Amara onboarding and prototype wireframes

Team review | October 23 2026

Start with Amara, learn the person’s fluid habits, agree on their rituals, and land on a useful daily tracker. The tracker is the reason to return. Conversation supports logging, questions, and encouragement around that experience.

The proposed journey

Step	Screen	User decision
1	Meet Amara	Name and adult pilot confirmation
2	Current habits	Usual water and other drinks
3	Personal focus	What should become easier
4	Fluid tracking	Units and optional personal target
5	Rituals	Frequency, times and quiet hours
6	Review and begin	Confirm choices and open Today

What the meeting established

Amara leads onboarding; Alan is removed from this flow. Use short text prompts and visual choices. Keep learning optional. Put the fluid tracker at the center of the daily experience. Let the user choose the check-in schedule, and begin a check-in by asking what they have already consumed.

The meeting also explored photo logging, curated commerce, a long-term wellbeing profile, rewards, and private groups. The initial experience concentrates on fluids, rituals, learning, and a marketplace preview. Voice, illness-specific planning, an admin analytics dashboard, and reward redemption are later work.

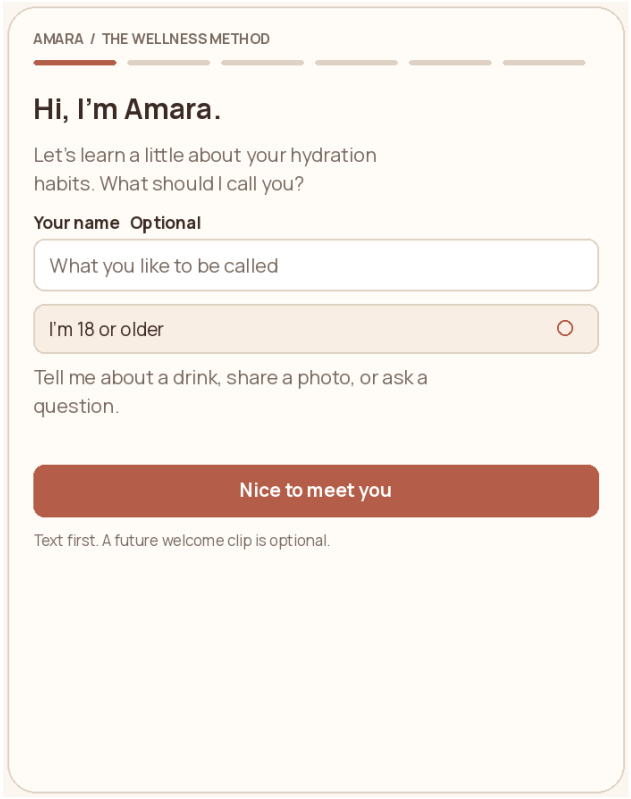
How to review this document

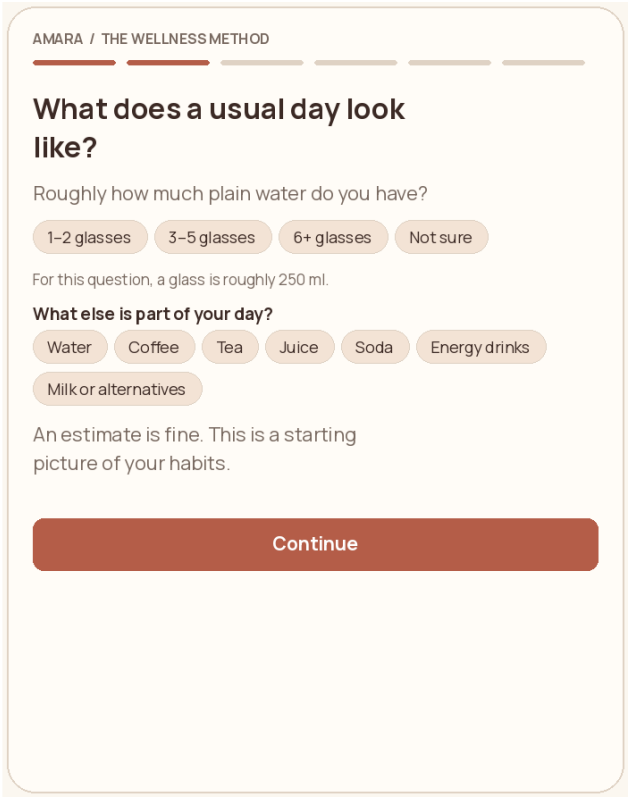
Zack reviews the warmth, visual hierarchy, welcome copy, and companion behavior. Dom and Alan review product and educational copy. Once aligned, Greg can implement the agreed sequence and connections. The detailed choices below are design proposals implementing the meeting, rather than a verbatim list of decisions.

Basis: the Wednesday meeting transcript supplied by Dom and the supplied Amara electrolyte video. Confidence in the meeting direction: high. Effectiveness of this experience still needs observation in the internal test.

Steps 1 and 2

Meet Amara and establish current habits





Step 1 Meet Amara

Amara introduces herself and asks what the user likes to be called. The name is optional. Keep the inherited adult pilot confirmation. “Nice to meet you” continues. A sample-day shortcut is available for review without entering personal details.

Suggested future welcome clip for Zack: “Hi, I’m Amara. I’m here to help you build an easier hydration routine. Let’s learn a little about your day.” One optional clip can introduce her; the survey continues in text. The electrolyte lesson is not a welcome video.

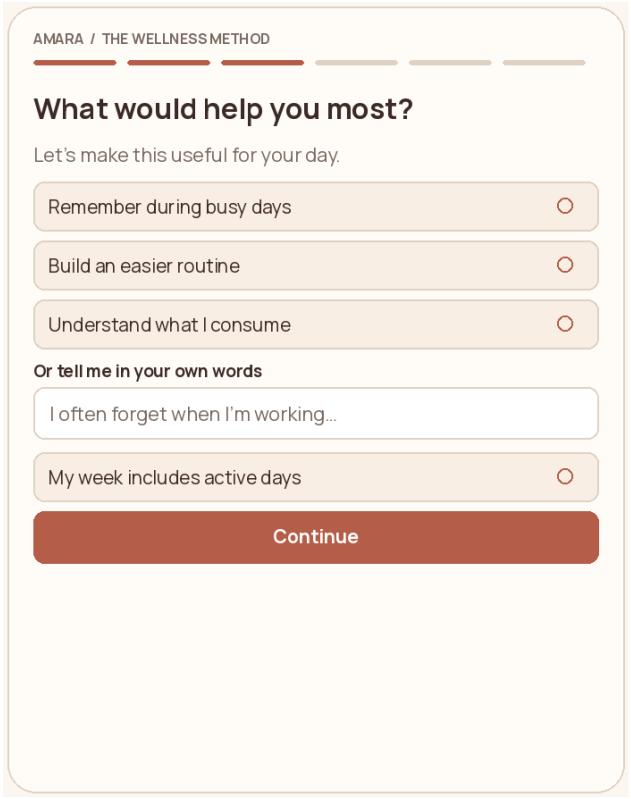
Step 2 Understand the current day

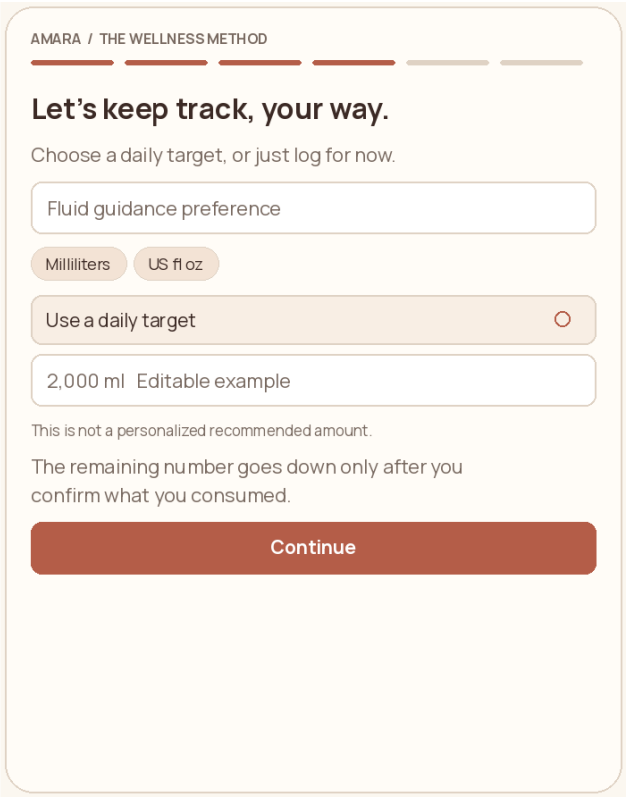
Show four visual water choices: 1–2 glasses, 3–5 glasses, 6 or more, and Not sure. Explain the approximate glass size. Let users select the other drinks that feature in their day. Store the choices as self-reported habits; never treat these answers as today’s confirmed fluid log or a diagnosis.

The profile starts with waterHabit and drinkTypes. The “Not sure” answer is valid. Back navigation preserves answers. The first release does not ask for illness history, precise location, height, or weight.

Steps 3 and 4

Choose a useful focus and explain the tracker





Step 3 Make the experience relevant

Ask what would help most: remembering during busy days, building an easier routine, or understanding intake. Accept the person's own words. An optional active-days choice can inform which learning is surfaced. It does not calculate a medical fluid requirement.

Step 4 Agree on fluid tracking

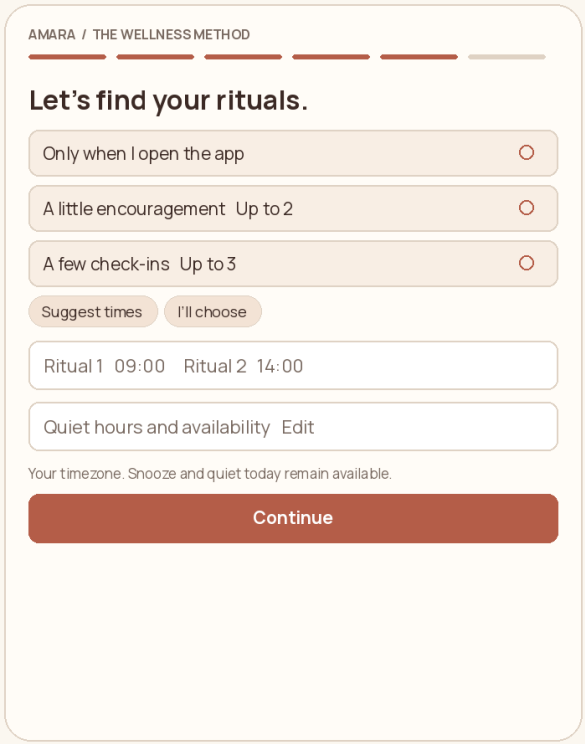
Offer milliliters or US fluid ounces. The user can keep, edit, or turn off an example target. The prototype uses 2,000 ml as an explicitly labeled example. It is not a personalized recommendation. If the person follows individual clinical fluid guidance, keep logging available and switch drink invitations off.

The visual vessel and number represent fluid remaining in a chosen daily target. Confirming an intake makes them go down. They do not estimate hydration in the body and do not drain on a clock. Without a target, show the amount logged instead.

Behavior: remaining = maximum of zero and target minus confirmed intake. Store amounts in ml and convert only for display. Corrections and removals recalculate the total. A local calendar day starts a fresh total; previous entries retain their dates.

Step 5

Set rituals together



Offer a little company without imposing it

Start with rituals off. Offer up to two or up to three check-ins per day as proposed test settings. “Suggest times” provides an editable starting schedule. “I’ll choose” lets the user set each time. Keep quiet hours and availability under an expandable control to keep the first view light.

Suggested starting times are 9 am and 2 pm, or 9 am, 1 pm, and 5 pm. These are product test choices, not evidence-based optimal times. Validate that times are distinct, inside availability, and outside quiet hours. Display the device timezone.

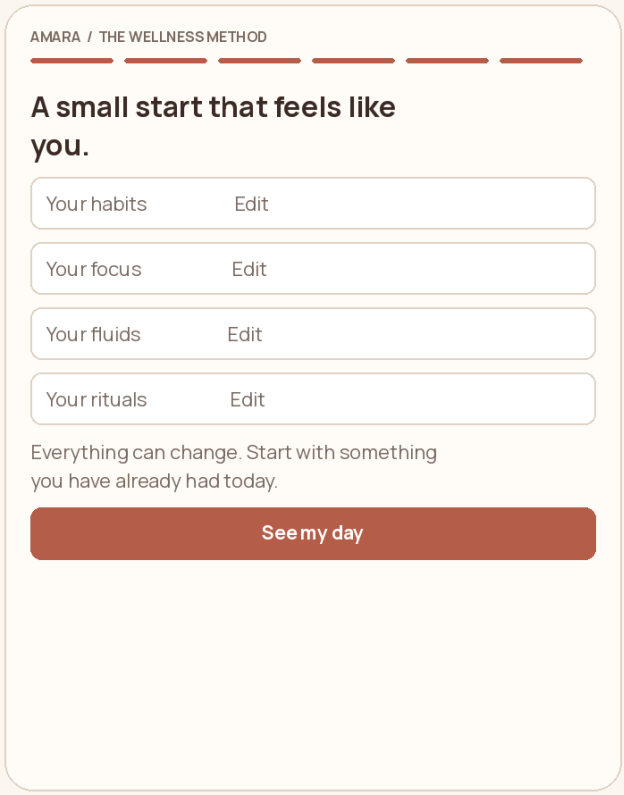
The first message asks before it advises

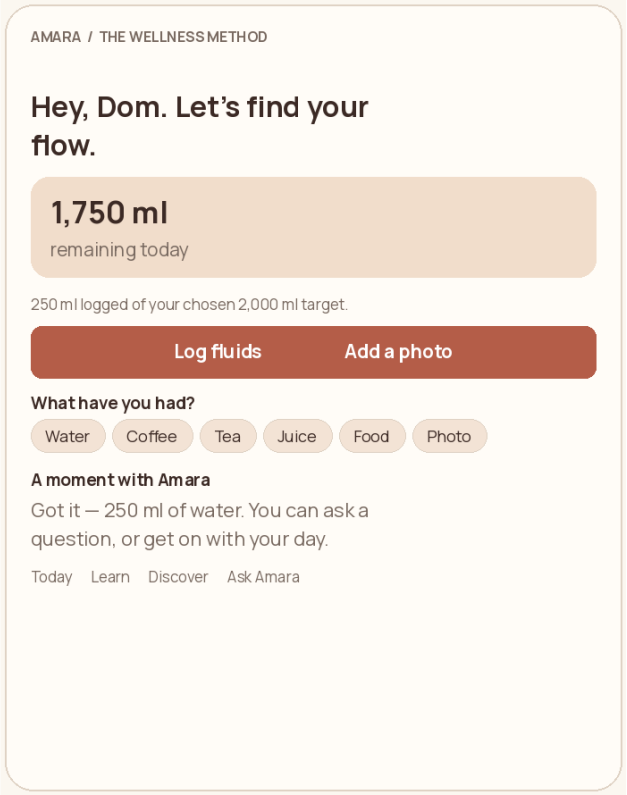
“Before we think about the next drink, what have you had since we last checked in?” Offer a quick log, text, or a photo. Let users choose Quiet for an hour, Quiet today, or turn rituals off. A recent log suppresses another invitation; reaching the chosen target also stops further drink invitations that day.

The prototype evaluates quiet hours, availability, daily caps, recent logs, and pauses when a reviewer requests a check-in preview. It does not deliver scheduled phone notifications. Production scheduling, permission requests, and delivery must be connected separately.

Step 6 and the daily home

Review the plan and make the tracker the focal point





Step 6 Review before entering

Summarize the person's habits, focus, fluid tracking, and rituals, with Edit beside each. "See my day" opens Today. Confirming onboarding never counts as drinking or completing a wellbeing action.

Today is the return destination

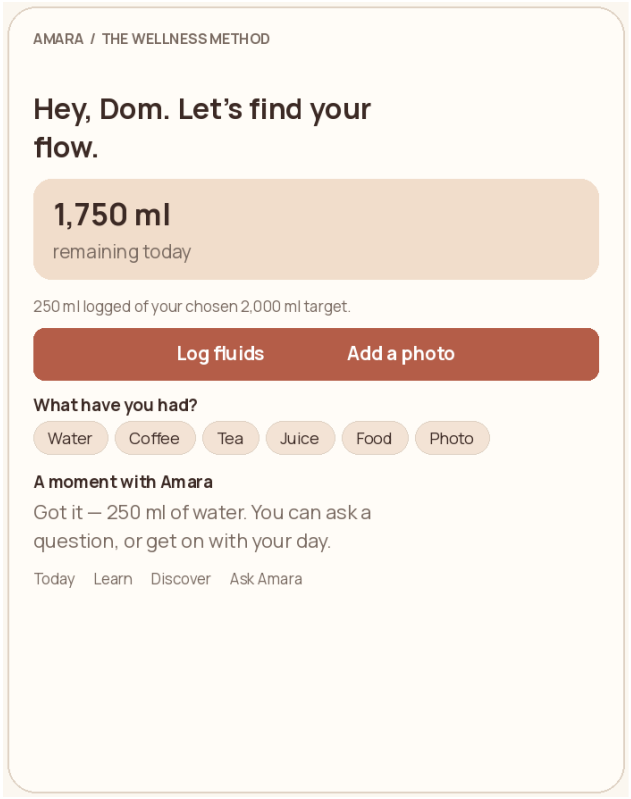
Put remaining fluids first, followed by quick entry tools for water, coffee, tea, juice, food, and a photo. Offer View my log for corrections and previous dates. Keep rituals, one useful lesson, and Discover nearby. Asking Amara is available, without requiring a continuous chat.

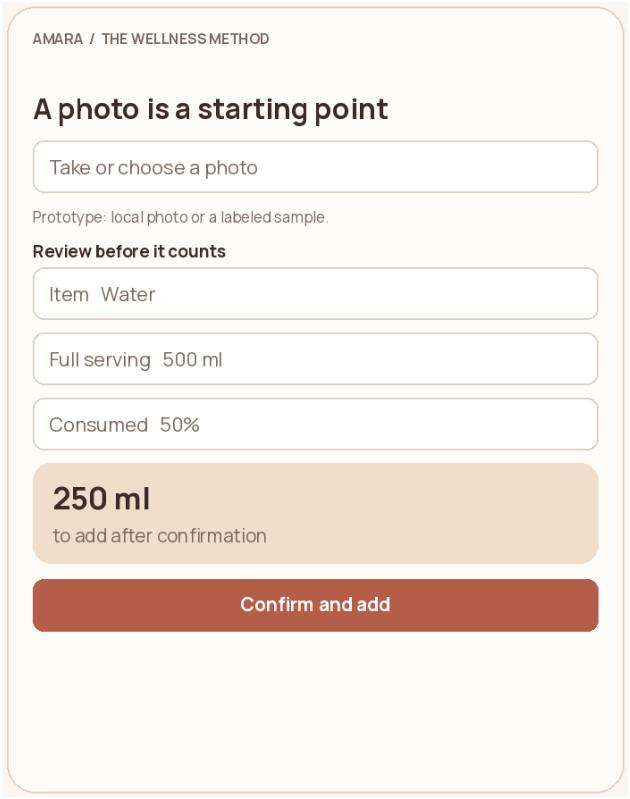
After a confirmed log, the home card shows Amara's concise acknowledgement and the updated remaining amount. Encourage the completed action, rather than demanding a mood check after every drink. Users can close the app as soon as the action is done.

Progress recognizes a confirmed action, not the highest volume consumed. Rewards and private-group concepts should build on consistent participation. "Most hydrated" cannot be measured from a fluid log.

Logging and photo review

Text quick entry and an optional image route





Two easy ways to start

Quick entry opens an editable amount. Chat can recognize a supported drink and a volume, then asks for confirmation. For “I had coffee,” Amara asks for the amount rather than inventing it. Users can log retrospectively and choose a past date and time. Future entries are rejected.

Photo recognition proposes and the user confirms

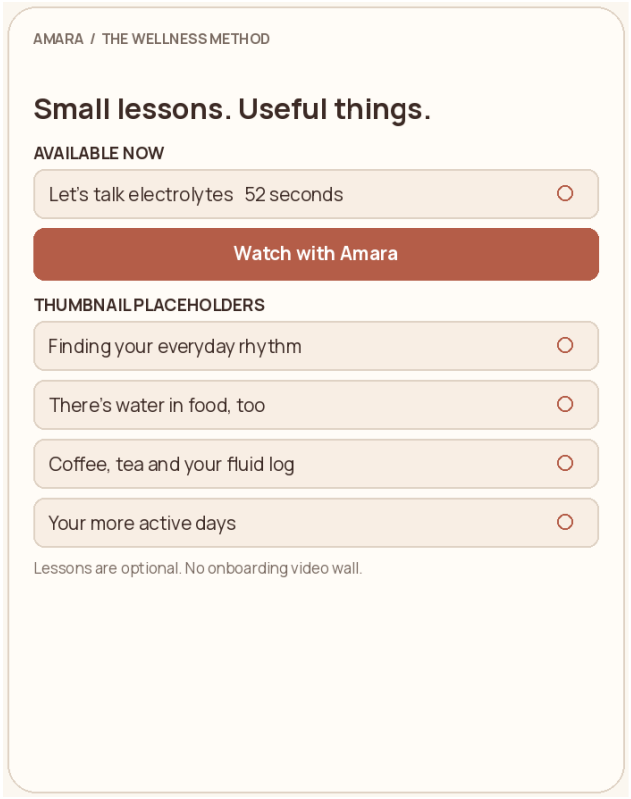
Production flow: take or choose a photo; suggest a possible item; ask for a missing drink type or serving size; estimate fluid; confirm the fraction actually consumed; then save. A full container is not proof that the person consumed all of it. A photo may not distinguish water from a clear drink or identify latte ingredients.

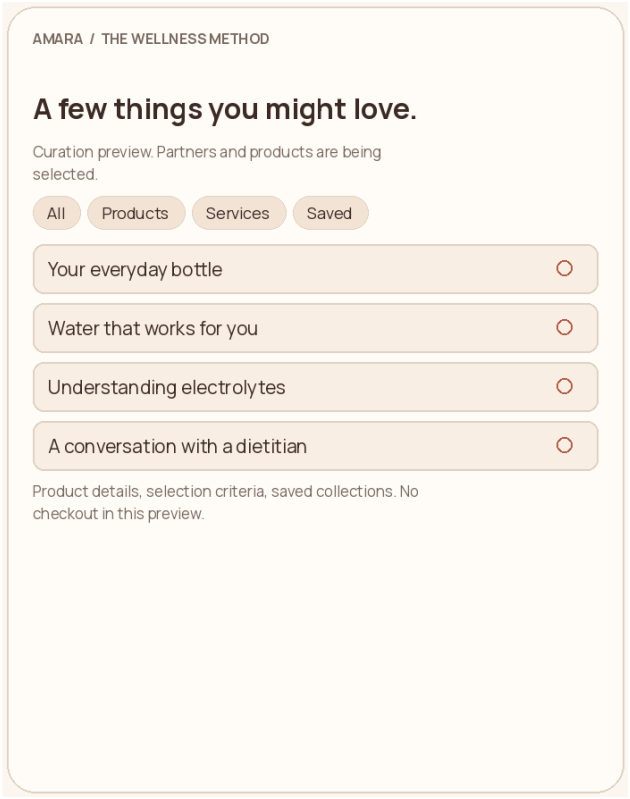
The prototype accepts a local image and provides manual detail entry. Labeled drink and food samples demonstrate the future estimate review. The 500 ml half-bottle sample contributes 250 ml; the soup sample is illustrative, not a validated food-composition value. No live image interpretation is connected.

Greg’s implementation should retain the item, volume or estimated water content, portion consumed, date, source, estimate flag, and the user’s corrections. Failed analysis must lead to manual entry. Use an approved composition source for foods rather than made-up percentages or arbitrary coffee penalties.

Learning and curated commerce

A useful library and a considered marketplace





Learn with Amara

The supplied electrolyte video is available as a 52-second lesson with normal player controls. The player returns to Amara when the user chooses. Other cards are explicit thumbnail placeholders: everyday rhythm, water in food, coffee and tea, and active days. Do not show invented videos or completion claims.

Learning can be suggested from stated interests. For example, the active-days choice can surface the electrolyte introduction with a simple reason. An unsure user can later receive an approved explanation of hydration signals; that content still needs to be created and reviewed.

Discover around the companion

Preview bottles, water essentials, electrolyte education, and dietitian support. Each collection has a detail view, selection criteria, and a save action. Products and Services filters work. No specific partner, price, discount, endorsement, stock claim, checkout, or booking is invented.

Future offers should explain why an item is shown and disclose commercial relationships. Keep product suggestions optional and based on chosen interests. The meeting's hydrogen-tablet example illustrates a commerce idea; it is not treated here as a validated product recommendation. Luna later receives her own library and collections using the same structure.

Implementation handoff

What is working and what Greg connects next

Area	In this prototype	Production connection
Onboarding	Six steps and editable summary	Account-linked profile and resume
Fluid log	Session entries and corrections	Durable records and synchronization
Chat	Scripted responses and draft confirmation	Conversational model and verified actions
Photos	Local image and labeled examples	Image estimation and composition data
Rituals	Preferences and eligibility preview	Timezone-aware scheduler and device delivery
Education	Actual electrolyte video	Approved content and learning events
Discover	Collections filters and saved state	Verified catalog partner links and checkout

A profile that can grow

Keep a shared user identity with companion-specific preference records. The initial Amara record holds self-reported habits, focus, activity preference, units, target, ritual settings, and confirmed logs. Distinguish self-reported, observed, estimated, and confirmed values. The wellbeing graph is an internal long-term model; no public graph or admin analytics interface is needed now.

A future personalized offer should be explainable from information the person chose to share. Avoid collecting illness history or using sensitive inferences for commerce in this first test. The current prototype holds state only in the open page and clears on refresh. Photos are not uploaded for analysis.

Content and release ownership

Zack: refine visual warmth, Amara’s reactions, and the optional welcome clip. Dom and Alan: approve copy, lesson priorities, and curation criteria. Greg: connect accounts, storage, model tools, image handling, reminders, and verified catalog data. Hold a review checkpoint after onboarding and after the first daily logging loop.

Later increments

Leaves or another reward currency, private groups, a participation leaderboard, reward redemption, deeper personalization, and Luna are later iterations. The internal pilot can test whether people understand the tracker and voluntarily return before broadening the feature set.

Review checks

Acceptance criteria for the internal test

Check	Expected result
Onboarding completion	The user understands the tracker and reaches Today with their own choices.
No target	The interface shows logged intake without a remaining countdown.
One confirmed log	250 ml reduces a 2,000 ml example target to 1,750 ml remaining.
Partial serving	Half of a 500 ml serving contributes 250 ml.
Correction and removal	Totals update once; undo restores the removed entry.
Units	Switching units preserves the same underlying ml amount.
Past dates	Yesterday’s entry does not change today’s total.
Ritual control	Off quiet hours snooze and recent-log suppression are respected.
Photo uncertainty	The user can correct or manually enter details before saving.
Education	The actual video plays; unavailable cards remain placeholders.
Marketplace	Filters saved collections and details work without false offers.
Return behavior	The tracker is the focal point; users can finish without an ongoing conversation.

Content boundaries before release

Keep the first release educational and focused on everyday habits. Do not turn the transcript’s informal health statements into product claims. Thirst, dry lips, or a photograph do not establish a diagnosis; a clear-urine target and a universal gallon prescription are not used. Intake records measure what was logged, not clinical hydration.

CDC notes that water comes from beverages and foods and that needs vary. NIDDK notes that some people with kidney disease may need to limit liquids. These sources support an editable or optional target and the simple fluid-guidance exception, rather than a universal calculation. Confidence in this general guidance: high; personal targets need individual context.

Sources: CDC, About Water and Healthier Drinks, cdc.gov/healthy-weight-growth/water-healthy-drinks/index.html. NIDDK, Healthy Eating for Adults with Chronic Kidney Disease, niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd/healthy-eating-adults-chronic-kidney-disease.