**PROJECT TITLE**: **Leading Fully Charged**  
**SUBTITLE**: *A Personal Mastery Digital System*  
**PREPARED BY**: Catherine Dixon  
**DATE**: April 2025

**1. 🌟 Project Overview**

This project aims to build a **web-based personal mastery tracker** designed to help users:

* Set and achieve meaningful goals
* Form and sustain powerful daily habits
* Track their mood and emotional rhythm
* Cultivate presence and clarity through **daily journaling with curated prompts**

The app should be *simple, intuitive, and emotionally engaging*, providing users with **insights, visual feedback, and intelligent prompts** to enhance motivation, consistency, and self-awareness.

The app will incorporate **AI-powered insights** and a clean, user-friendly interface to support both personal transformation and everyday performance.

**Core Features**

* 🎯 Goal Setting and Progress Tracker
* 🔁 Habit Tracker with Streaks
* 😊 Daily Mood Tracker
* ✍️ Daily Journal with Curated Prompts
* 🧘 Daily Intention Tracker
* 📊 Analytics Dashboard for Insights & Trends

**2. 📦 Scope of Work (MVP)**

The developer will be responsible for the full-stack build of the MVP, which will include:

* **Authentication System**: Google login + Email/password (Firebase Auth or OAuth)
* **Backend API**: FastAPI (Python) with MongoDB or PostgreSQL
* **Frontend UI**: React.js or HTMX + Jinja templates (Python stack option)
* **Goal Tracker**: Users can set and track goals, with visual progress indicators
* **Habit Tracker**: Track daily habits with weekly views and streak tracking
* **Mood Tracker**: Log daily mood (1–5 scale), store optional notes
* **Daily Journal**: Users receive curated or AI-generated prompts and respond with free-text entries
* **Intention Tracker**: Set a daily intention (short, guided reflection)
* **Analytics Dashboard**: Weekly summaries of activity, trends, and emotional wellbeing
* **Deployment**: Vercel (frontend) + Render or Railway (backend)

**3. 🧠 Functional Requirements**

| **Module** | **Description** |
| --- | --- |
| Authentication | Secure sign-up/login using Firebase Auth or OAuth |
| Goal Tracker | Create/edit goals and track progress manually or via habits |
| Habit Tracker | Add daily habits, track completion, and view streaks |
| Mood Tracker | Log mood on a 1–5 scale, visualise trends |
| Daily Journal | Daily free-text journaling with rotating or AI-generated prompts |
| Daily Intention Tracker | Morning intention-setting with prompt or open field |
| Analytics Dashboard | Weekly/monthly visual summaries of all user activity |
| UI Components | Mobile-first design, clean, intuitive interface |

**4. ⚙️ Technology Stack**

| **Layer** | **Technology** |
| --- | --- |
| Frontend | React.js + Tailwind CSS OR HTMX + Jinja (for Python-first workflow) |
| Backend | FastAPI (Python) |
| Database | MongoDB (via PyMongo/Motor) OR PostgreSQL (via SQLAlchemy/Prisma ORM) |
| Authentication | Firebase Auth OR OAuth2 |
| AI Tools | TensorFlow / PyTorch (for prompt generation, mood prediction, journaling analytics) |
| Deployment | Vercel (frontend) + Render or Railway (backend) |

**5. 🗓️ Project Timeline (10 hrs/week, 18-week plan)**

| **Phase** | **Weeks** | **Key Deliverables** |
| --- | --- | --- |
| Phase 1: Setup & Authentication | Weeks 1–2 | GitHub setup, environment, login system |
| Phase 2: Backend + Database | Weeks 3–4 | FastAPI endpoints, data models for users, habits, moods, journal, goals |
| Phase 3: Goal & Habit Tracker | Weeks 5–7 | UI + backend integration; goal progress, habit streaks |
| Phase 4: Mood, Journal, Intentions | Weeks 8–9 | Mood logging, journaling interface with prompts, daily intention input |
| Phase 5: Analytics Dashboard | Weeks 10–12 | Dashboard with charts: mood, habits, goals, journaling engagement |
| Phase 6: UX Polish | Weeks 13–14 | Final polish, edge case handling, responsive tuning |
| Phase 7: Deployment | Weeks 15–16 | Live hosting on Vercel/Render, final debugging |
| Phase 8: AI Integration / Buffer | Weeks 17–18 | Add smart journaling prompts, mood prediction, or prepare for future AI modules |

**6. 🙌 Support Provided**

| **Area** | **Contribution** |
| --- | --- |
| Product Vision | Clear requirements, user persona, voice and tone guidance |
| Mockups / UX | Optional wireframes or feedback on design |
| Copywriting | Journal prompts, intention suggestions, microcopy |
| Weekly Check-ins | Async or 30-min feedback sessions |
| Deployment Support | Optional guidance on Render/Vercel |
| AI Integration Help | Conceptual ideas and prompt models for experimentation |

**7. ✅ Success Criteria**

The project will be considered successful when:

* Users can log in and securely access their personal dashboard
* Habit, mood, goal, intention, and journal modules are stable and intuitive
* Daily journal includes prompt rotation or AI-generated suggestions
* Analytics dashboard clearly reflects user trends and consistency
* App is live, mobile responsive, and usable by real test users
* (Optional) Early-stage AI features (like journaling insights) are scoped or prototyped