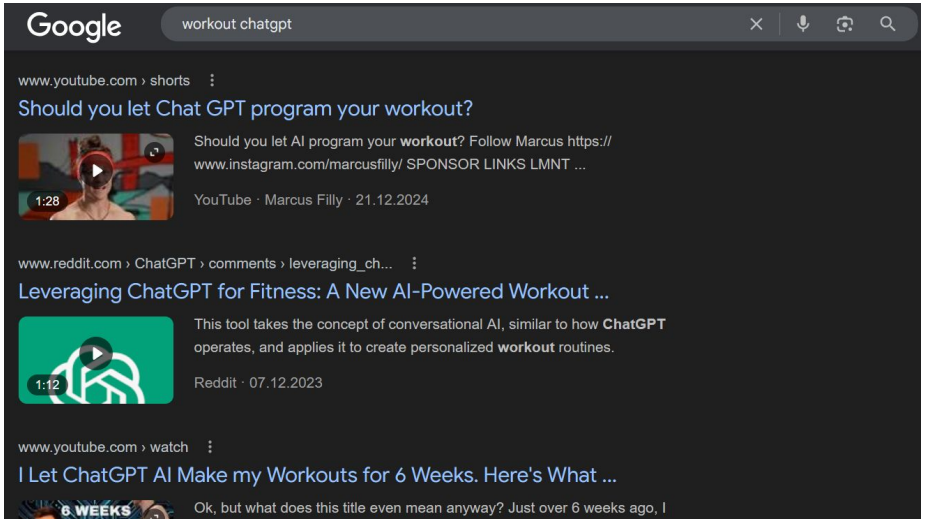
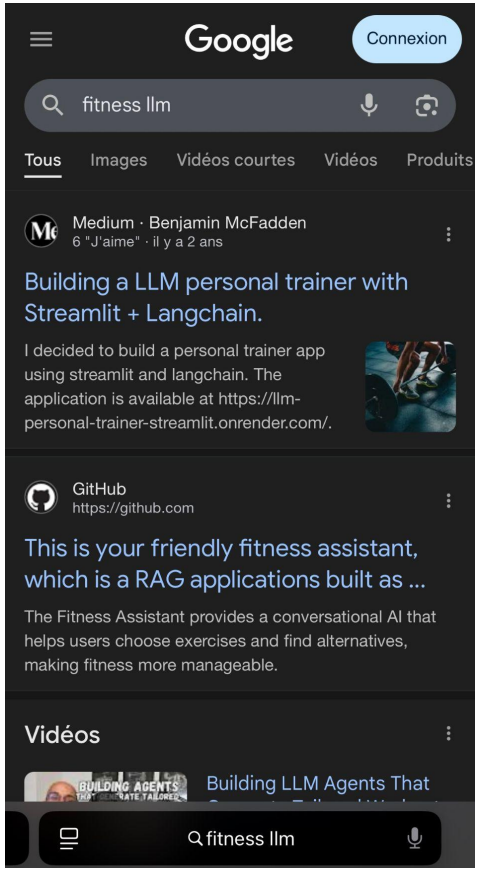
- LLMs increasingly used for self development
- Application: Fitness advice

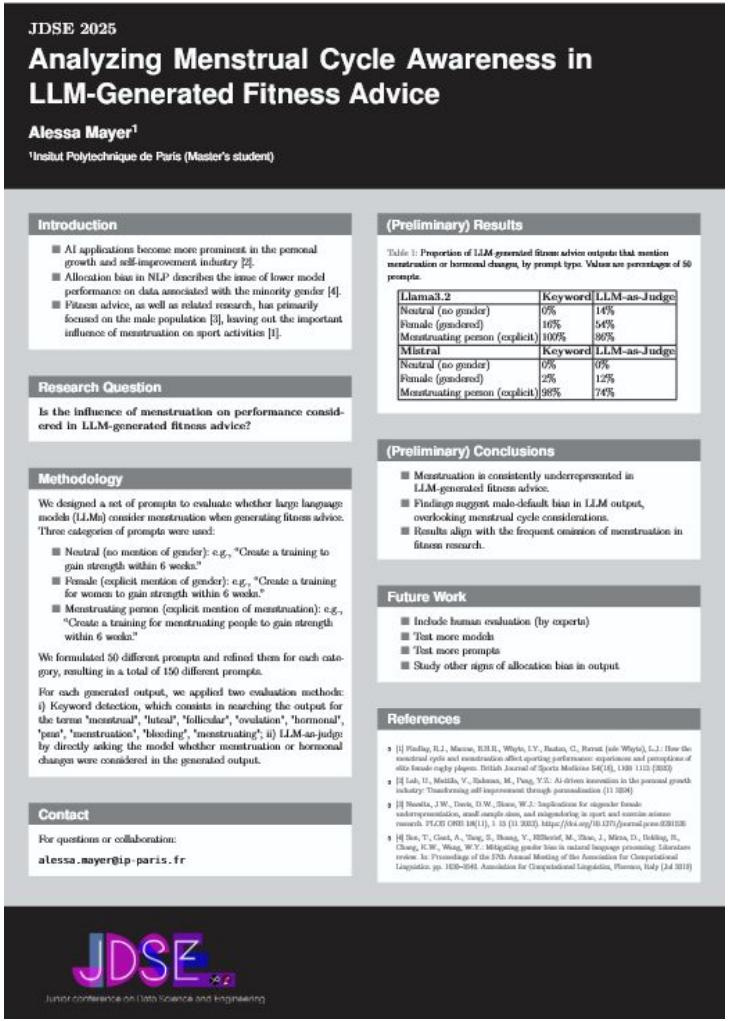




- Analyzing output on allocation bias through menstrual cycle awareness

- Research Question:

  Is the influence of menstruation on performance considered in LLM-generated fitness advice?



JDSE 2025

Analyzing Menstrual Cycle Awareness in LLM-Generated Fitness Advice

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Introduction

- AI applications become more prominent in the personal growth and self-improvement industry [2].
- Allocation bias in NLP describes the issue of lower model performance on data associated with the minority gender [4].
- Fitness advice, as well as related research, has primarily focused on the male population [3], leaving out the important influence of menstruation on sport activities [1].

Research Question

Is the influence of menstruation on performance considered in LLM-generated fitness advice?

Methodology

We designed a set of prompts to evaluate whether large language models (LLMs) consider menstruation when generating fitness advice. Three categories of prompts were used:

- Neutral (no mention of gender): e.g., "Create a training to gain strength within 6 weeks."
- Female (explicit mention of gender): e.g., "Create a training for women to gain strength within 6 weeks."
- Menstruating person (explicit mention of menstruation): e.g., "Create a training for menstruating people to gain strength within 6 weeks."

We formulated 50 different prompts and refined them for each category, resulting in a total of 150 different prompts.

For each generated output, we applied two evaluation methods: i) Keyword detection, which consists in searching the output for the terms 'menstrual', 'luteal', 'follicular', 'ovulation', 'hormonal', 'pms', 'menstruation', 'bleeding', 'menstruating'; ii) LLM-as-judge by directly asking the model whether menstruation or hormonal changes were considered in the generated output.

Contact

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(Preliminary) Results

Table 1: **Proportion of LLM-generated fitness advice outputs that mention menstruation or hormonal changes, by prompt type. Values are percentages of 50 prompts.**

Llama3.2	Keyword	LLM-as-Judge
Neutral (no gender)	0%	14%
Female (gendered)	16%	54%
Menstruating person (explicit)	100%	86%
Mistral	**Keyword**	**LLM-as-Judge**
Neutral (no gender)	0%	0%
Female (gendered)	2%	12%
Menstruating person (explicit)	98%	74%

(Preliminary) Conclusions

- Menstruation is consistently underrepresented in LLM-generated fitness advice.
- Findings suggest male-default bias in LLM output, overlooking menstrual cycle considerations.
- Results align with the frequent omission of menstruation in fitness research.

Future Work

- Include human evaluation (by experts)
- Test more models
- Test more prompts
- Study other signs of allocation bias in output

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