For the Cycle Safe project I would suggest using React to simplify and speed up the process.

Component-Based Architecture:

React's component-based architecture will allow me to break down the user interface into reusable components, such as a calendar component for tracking the menstrual cycle, a form component for user input, and a food suggestion component. This modular approach will make the codebase more organized and easier to maintain.

State Management:

React's state management will be crucial for handling the dynamic nature of CYCLE SAFE. I'll use state to track the user's menstrual cycle data, current phase, and food suggestions. React's useState and useEffect hooks will enable me to update the UI reactively as the state changes.

Interactive UI:

With React, I can create an interactive and seamless user experience. For example, when a user updates their cycle information, the UI can instantly reflect these changes without requiring a page reload. This real-time feedback will be essential for keeping users engaged.

Routing:

React Router can be used to manage navigation within the app. This will allow users to switch between different views, such as the cycle tracker, food suggestions, and educational resources, without the need for traditional page reloads.

Performance Optimization:

React's virtual DOM and efficient diffing algorithm will help optimize the performance of CYCLE SAFE. This is particularly important for ensuring a smooth experience on mobile devices, where resources may be more limited.