





















MAKE SENSE OF WHAT'S HAPPENING IN YOUR BODY

The more information you track, the more you'll be able to see patterns in your cycle and predict how you'll feel



TAKE CHARGE OF YOUR OWN SCHEDULE

Plan events around predicted good days and structure your regimen around important events in your life







S	M	Т	W	R	F	S	
	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	21	
28	29	30					









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