls clearly.