

Menstrual Periods Tracker

WireFrames

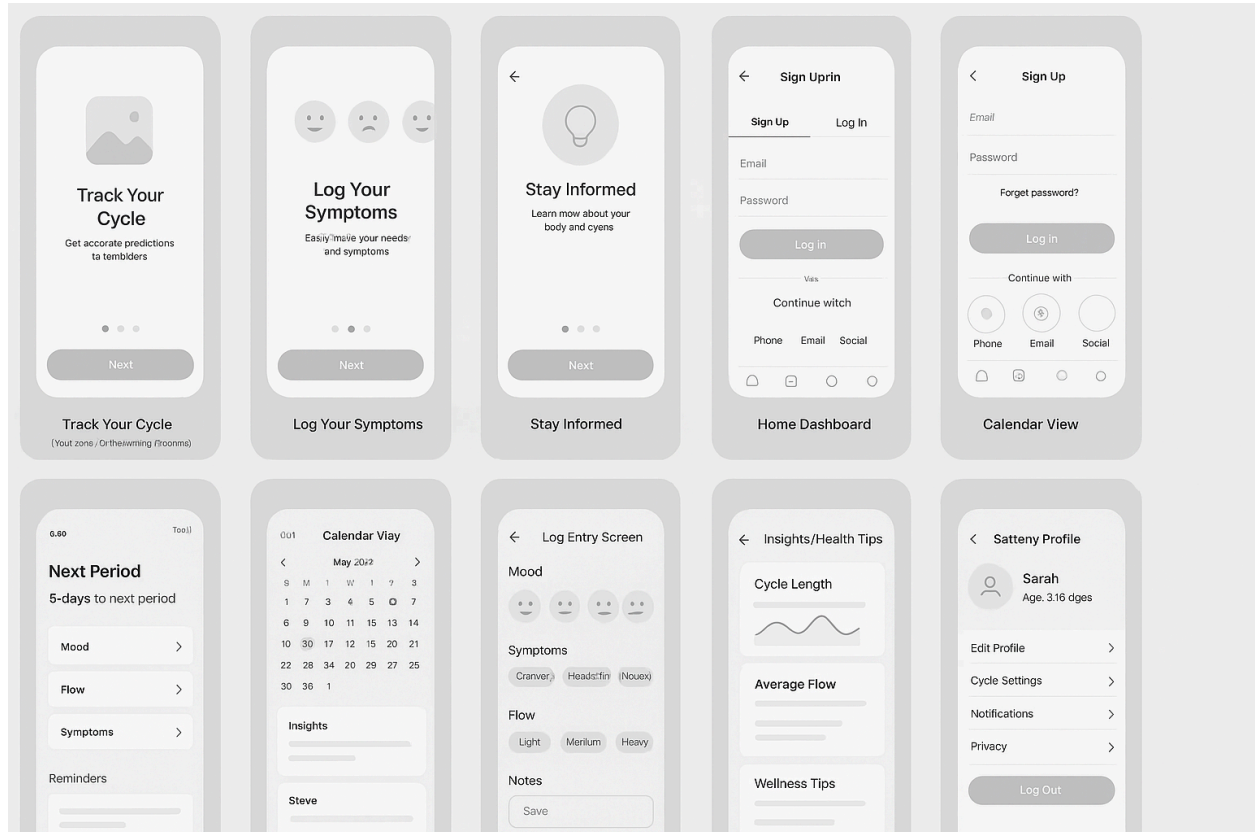
Breakdown:

#	Screen Name	Frame Name in Figma	Purpose
1	Onboarding 1 – Track Cycle	Onboarding_TrackCycle	Welcome intro: cycle tracking benefit
2	Onboarding 2 – Log Symptoms	Onboarding_LogSymptoms	Welcome intro: symptom logging
3	Onboarding 3 – Get Insights	Onboarding_GetInsights	Welcome intro: health analysis
4	Login	Auth_Login	Sign in screen
5	Sign Up	Auth_SignUp	Register new account
6	Home Dashboard	Home_Dashboard	Today’s status + quick log
7	Calendar View	Calendar_View	Month view of cycle & fertility
8	Log Entry	Log_Entry	Log mood, flow, symptoms
9	Insights & Tips	Insights_Tips	Charts, trends, and health advice
10	Profile & Settings	Profile_Settings	User profile and app settings

#	Extra Screen	Frame Name in Figma	Use Case
11	Forgot Password	Auth_ForgotPassword	Recovery flow
12	Permissions Request	Onboarding_Permissions	Ask for notification access

13	Edit Profile / Cycle Settings	Settings_CyclePreferences	Edit cycle length, period data
14	Article Detail Page	Tips_ArticleDetail	Full article screen

Design overview



Screen by screen detailed overview

1. Welcome / Onboarding Screens (3 Pages)

Purpose: Introduce app to first-time users

Screen 1: *Track Your Cycle*

- **Top Section:** Placeholder for illustration/image
- **Title:** "Track your period and fertility with ease"
- **Subtext:** "Accurate predictions for your body's rhythm."
- **Progress Dots:** (● ○ ○)
- **Primary Button:** "Next"
- **Secondary Option:** "Skip"

Screen 2: *Log Your Symptoms*

- **Icons:** Mood, Cramp, Acne (emoji-style or simple icons)
- **Title:** "Log your symptoms and feelings daily"
- **Progress Dots:** (○ ● ○)
- **Button:** "Next"

Screen 3: *Get Insights*

- **Chart/graph image placeholder**
- **Title:** "Understand your health better"
- **Subtext:** "Cycle length, fertile window, and more."

- **Progress Dots:** (○ ○ ●)
 - **Button:** “Get Started”
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2. Authentication Screens (2 Pages)

Purpose: Account management

Login

- **Inputs:** Email / Phone, Password
- **Buttons:**
 - “Login”
 - “Continue with Google” / “Apple”
- **Links:** “Forgot password?”, “Don’t have an account? Sign up”

Sign Up

- **Inputs:** Name, Email, Password, Confirm Password
 - **Optional:**
 - Last period date
 - Average cycle length
 - **CTA Button:** “Create Account”
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3. Home Dashboard (1 Page)

Purpose: Daily overview

- **Header:** “Hello, [Name]” or Today’s date
 - **Card:** “Next period in X days”
 - **Quick Log:**
 - Mood (emoji selector)
 - Symptoms (icon grid)
 - Flow level (buttons or slider)
 - **Reminder Banner:** e.g., “Ovulation in 2 days”
 - **Bottom Navigation Bar:** Home | Calendar | Log | Tips | Profile
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4. Calendar View (1 Page)

Purpose: Visualize cycle status

- **Header:** Month and Year
 - **Calendar Grid:**
 - Tap-to-open log
 - Dots or icons for:  Period,  Ovulation,  Fertile
 - **Legend:** Below calendar
 - **Navigation:** Arrows or swipes to move between months
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5. Log Entry Screen (1 Page)

Purpose: Input health logs

- **Mood Selector:** Emoji or icon buttons

- **Flow:** Light / Medium / Heavy
 - **Symptom Chips (multi-select):**
Cramps, Headache, Nausea, Bloating, Acne, Tender Breasts
 - **Other Fields:**
 - Sexual Activity (Yes/No)
 - Notes (multiline text field)
 - **Save Button:** “Log Today”
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6. Insights & Health Tips (1 Page)

Purpose: Show analytics and advice

Section A: *Insights*

- **Charts (Line/Bar):**
 - Cycle length trend
 - Average flow
 - Ovulation pattern
- **Summary Texts:**
 - “Your cycle is usually 28 days”
 - “Average flow is 4 days”

Section B: *Health Tips*

- **Card-style Articles:**
 - “Managing PMS naturally”

- “Best foods for hormonal balance”
 - **Format:** Scrollable or swipeable
 - **CTA:** “Read More”
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7. Profile & Settings Page (1 Page)

Purpose: App customization

- **Profile Block:** Name, Age, Cycle Overview
- **Editable Fields:**
 - Cycle length
 - First day of last period
 - Typical duration
 - Irregular cycle? (toggle)
- **Notification Settings:**
 - Period alerts
 - Ovulation reminders
 - Daily logging
- **Security:**
 - Change password
 - Delete account
- **Log Out Button**