Code Functionl Block diagram (much offer for now -)

Button Press Detection — U1

interrupt handler → determine high signal

↓

counter

↓

State determined (0 - 7)

LED

PWM at 256 / 2^x

Blink at 10
Blink at 110

0 → output
1 → Low out ⓪
2 → medium out ① high out ②
③ Blinking
④ Blinking — off
true → loop frequency