1. **Login Screen**
   1. **Username & Password Fields**:
      1. Simple text fields for username and password.
      2. A “Forgot Password?” link for recovery.
   2. **Login Button**:
      1. Centralized for ease of access.
      2. Option to remember login credentials.
   3. **Sign-Up Option**:
      1. For new users, a button redirects to the registration page.
2. **Dashboard Screen**
   1. **Welcome Header**: User’s name and current date displayed prominently.
   2. **Daily Overview Panel**:
      1. **Key Metrics**: A horizontal display with icons for daily heart rate, blood pressure, sleep quality, and activity level.
      2. **Status Indicators**: Use color-coded icons (green for normal, yellow for caution, red for alert) based on daily data.
      3. **Navigation Menu (Side or Top Panel)**:
      4. Buttons for **Health Data**, **Sleep Data**, **Activity Data**, **Community Trends**, and **Settings**.
   3. **Life Event Score**:
      1. A simple progress bar or circular gauge indicating the current life event score.
      2. Option to click for more detailed information.
3. **Health Data Screen**
   1. **Heart Rate and Blood Pressure Graphs**:
      1. Line charts or bar graphs showing heart rate and blood pressure over selectable timeframes (e.g., daily, weekly, monthly).
      2. Interactive features allow users to hover over data points to view specific readings.
   2. **Data Summary**: A small summary box with averages, highest, and lowest readings.
   3. **Recommendations Panel**: AI-driven insights based on recent trends. For example, “Your blood pressure has been high this week. Consider incorporating more exercise.”
   4. **Add Data Button**: Users can manually add data or update readings.
4. **Sleep Data Screen**
   1. **Sleep Quality Summary**: Visualized with a pie chart showing proportions of light sleep, deep sleep, and awake time.
   2. **Sleep Trend Graph**: A line chart displays sleep duration over time, with indicators for deep sleep time.
   3. **Analysis Section**: Tips and insights, e.g., “You’re averaging 7 hours of sleep. Deep sleep duration is below average; consider a consistent bedtime routine.”
   4. **Set Sleep Goals**: A section where users can set goals for sleep duration and receive reminders.
5. **Activity Data Screen**
   1. **Activity Breakdown**: Circular graphs showing proportions of movement, exercise, and standing time.
   2. **Daily and Weekly Activity Tracker**: A bar chart for viewing exercise time and steps taken, broken down by day or week.
   3. **Motivational Messages**: AI-generated suggestions for more activity if activity levels are low, or praise messages for achieving goals.
   4. **Log Activity Button**: Allows users to manually input activities or synchronize with wearable devices.
6. **Community Trends Screen (for City Officials)**
   1. **Urban Well-being Index**:
      1. A map-based heatmap visualizing the well-being index for different neighborhoods.
      2. Use color-coding to show varying levels of well-being (e.g., green for high well-being, red for low).
   2. **Trend Analysis**: Bar or line graphs comparing health trends across demographics or geographic areas.
   3. **Intervention Impact Dashboard**: Displays the projected impact of various interventions (e.g., healthcare access, youth programs) based on data analysis.
   4. **Download Report**: Button for exporting trends and insights into PDF reports for further analysis or presentation.
   5. **Data Filters**: Dropdown menus to filter by date range, demographic group, or specific metrics.
7. **Settings Screen**
   1. **User Profile**: Basic details (e.g., age, weight, height) with an option to update information.
   2. **Privacy Settings**: Data-sharing preferences with toggle switches for enabling/disabling data sharing for community insights.
   3. **Notification Settings**: Options to receive reminders and notifications about health, sleep, or activity goals.
   4. **Security Settings**: Password update, two-factor authentication setup, and activity logs to track login attempts.
8. **Report & Insights Screen**
   1. **Weekly & Monthly Reports**:
      1. Summarized reports with key statistics, visualizations, and trend insights.
      2. A summary box with the life event score for the period and suggestions for improvement.
   2. **AI-Driven Recommendations**: Personalized tips based on data, such as “Increase your exercise to improve heart health” or “Sleep quality improvement suggestions based on recent data.”
   3. **Share Report Button**: Allows users to export or share their reports with healthcare providers or family members.
9. **Final Presentation Screen (for Stakeholders)**
   1. **Story-Based Narrative Layout**:
      1. Start with an overview of community well-being metrics and top issues.
      2. Use visualizations to tell a cohesive story about the city’s health, economy, and social issues.
   2. **Live Data Simulation**: Include live data points or simulations of intervention impacts.
   3. **Next Steps and Recommendations**: Highlight key areas for improvement, with suggested interventions and their projected impacts on community well-being.