

Groups are not only a basis of a community but a delivery system. it will allow the app to place a client into a main group upon registration that has a sequence assigned without needing the coach to assign.

GROUP Purpose:

- Grouping clients for communication, cards and sequence delivery.
- Every client should be assigned to a group as soon as they enter the app.
- Groups come with a community wall for them to post together (like FB wall)

Group desire process.

- Auto assigned client into the main group "HOW2HEAL community" upon registering
- Auto assign welcome sequence to those upon arrival of app
- Ability send sequences or single cards to a group, individual, all
- Cohort start date or send now of sequences or cards to group, individual, all
- Have multiple groups in our HOW app
 - alternate groups the client can be invited with an Invite Code (choice of the client) or to be added by the coach.
- Groups can have a community wall assigned like Facebook so they can all be together communicating. (not activ on client side)

3 ways a client can get to a group:

- auto assigned upon registration
- use of invite code
- push by coach to group.

← Add Group

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Group Name

Invite ID

☐ Create Community

☐ Auto Add New Client

☐ Allow Client To Post Images

Submit

current state of group/community wall: not activated on the client side and missing the connection to sequences:

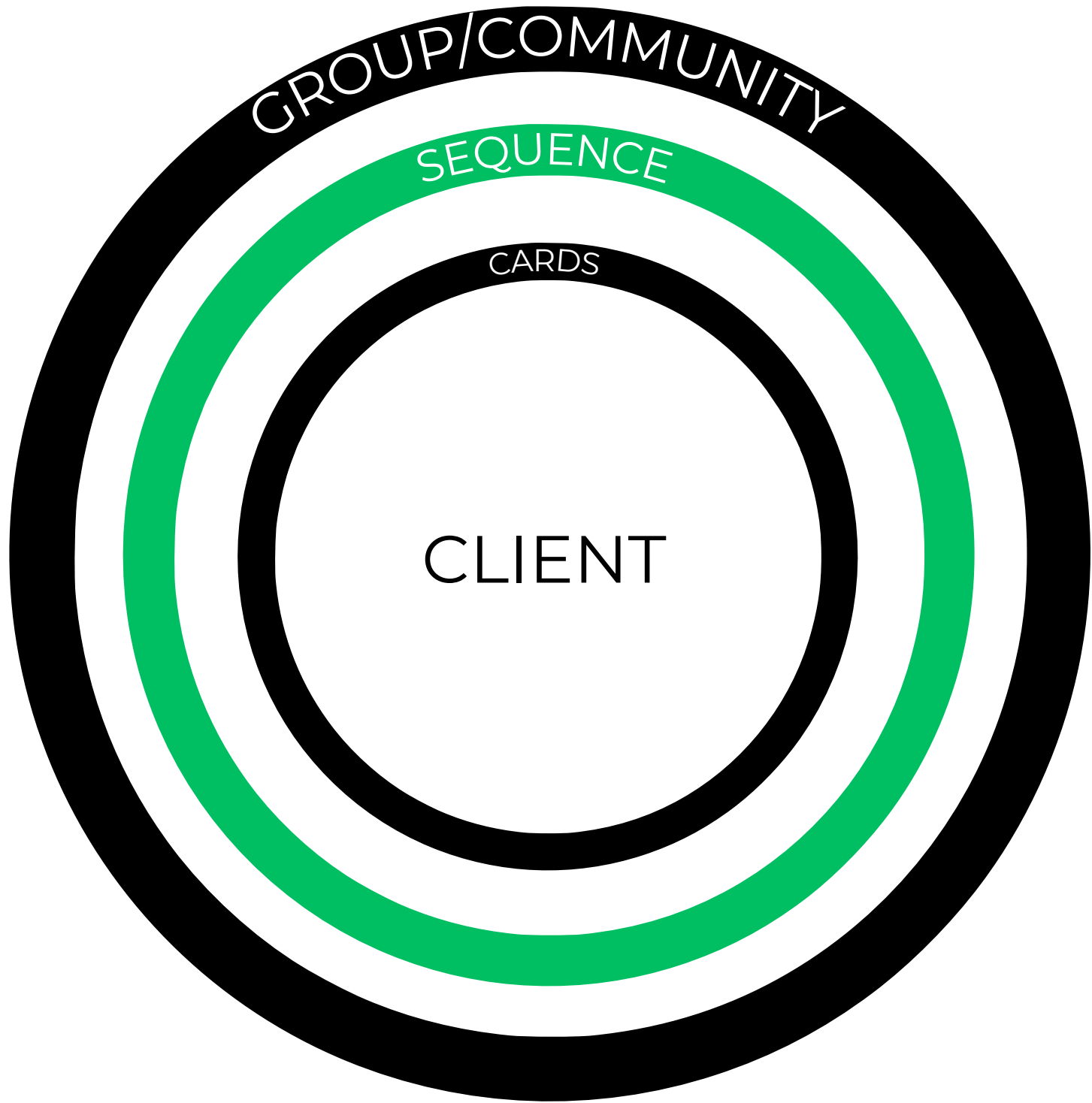
Sequences are built but need to be improved for flow. Coach can assign and is delivering.

Purpose of a sequence:

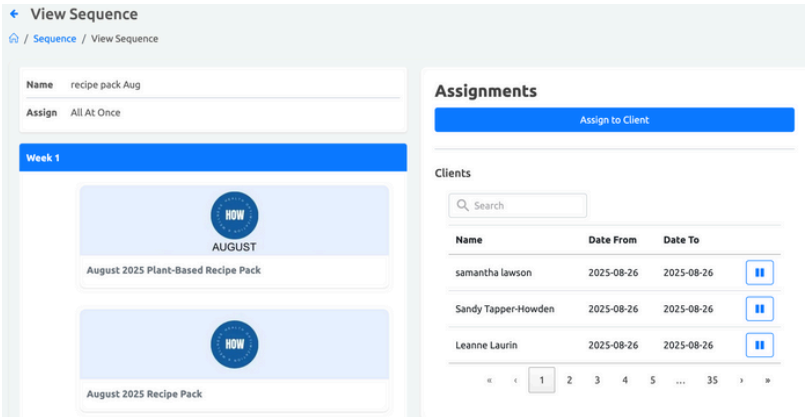
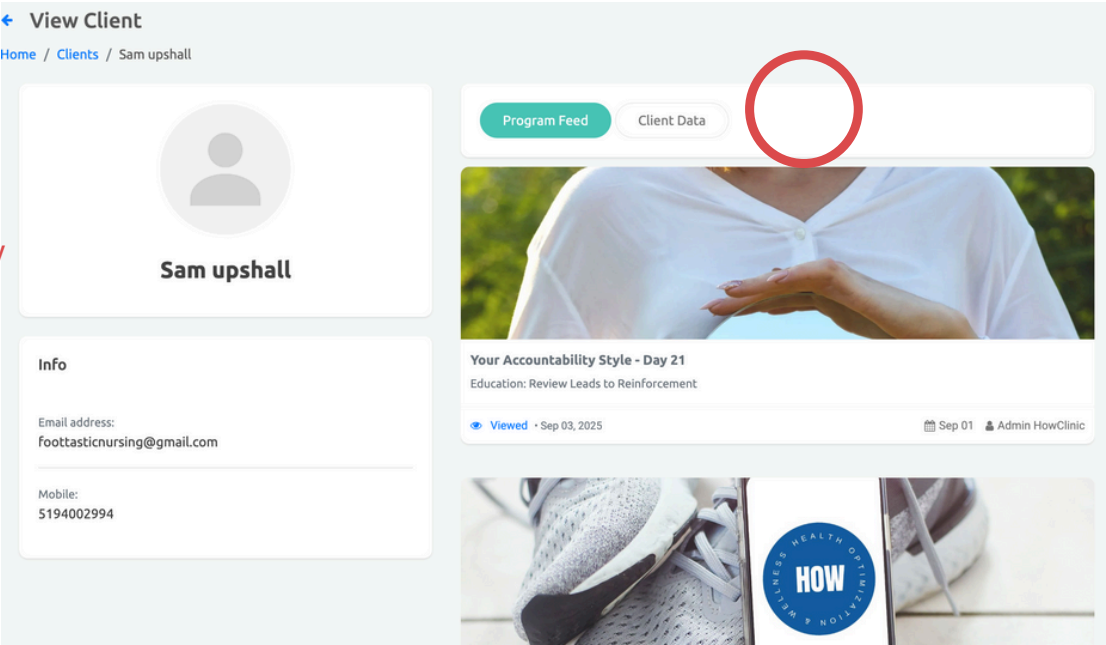
- Auto sending of scheduled cards
- client can choose a sequence to join within community through cards today

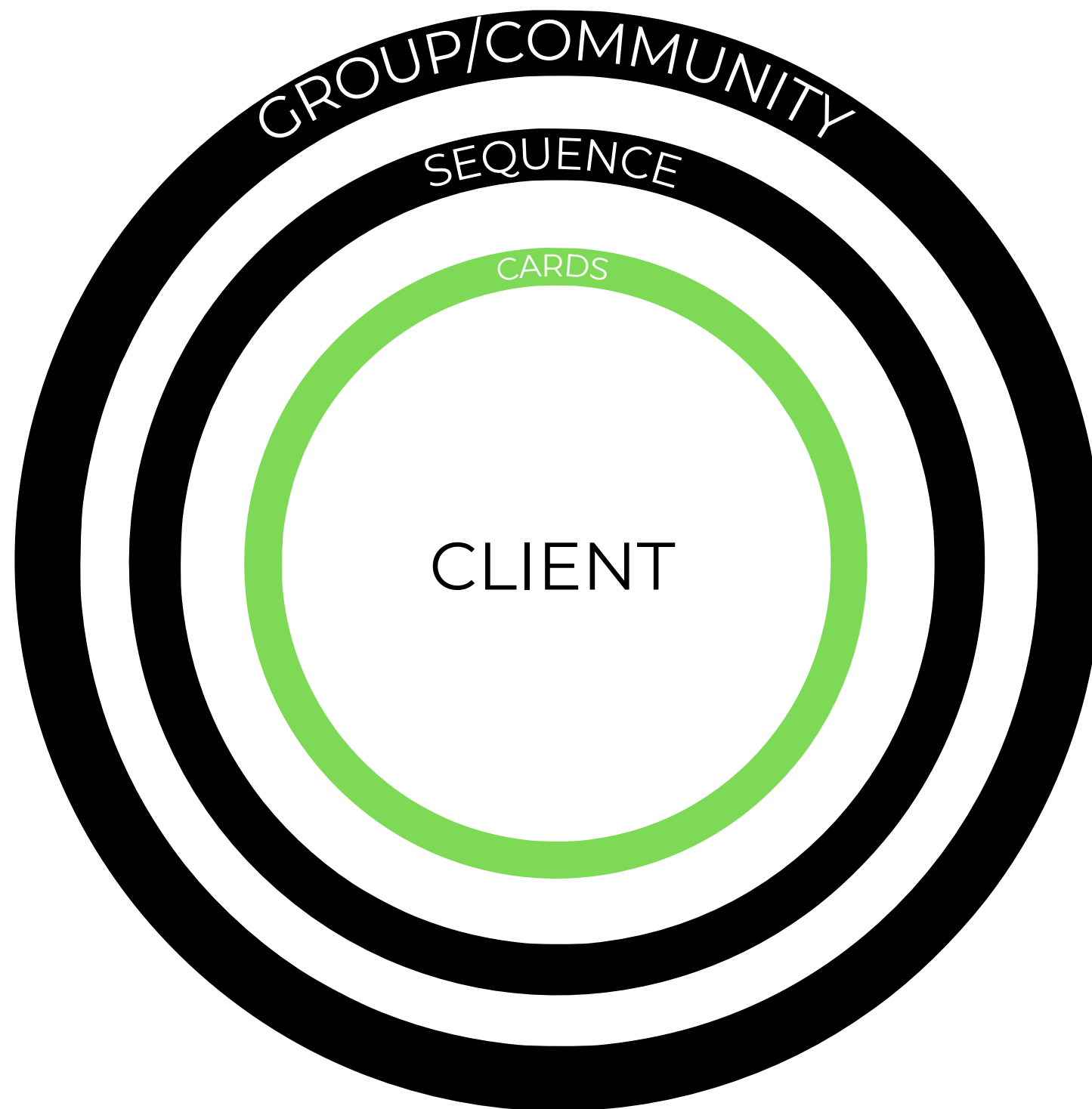
Desire for sequencing

- Assignment list in view sequence to show more than 3 names per page.
- assign sequence to a group
- when coach puts client in sequence, assign a start date (today or future/cohort start date)
- the sequences the client has been in or using to be displayed on the patient profile for the coach as well.
- make sure sequence button within cards work (sequences start the very next day of assignement right now)



Sequences
button for
coach review



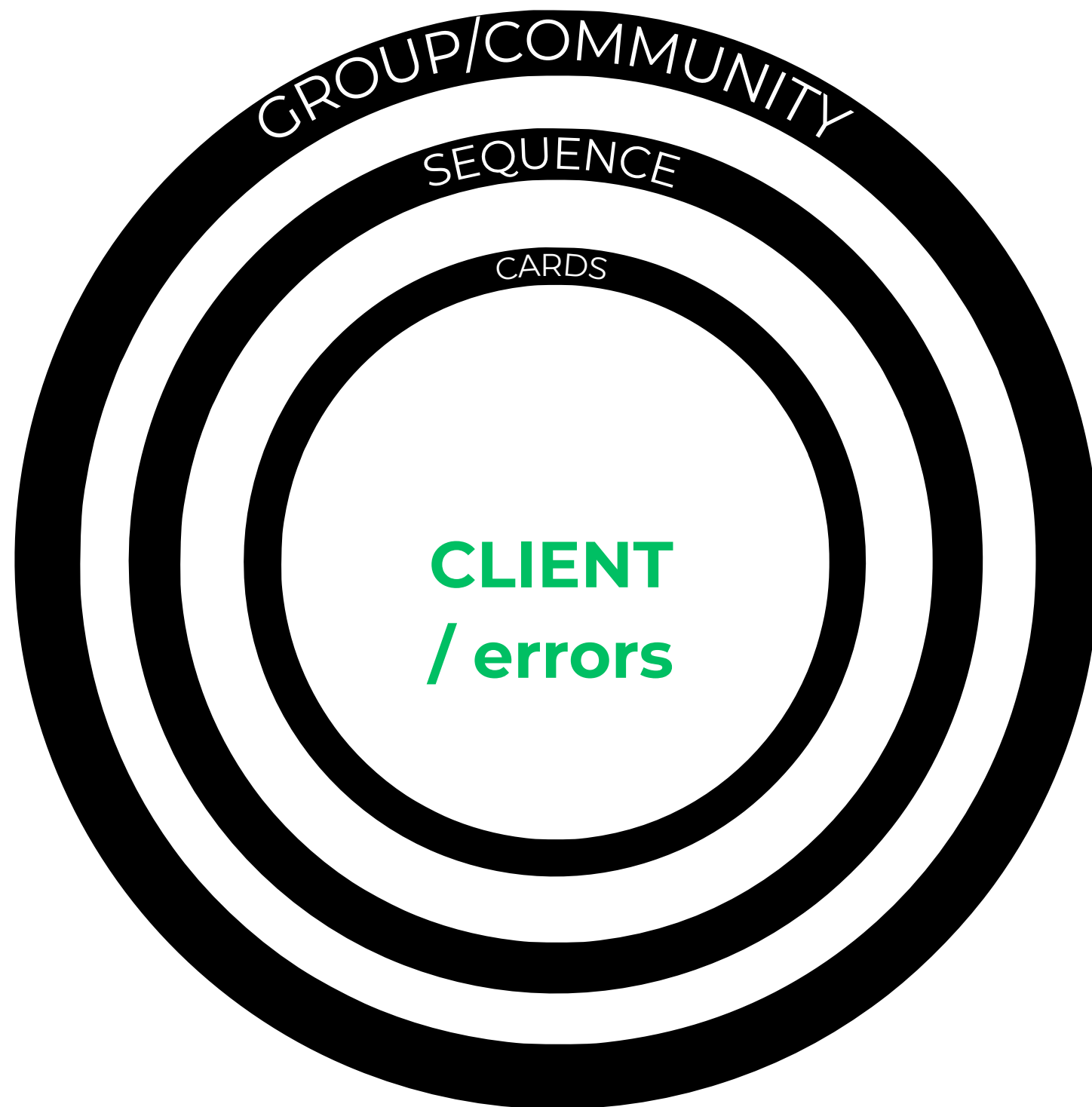


- send button on the card page, can only send card in client profile right now.
 - I would like cards to be able to send to "groups", individual or all.
 - cohort start date, send now, future date
- If a card is on daily repeat have it bump back to the top vs send again. if weekly bump back up on that day vs duplicate.

Feature	Card Name	Title	
	September 2025 Recipe Pack	September 2025 Recipe Pack	
	September 2025 Plant-Based Recipe Pack	September 2025 Plant-Based Recipe Pack	
	Testing sequence invite	Testing sequence invite	
	Curried Lentil and Spinach Fritters	Curried Lentil and Spinach Fritters	
	August 2025 Plant-Based Recipe Pack	August 2025 Plant-Based Recipe Pack	
	August 2025 Recipe Pack	August 2025 Recipe Pack	
	What Is a Dopamine Menu? - Card 5	What Is a Dopamine Menu?	
	Set Time Limits for Social Media apps on Both iPho...	Set Time Limits for Social Media apps on Both iPho...	
	Break the Scroll: How Grayscale Mode Can Help You ...	Break the Scroll: How Grayscale Mode Can Help You ...	

Add Send button.

I would like cards to be able to send to "groups", individual or all. We can only send cards right now in the client profile.



L#3

OG IN ISSUES

clients in pending need to have a complete reset. i need them to be able to use the same email originally. some are resetting their passwords and still can get in?

#1

- If any coach sends a card/sequence to a client it needs to be visible for all in the client feed.
- **right now when admin send a card to a client, i dont see it when i log in under my coach account. i only see what i have sent and need to see all cards client received no matter from who.**
- cards can be made under admin that make it a global approved HOW card and every one has access to send from their own coach log in.
- If a coach creates a card within their own profile, only that coach can send and edit the card from their personal library. These cards are not added to the HOW global library but, once sent, they will be visible in the client's profile. Additionally, any private card a coach sends to a client should still appear in the client's dashboard.

#2

- I need passio outputs visible asap, clients are tracking but coach cant see.
- clients are seeing other peoples inputs, i assume they are mine?
- my meal needs organization: breakfast lunch dinner snack. day view.

11:58 AM, September 5, 2025

Hey Samantha, quick question. I'm just checking out the app now. With all of the issues getting it going I kind of forgot all about it. I don't understand the food logging section. I logged my breakfast, but it just got lumped in with this great long list of stuff that other people have logged. Including like 14 Apple entries lol! Is that how it is supposed to look?

