Settings

Personal Information

* Height
* Weight
* BC
* Cycle Length
* Year of birth
* Personal Interests
  + Sports
  + Gambler
* Sleep Schedule
  + Work Schedule/Shift
* Diet Restrictions

On Figma

* Name
* Age
* Gender
* Do you have a menstrual cycle
* Current Phase
* Diet Restrictions

Notifications

* Popup Notifications
  + Food
  + Cycle/Test
  + Sports/Activities (How it changed their moods)