

MyPlan: User Operations Manual

Welcome to MyPlan, your all-in-one productivity and health ecosystem. This guide details how to navigate and utilize the core features of the PWA.

1. Getting Started

Local Access

1. Start the server using `npm run dev`.
2. Open the provided `localhost` URL in Chrome or Edge (recommended for Bluetooth support).
3. Log in or Register via the Auth screens.

Global Navigation

- **Top Header:** Use the **Hamburger Menu** (☰) on the left to access the slide-in sidebar. Access account settings and notifications on the right.
- **Bottom Navigation:** Quickly switch between the **Dashboard**, **Fitness**, **Projects**, and **Finance** modules. The central **Floating Action Button** (+) allows for quick entry of new items.

2. Core Modules

⌚ Fitness & Health

- **Dashboard:** Track your daily steps, energy burned, and active time.
- **Smartwatch Sync:**
 - Go to an Active Workout Session.
 - Click "Sync Watch".
 - **Important:** Requires a secure HTTPS context. If testing locally on mobile, ensure you follow HTTPS tunneling protocols.
- **AI Workout Planner:** Navigate to "Generate Plan" to create custom routines based on your specific requirements.

🗄 Business Management

- **Projects:** View overall project health and velocity charts.
- **Kanban Board:** Drag tasks between "To Do", "In Progress", and "Done".
- **Task Details:** Click any task to view advanced metadata, subtasks, and descriptions.

⌚ Financial Management

- **Dashboard:** View your net worth and monthly balance at a glance.
- **Quick Entry:** Use the "+" button to log income or expenses with custom categories.
- **Reports:** Analyze spending patterns via high-fidelity pie charts.

📅 Productivity (Calendar & Notes)

- **Timeline:** Manage meetings and events via the horizontal date picker.
- **Notes:** Capture thoughts with tag-based organization and rich-text style cards.

3. Advanced Features & Security

Bluetooth Diagnostics

The application includes built-in diagnostics for Bluetooth sync. If pairing fails:

1. Ensure your browser is **Chrome**, **Edge**, or **Bluefy (iOS)**.
2. Verify you are using **HTTPS** (or localhost).
3. Ensure your heart rate monitor is in pairing mode.

Data Privacy

All data is synced in real-time with your private **Supabase** instance, ensuring your health and financial data remain secure and accessible across devices.

📄 Exporting this Guide to PDF

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1. Open this file in **VS Code**.
2. Press `Ctrl+Shift+P` and type "**Markdown: Export as PDF**" (requires a Markdown PDF extension).
3. Alternatively, open the app in a browser, navigate to the guide (if hosted), and use **Print (Ctrl+P) > Save as PDF**.