**Task Scheduling App for Women - Shedule**

### **USER JOURNEY**

#### **Goal: Understand the user's current life stage, daily routine, and wellness preferences.**

**Steps:**

* Welcome Screen:  
   *“Welcome to Shedule – your balance-first daily lifestyle planner.”*

Ui input(name,age,category of interests) – user submits tasks – when submitted –– tasks filled–chat bot should come up and take it further

* Menstrual Cycle Opt-In:  
   *“Would you like us to tailor your suggestions based on your cycle?”* → If yes: take **last period date**

More than 28 days ago–pregancy mode activate?

* Pregnancy Mode (if activated):  
   *“When did your pregnancy begin?”* → Relevant recommendations

Features:

1. Take in user tasks for the day via calendar interface
2. Take in user choices for activity options:
   1. Leisure
   2. Chores
   3. Exercise for physical health
   4. Mental health
3. AI chatbot assistant,
   1. for taking the user inputs and giving suggestions to the user.
   2. Asking about period date
   3. Activating pregnancy related questions
4. Option to activate menstrual cycle related prompts:
   1. Take in users last period start date
   2. Estimate their cycle
   3. Give inputs like:
      1. Food suggestions like iron rich foods the week of period
      2. Suggestions to skip some exercises if the phase needs it
      3. (research on period phases and needs)
5. Add as many activities as possible for users in their free time efficiently (finalize algo and/or AI usage for this)

| **Phase** | **Mood** | **Energy Level** | **Suggested Tasks** |
| --- | --- | --- | --- |
| **Follicular** (High energy) | Motivated | High | High-intensity workouts, deep work, goal setting |
| **Follicular** | Tired | Low | Light stretching, journaling, organizing |
| **Luteal** (Pre-period) | Calm | Moderate | Yoga, light exercise, creative tasks |
| **Luteal** | Irritable | Low | Meditation, low-impact exercise, quiet activities |
| **Menstrual** | Low focus | Low | Rest, light walks, reading, comfort activities |
| **Menstrual** | Calm | Moderate | Gentle stretching, meal planning, mindfulness |
| **Any Phase** | Stressed | Low to Moderate | Breathing exercises, relaxation, guided meditations |
| **Any Phase** | Productive | High | Focus work, study sessions, creative tasks |

A personalized task manager that balances productivity, mental well-being, and physical health.

**Phase wise research sources:**

**🩸 1. Menstrual Phase (Days 1–5):**

**Hormonal Profile:** Both estrogen and progesterone levels are low.​[Latest news & breaking headlines+6Health+6Reddit+6](https://www.health.com/menopause-diet-11691004?utm_source=chatgpt.com)

**Effects:**

* **Mood & Energy:** Many women experience fatigue and lower energy levels during this phase. ​[PubMed+5WebMD+5Elara Care+5](https://www.webmd.com/women/cycle-syncing?utm_source=chatgpt.com)
* **Cognitive Function:** Some studies suggest that cognitive performance remains stable, while others indicate slight impairments. ​

**AI Assistant Suggestions:**

* **Exercise:** Recommend gentle activities like yoga or walking to promote relaxation and reduce cramps. ​
* **Nutrition:** Suggest iron-rich foods (e.g., lean meats, leafy greens) to replenish iron lost during menstruation. ​
* **Self-Care:** Encourage adequate rest and stress-reduction techniques, such as mindfulness or meditation.​

## **🌱 2. Follicular Phase (Days 6–14):**

**Hormonal Profile:** Estrogen levels rise, leading to increased energy and improved mood.​

**Effects:**

* **Mood & Energy:** Women often feel more energetic and optimistic.​[Latest news & breaking headlines+3Health+3ScienceDirect+3](https://www.health.com/menopause-diet-11691004?utm_source=chatgpt.com)
* **Cognitive Function:** Enhanced creativity and problem-solving abilities are commonly reported. ​[Reddit+1Wikipedia+1](https://www.reddit.com/r/science/comments/1je1geg/research_found_no_evidence_to_support_myth_that/?utm_source=chatgpt.com)

**AI Assistant Suggestions:**

* **Exercise:** Advise engaging in high-intensity workouts or trying new fitness classes to capitalize on increased energy. ​
* **Nutrition:** Recommend nutrient-dense foods rich in vitamins and minerals to support energy levels.​
* **Productivity:** Encourage tackling challenging tasks or starting new projects during this high-energy phase.​

## **🌸 3. Ovulation Phase (Around Day 14):**

**Hormonal Profile:** Estrogen peaks, and there’s a surge in luteinizing hormone (LH), triggering ovulation.​

**Effects:**

* **Mood & Energy:** Many women experience heightened confidence and socialization.​[PLOS](https://journals.plos.org/plosone/article?id=10.1371%2Fjournal.pone.0318576&utm_source=chatgpt.com)
* **Cognitive Function:** Verbal communication skills may be enhanced.​

**AI Assistant Suggestions:**

* **Exercise:** Suggest activities that involve social interaction, like group sports or classes.​
* **Nutrition:** Advise consuming antioxidant-rich foods to support overall health.​
* **Social Engagement:** Recommend networking events or social gatherings to align with increased sociability.​[Baylor Scott & White Health+1PLOS+1](https://www.bswhealth.com/blog/cycle-syncing-a-self-care-approach-to-nutrition-exercise-and-daily-life?utm_source=chatgpt.com)

## **4. Luteal Phase (Days 15–28):**

**Hormonal Profile:** Progesterone rises, and estrogen levels fluctuate.​

**Effects:**

* **Mood & Energy:** Some women may experience mood swings, irritability, or fatigue, commonly associated with PMS. ​[PMC](https://pmc.ncbi.nlm.nih.gov/articles/PMC7226433/?utm_source=chatgpt.com)
* **Cognitive Function:** Concentration might be affected during this phase.​

**AI Assistant Suggestions:**

* **Exercise:** Recommend moderate-intensity workouts like Pilates or swimming to maintain activity without overexertion. ​[Cleveland Clinic](https://health.clevelandclinic.org/nutrition-and-exercise-throughout-your-menstrual-cycle?utm_source=chatgpt.com)
* **Nutrition:** Suggest magnesium-rich foods (e.g., nuts, seeds) to help alleviate PMS symptoms. ​
* **Stress Management:** Encourage journaling or light reading to promote relaxation and mental clarity.​

Front end - done

Database - mongoDB