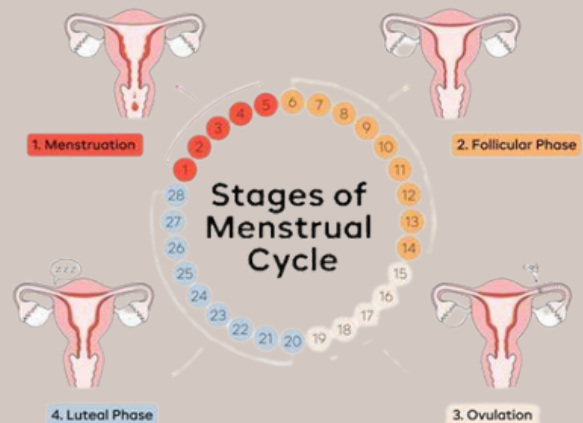




WHY TRACK YOUR OVULATION AND MENSTRUAL CYCLE ?

USEFUL FOR

- Identifying the fertile window for conception
- Understanding and predicting menstrual irregularities
- Diagnosing reproductive conditions like PCOS or amenorrhea
- Managing PMS and PMDD
- Planning or avoiding pregnancy naturally (Fertility Awareness Methods)



How to track?

1. Calendar Method: Track the start of your period each month to estimate ovulation
2. Cervical Mucus Monitoring: Note changes in mucus texture and color throughout the cycle.
3. Basal Body Temperature (BBT): Take your temperature every morning before rising. A rise of 0.5-1°F after ovulation confirms ovulation occurred.
4. Tracking Apps: Clue, Flo, and Glow.



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