**1. Login Screen**

* **Username & Password Fields**: Input Fields
* **Forgot Password**: Text Link
* **Login Button**: Button Component
* **Sign-Up Option**: Button Component

**2. Dashboard Screen**

* **Welcome Header**: Text Layer
* **Daily Overview Panel**:
  + Key Metrics: Icon with Text Layer
  + Status Indicators: Icon with Color Fill
* **Navigation Menu**: Button Set (e.g., Horizontal or Vertical Auto Layout)
* **Life Event Score**: Progress Bar or Circular Progress Component
* **Last Updated Timestamp**: Text Layer

**3. Health Data Screen**

* **Heart Rate and Blood Pressure Graphs**: Line or Bar Chart Frame (using Figma Plugins like "Charts" or embedded SVG/PNG)
* **Data Summary Box**: Text Layer or Table Frame
* **Recommendations Panel**: Text Layer
* **Add Data Button**: Button Component
* **Data Source Indicator**: Icon with Text Layer

**4. Sleep Data Screen**

* **Sleep Quality Summary**: Pie Chart Frame (using Figma Plugins for Charts)
* **Sleep Trend Graph**: Line Chart Frame (using Figma Plugins for Charts)
* **Analysis Section**: Text Layer
* **Set Sleep Goals**: Slider Component or Input Field with Button
* **Deep Sleep Indicator**: Text Layer or Icon

**5. Activity Data Screen**

* **Activity Breakdown**: Circular Graph Frame (using Figma Plugins for Charts)
* **Daily and Weekly Activity Tracker**: Bar Chart Frame (using Figma Plugins for Charts)
* **Motivational Messages**: Text Layer
* **Log Activity Button**: Button Component
* **Sync with IoT Devices Option**: Toggle Switch Component

**6. Community Trends Screen (for City Officials)**

* **Urban Well-being Index**: Map-based Heatmap Frame (using imported Map/Image Layer)
* **Trend Analysis**: Bar or Line Chart Frame (using Figma Plugins for Charts)
* **Intervention Impact Dashboard**: Graphs (Line, Bar, or Heatmap Frame, with Plugins for Charts)
* **Download Report Button**: Button Component
* **Data Filters**: Drop-down Menu or Drop-down List Component
* **Link to Urban Issues**: Text Link or Button Component

**7. Settings Screen**

* **User Profile**: Input Fields for editable profile information
* **Privacy Settings**: Toggle Switch Components
* **Notification Settings**: Toggle Switch Components
* **Security Settings**: Buttons (for Password Update, Two-Factor Authentication)
* **Data Source Preferences**: Drop-down Menu or Checkbox Set (for selecting multiple sources)

**8. Report & Insights Screen**

* **Weekly & Monthly Reports**: Text Layers, Graphs (Line/Bar Charts Frame), and Data Summary Box
* **AI-Driven Recommendations**: Text Layer
* **Share Report Button**: Button Component
* **Personalized Insights Dashboard**: Line/Bar Charts Frame and Text Layers for real-time feedback