

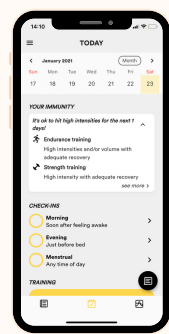
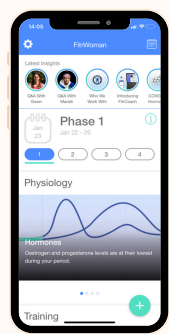
TRACKING YOUR CYCLE.

WHY TRACK?

The menstrual cycle could impact upon performance, training, recovery and health in some sportswomen, therefore learning more about your own menstrual cycle - what symptoms you experience and how you perform, train and recover on certain days - will allow you to maximise or manage performance and training depending where you are in your cycle.

Performance aside, tracking also allows you: 1) to be prepared so you know when your period is coming; 2) to learn what is normal and not normal for you; and 3) reduce or increase your chances of pregnancy.

HOW TO TRACK?



APPS: There are many apps available, such as Clue, FitrWoman & WILD.AI



OTHER METHODS: Pen & paper, & Excel document

WHAT?

1. When period/ ovulation occurs.
2. How you feel physically & emotionally
3. Performance during and after competition/ training
4. Menstrual cycle symptoms
5. Basal body temperature & cervical fluid

TOP TIPS.

1. Track for at least 3 months to allow cycle patterns to be identified
2. You need to be invested in these activities & use methods which suit you (based on time, cost, equipment available etc.) to get the best data