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# MenstroBuddy: Menstruation and fertility tracker android application

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**ABSTRACT**: Period Tracker used for monitoring fertility and ovulation are extensively getting popular. Menstrual apps assay and examine a long time and related elements with the gathered facts enter through druggies. Being fitness-associated apps, menstrual apps are a part of one of the maximum dynamic and fleetly developing traits in biomedicine and fitness care.Android mobile operation for period and fertility shadowing (hence nominated as MenstroBuddy), is end of this paper. It concentrate on the observation and analysis of ages and a factors related to it.
Tracking period related terms like pain, sleeping patterns, mood swings drug input, vaginal discharge, food jones, contraceptives, coitus life, and exercise.

## I. INTRODUCTION

The menstrual cycle is considered a natural marker that predicts women's general health. Mindfulness of a woman about her own fertility is important for her to understand patterns of ovulation and menstrual cycle necessary for gestation planning or rehearsing contraception. Monitoring ovulation time also provides a better understanding of women's own bodies and internal countries and facilitates noticing early fleshly symptoms similar as the appearance of cervical concealment several days prior to ovulation.

Encyclopaedically, mobile health apps were plant to have a great impact on health behaviours by symptom monitoring and operation, exercising a wide range of positive health issues.

This app handed cost-effective, timely, and fluently accessible styles for health creation among different populations. This operation is for all the menstruators which includes not only women but also Transgenders and on-binary people. It can be precious tools to help women track their ages, as they offer effective features for tone- care and symptom operation.

It gives steerage on using contraceptives and records approximately their facet goods, to be had services, and monuments of ordinary conditioning that decorate drug adherence.

Thus, fertility mindfulness- grounded patterns penetrated through a cellular app without the call for to have interaction with fitness specialists are taken into consideration a completely unique device that facilitates in monitoring ovulation cycles and fertility signs.

In addition, consumer's opinions to elect apps are steered by selling slang and druggies' reviews as there are no functionary or dependable quality labels.

Thus, the end of the current study was to develop a period tracking app, which determine the composition and quality/ effectiveness.

**Objectives:**

To develop an Android based Mobile Application which Tracks and Manage Menstruation, Fertility, Pregnancy.
To deal with menstruation related issues like PCOD and PCOS.
To get access to a proper diet plan to make their menstrual health better!
To spread awareness as Menstrual Health is most important yet most ignored topic.

**Is it beneficial for menstruators?**

Yes off course it will be helpful. Knowing the length of your menstrual cycle can help you avoid an unplanned pregnancy or even help you conceive if you're trying for a baby.

For women who are trying to avoid a pregnancy, period tracking can be used as a natural birth control. This can help a woman to avoid intercourse during her most fertile days.

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**Project Scope:**
This app will help you to better understand what's going on in your body, and also helps you better communicate these patterns to your doctor.
It has user friendly GUI so anyone can use it.
Can be used by any menstruators regardless of gender.

**Working:**
This is an android based application which is useful for menstruators to track their menstruation and fertility on monthly basis. This is a free and open application which doesn't need any type of charges to use. Because of its user friendly GUI anyone can use it. For women who are trying to avoid a pregnancy, period tracking can be used as a natural birth control. This can help a woman to avoid intercourse during her most fertile days.

**Software Requirement:**
Operating System : Windows Operating System
IDE : Android
Programming Language : Java, Advance Java
Database : SQLite Database

**Hardware Requirement:**
Processor :intel CORE i7 8th Gen /intel CORE i5 11th Gen
Hard Disk :50 GB
RAM :8 GB

## II. PROPOSED ALGORITHM

The first perpetration of our period shamus is an introductory interpretation, which will continuously be bettered through ongoing exploration as described in the former chapter. To support druggies in period shadowing we propose a thing- and environment- driven approach. Our coming executions will be gradationally enhanced by the following features In order to be suitable to reveal patterns and trends it's important that the tracked data can be assigned to a certain cycle phase.
Druggies fluently can compare data of different cycles and cycle phases. The app supports the stoner by taking the current cycle phase and the stoner's thing into account As refocused out the stoner wishes may be placed on the 3 confines ' element ', ' favoured device ' and ' modern-day cycle section '. In line with the effects of List exploration approximately monitoring in well known as properly our exams confirmed that druggies have one-of-a-kind questions on their facts in one-of-a-kind stages in their cycle with inside the case of length shadowing. We deal with the cycle section wherein a particular access has been made, as the principle surroundings index in our length shamus. This is crucial because the tracked facts might also additionally lose its experience while being eliminated from its surroundings.

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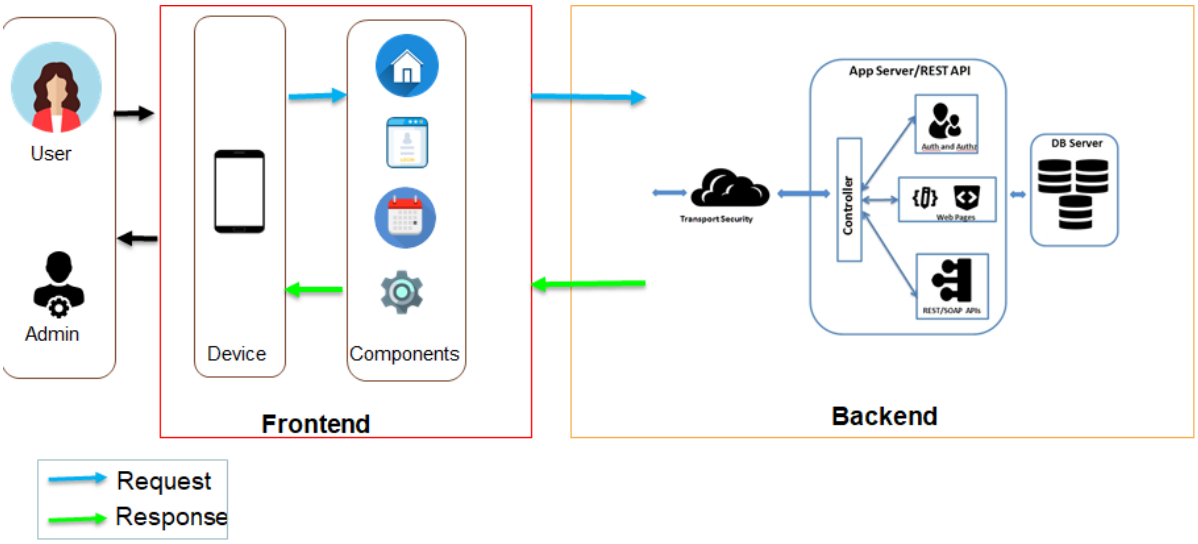
**System Architecture:**




**Screenshots**




Fig.1. Splash Screen

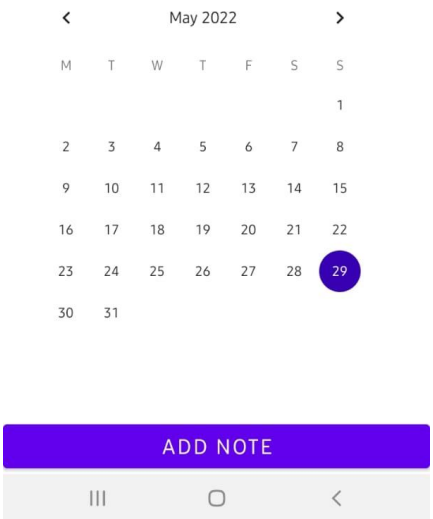



Fig.2. Calender Screen

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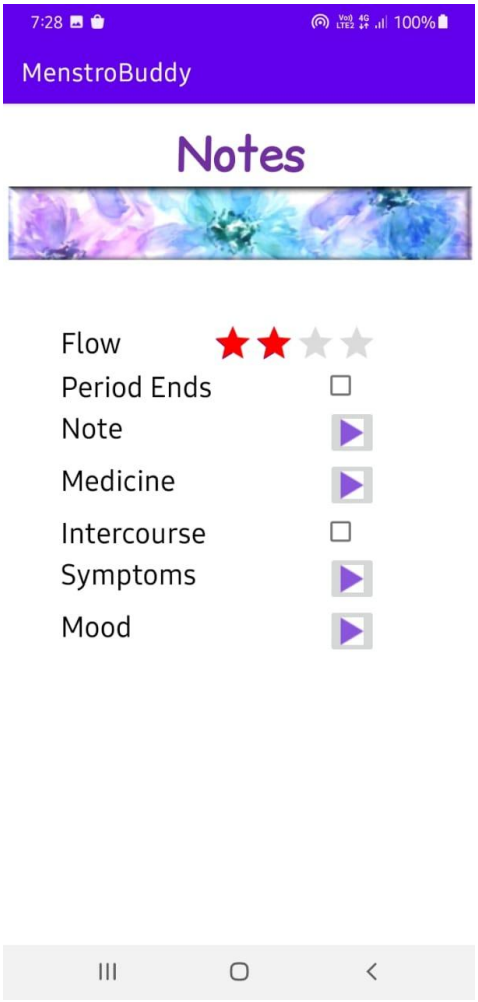


Fig.3. Notes

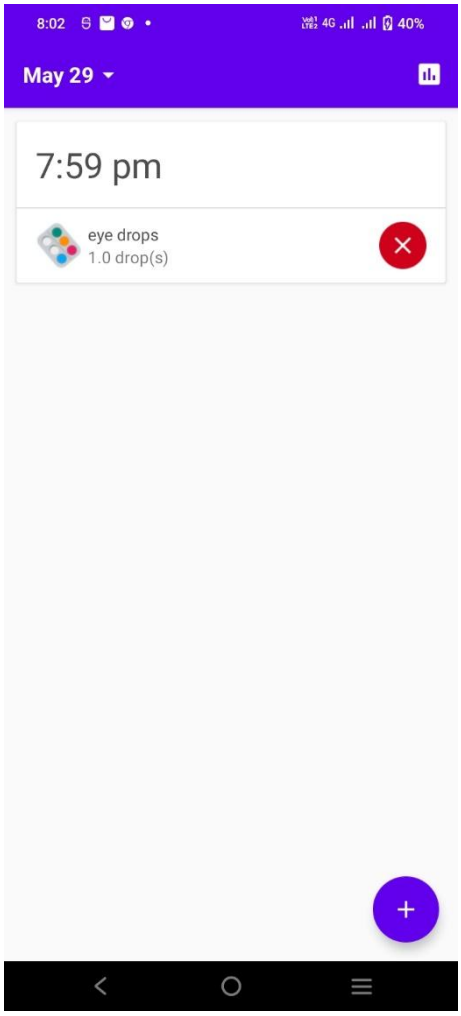


Fig.4. Medicine

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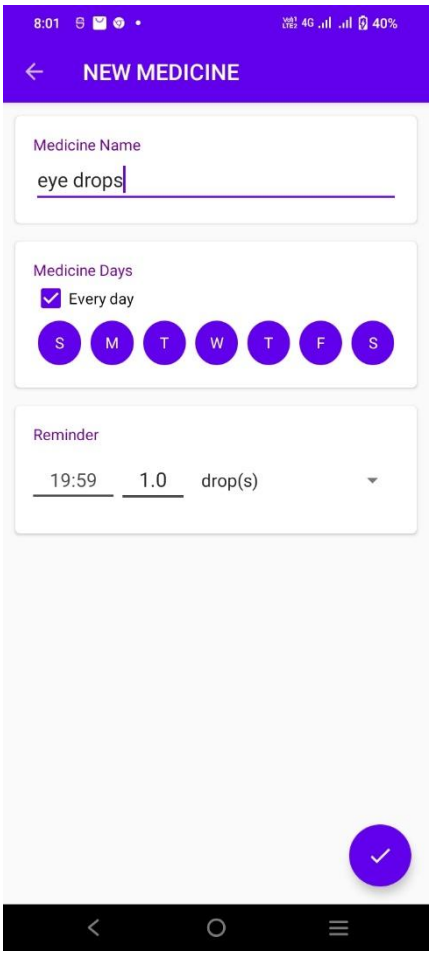


Fig.5. Add Reminder 1

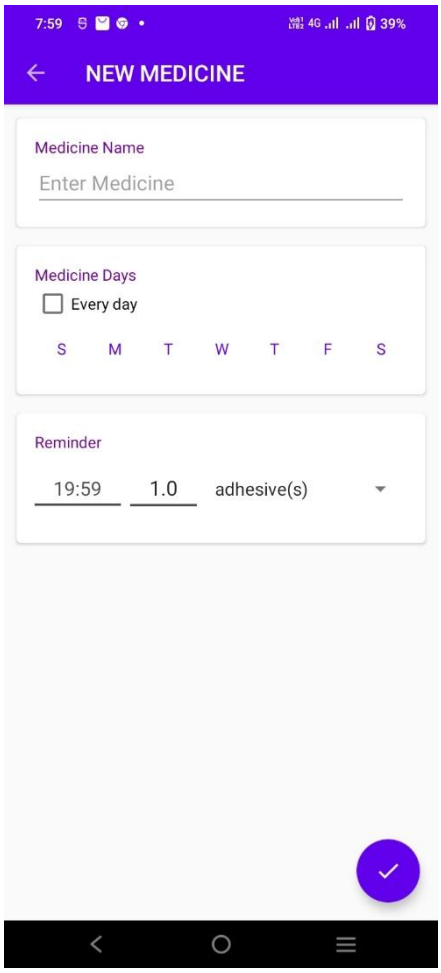


Fig.6. Add Reminder 2

## III. CONCLUSION

Knowing the length of your menstrual cycle can help you avoid an unplanned gestation or indeed help you conceive if you are trying for a baby. For women who are trying to avoid a gestation, period shadowing can be used as a natural birth control. This can help a woman to avoid intercourse during her most rich days.Provides essential women health operation tips.This app will help you to more understand what is going on in your body, and also helps you more communicate these patterns to your croaker.

## IV. ACKNOWLEDGEMENT

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