



# Calendar



## Sarah's Cycle

Day 14 of 28



### Ovulation Phase

Peak fertility window. Extra care and attention recommended.



## December 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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### Cycle Phases

● Menstrual

● Follicular

● Ovulation

● Luteal

### Quick Actions



Log Period



Adjust Dates



Set Alert



Calendar



Tips



Alerts



Shop



Profile

# Calendar

Track & Support



## January 2024

Cycle Day 12

### Follicular Phase

Energy building, mood improving



Phase Progress

Day 3 of 7

SUN MON TUE WED THU FRI SAT

31

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### Cycle Phases

● Menstrual

● Ovulation

● Follicular

● Luteal

Log Today

Adjust Dates



Home



Calendar



Tips



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## Calendar



Current Phase

Day 14 of 28

### Ovulation Phase

High fertility window - be extra supportive!



January 2024



SUN

MON

TUE

WED

THU

FRI

SAT

31

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### Cycle Phases

- Menstruation Days 1-5
- Follicular Days 6-11
- Ovulation Days 12-16
- Luteal Days 17-28



Log Symptoms



Adjust Dates



Home



Calendar



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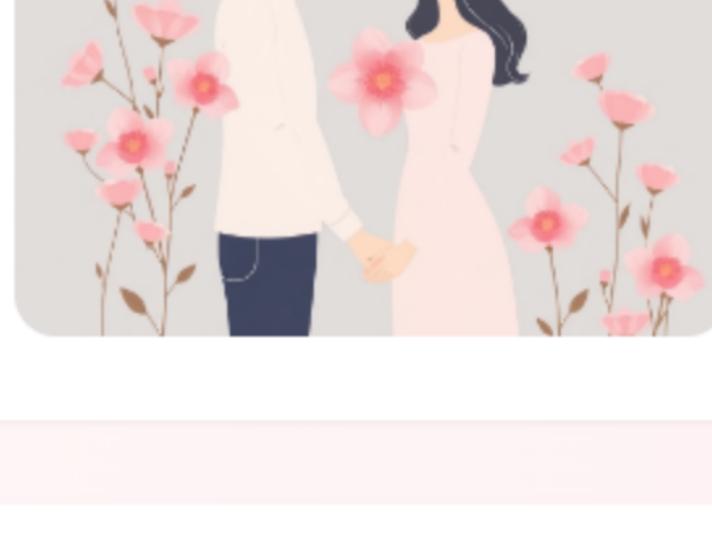


Profile



# CareSync

Supporting partners, together



Welcome back

Sign in to continue your journey

Email

Enter your email

Password

Enter your password

Remember me

[Forgot password?](#)

**Sign In**

or continue with

Continue with Google

Continue with Apple

Don't have an account? [Sign up](#)



Partner Access

Got an invite from your partner?

[Join with invite link](#)



## Insights & Tips



Current Phase

### Menstrual Phase

Day 2 of 5



#### Support Level Needed



Extra care and understanding recommended during this phase

**High sensitivity period - Be extra gentle**

#### Quick Tips for Today



##### What TO Say

"How can I help make you more comfortable today?"



##### What NOT to Say

"Are you being dramatic because of your period?"



##### Thoughtful Action

Prepare a warm compress or heating pad without being asked

#### Understanding This Phase



##### What She's Experiencing

- Physical discomfort and cramping
- Fatigue and lower energy levels
- Heightened emotional sensitivity
- Need for comfort and understanding



##### How You Can Help

- Offer to handle household tasks
- Suggest her favorite comfort foods
- Give extra hugs and physical comfort
- Be patient with mood changes

#### Communication Guide

##### Supportive Phrases

"I'm here for you, whatever you need"

"Would a warm tea help you feel better?"

"Let me take care of dinner tonight"

"Your feelings are completely valid"

##### Avoid These Phrases

"You're overreacting"

"It's just your period talking"

"Other women don't act like this"

"You should be used to this by now"

#### Today's Action Items

- Check if she needs pain relief medication

- Prepare her favorite snacks

- Suggest a relaxing evening activity

- Send a sweet message during the day



Calendar



Insights



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# CareSync

Supporting partners through every cycle

## Welcome back

Sign in to continue your journey

Email



Enter your email

Password



Enter your password



Remember me

[Forgot password?](#)

**Sign In**

or

Continue with Google

Continue with Apple

Don't have an account? [Sign up](#)



## Partner Access

Join as a supportive partner

**Enter Partner Code**

By continuing, you agree to our

[Terms of Service](#) • [Privacy Policy](#)



# Settings



Alex Johnson

alex.johnson@email.com



## Notifications

### Period Alerts

Get notified when period starts



### Daily Reminders

Daily supportive tips



### Gift Suggestions

Thoughtful gift recommendations



## Cycle Settings

### Cycle Length

28 days >

Average cycle duration

### Period Duration

5 days >

Average period length

### Luteal Phase

14 days >

Days after ovulation

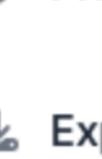


## Partners



Sarah Mitchell

Primary Partner



Mike Johnson

Secondary Partner



### Invite New Partner

Share your cycle info with trusted partners

Generate Invite Link

### Privacy & Security



### Export Data



### Help & Support



### About



➡ Sign Out



Calendar



Tips



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Settings



## Menstrual Phase

Day 2 of cycle



Extra care and support needed during this time

## Quick Tips for Today



### Do Say

"How can I help make you more comfortable today?"



### Don't Say

"Are you on your period?" or "You're being emotional"



### Helpful Actions

Prepare a warm heating pad, offer her favorite tea or snacks

## Communication Guide

[View All](#)



### Show Extra Care

She may experience discomfort and mood changes. Small gestures of care can make a big difference.



"I noticed you seem tired. Can I run you a bath?"



"I picked up your favorite chocolate on the way home"

## What to Expect



### Energy

Low



### Mood

Sensitive

## Supportive Actions



Offer a massage

[How to](#)



Cook her favorite meal

[Ideas](#)



Plan a cozy movie night

[Setup](#)



Calendar



Insights



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Insights



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Insights



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Calendar



Insights



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# Dream Lover



## Current Cycle

Day 14 of 28

Ovulation Phase



Next period in

**14 days**



**Log Period**

Track today



**Symptoms**

Log mood

## Support Tips

[See all](#)



### Be Extra Patient Today

Your partner might be experiencing PMS symptoms. Consider offering a warm hug or preparing her favorite tea.

[PMS Phase](#)



### Period starts in 2 days

Time to be extra caring and supportive



## Thoughtful Gifts

[Shop all](#)



**Flowers**

From \$25



**Chocolate**

From \$15

Se

Fr



**Connected with Sarah**

Partner since Jan 2024

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