

# Functional requirements

1. Tracking menstrual cycle: The app should allow users to track the length of their menstrual cycle, including the start and end dates of their period.

2. Predicting ovulation: The app should be able to predict a user's ovulation period based on their menstrual cycle and provide reminders.

3. Symptom tracking: The app should allow users to track their symptoms, such as cramps, bloating, mood swings, and cravings, and provide personalized health recommendations.

4. Reminder notifications: The app should provide notifications to remind users when their period is due, when they are approaching ovulation, and other relevant information.

5. Health tracking: The app may include features for tracking other health metrics like weight, exercise, and sleep to provide personalized insights.

6. Data visualization: The app should provide visualizations of users' period data, including menstrual cycle length, symptoms, and fertility data, to provide insights into cyclical health trends.

7. Privacy and security: The app must ensure the privacy and security of user data, including menstrual and fertility tracking, and conform to all applicable laws and regulations.

# PRODUCT BACKLOG

## 1. User Registration and Authentication

- Allow users to create an account
- Implement a login system with email and password
- Enable social media login (e.g., Google, Facebook)

## 2. Menstrual Cycle Tracking

- Create a calendar view to track menstrual cycles
- Allow users to log start and end dates of their periods
- Display the predicted and actual period dates
- Provide notifications for upcoming periods

## 3. Symptoms and Mood Tracking

- Enable users to track physical symptoms (e.g., cramps, headaches)
- Allow users to log mood and emotions during their cycle
- Provide data visualization to identify patterns and trends

## 4. Fertility Tracking

- Implement fertility tracking methods (e.g., basal body temperature, ovulation predictor kits)
- Allow users to track ovulation and fertile window
- Provide notifications for fertile days

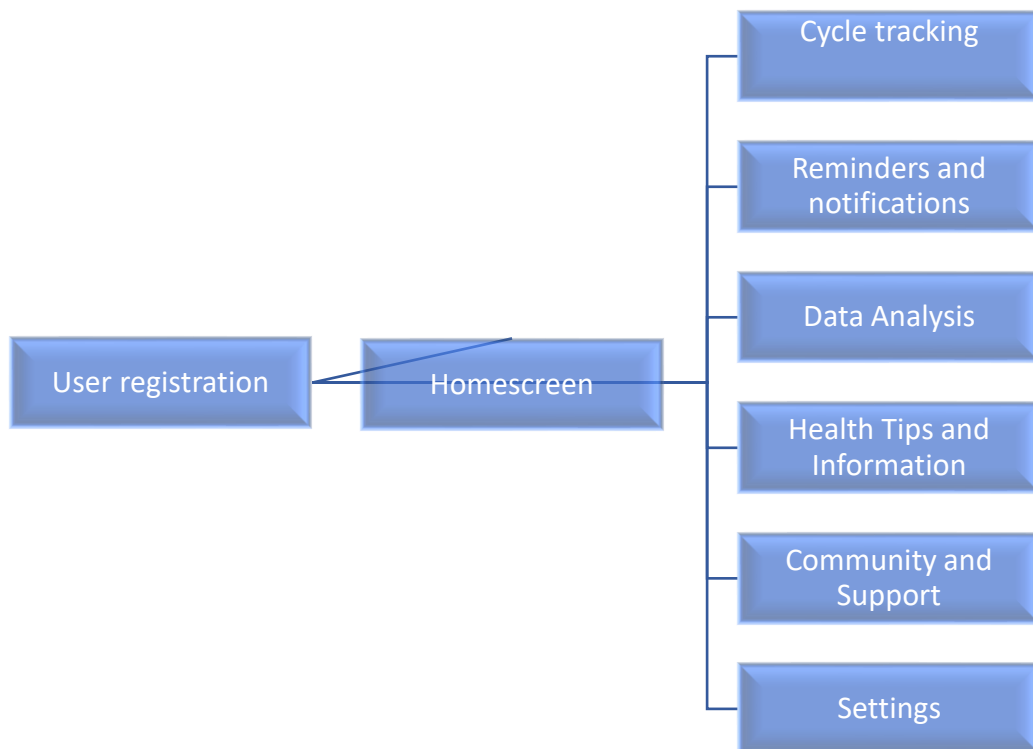
## 5. Health and Wellness Tips

- Provide educational articles on women's health and wellness
- Offer tips for managing menstrual symptoms
- Include exercise and nutrition recommendations for each phase of the cycle

## 6. Support and Feedback

- Offer in-app support for users to report issues and seek assistance
- Include a feedback mechanism for users to provide suggestions and comments
- Regularly address user feedback and bug reports in app updates.

# WORKFLOW DIAGRAM



## 1. User Registration:

- User launches the app.
- User is prompted to register or sign in.
- If new user, they provide basic information (name, email, password) and create an account.
- User account is created.

## 2. Home Screen:

- User logs in with their credentials.
- User is directed to the home screen.
- Home screen displays the current cycle information and upcoming events.
- User can see various feature from home screen.

### 3. Cycle Tracking:

- User selects the "Track Cycle" option.
- User is presented with a calendar view.
- User can input the start and end dates of their menstrual cycle.
- User can add additional details like flow intensity, mood, and symptoms.
- The information is saved and stored in the app's database.

### 4. Notifications and Reminders:

- App calculates the average cycle length based on the user's input.
- App sends reminders for upcoming periods or fertile windows.
- User receives push notifications or email reminders based on their preferences.

## 5.Data Analysis:

- User can access a data analysis feature.
- App generates charts and graphs to display menstrual cycle trends.
- User can view patterns in their cycle length, symptoms, and mood.
- Insights are provided to help the user understand their menstrual health.

## 6.Health Tips and Information:

- App provides educational content related to menstrual health.
- User can access articles, tips, and advice on topics like PMS, fertility, and contraception.
- User can read and bookmark articles for future reference.

## 7.Community and Support:

- User can join a community or forum within the app.
- User can interact with other users, ask questions, and share experiences.
- App provides a platform for support and discussion on menstrual health.

## 8.Settings:

- User can access app settings.
- User can modify account details, notification preferences, and privacy settings.
- User can customize the app's appearance and theme.
- User can choose to sync data with other devices or backup data.