

Period tracking apps for every lifestyle

Megan Purvis, FHEN Team

Have you ever been surprised by your period? You're not alone. With the ins and outs of daily life, it's easy to lose track of things that don't happen every day—and your period is one of those things. But the good news is that there are plenty of tools you can use to keep track of your period and get a better look at your cycle over time.

Benefits of a period tracking app

Well, for starters, it's important for you to know what is going on with your body in order to take control of your health and well-being. If you know when your next period will be, you can be prepared for it. Another reason to keep track of your cycle is so that you don't miss any changes or abnormalities. Changes to your period, even slight ones, can be an indication of an underlying problem. But if you are unaware of those changes, you might not be able to catch if something is wrong. Your gynecologist will ask about your cycle as well, so keeping track of your period is important for helping him/her understand what is going on with your body.

So how can you keep track of you period? Well, you could use a normal calendar, or a computer program like excel. But these are less convenient and don't have the variety of features that you can find on an app.

The beauty of a period tracking app is that it makes life easier. It has methods for estimating when your next period will arrive, and also a window of fertility. This may not be 100% accurate, but it will definitely be helpful. And of course, due to the app's algorithms, the longer you use it the better it will be at tracking your cycle. Just one caveat: If you have an irregular cycle, a period tracking app may not work for you.

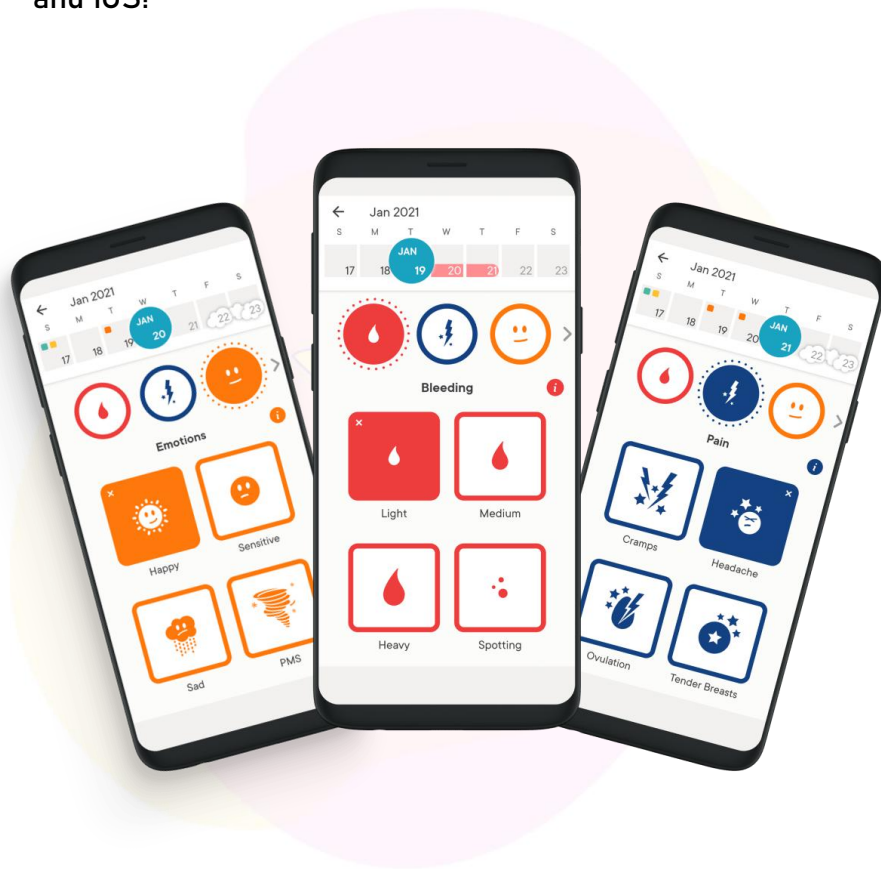
Read on to see some great options available.

4 recommend apps based on your goals and lifestyle

- Clue
- Flo
- 美柚 (měi yòu)
- FitrWoman

Keeping it simple: Clue

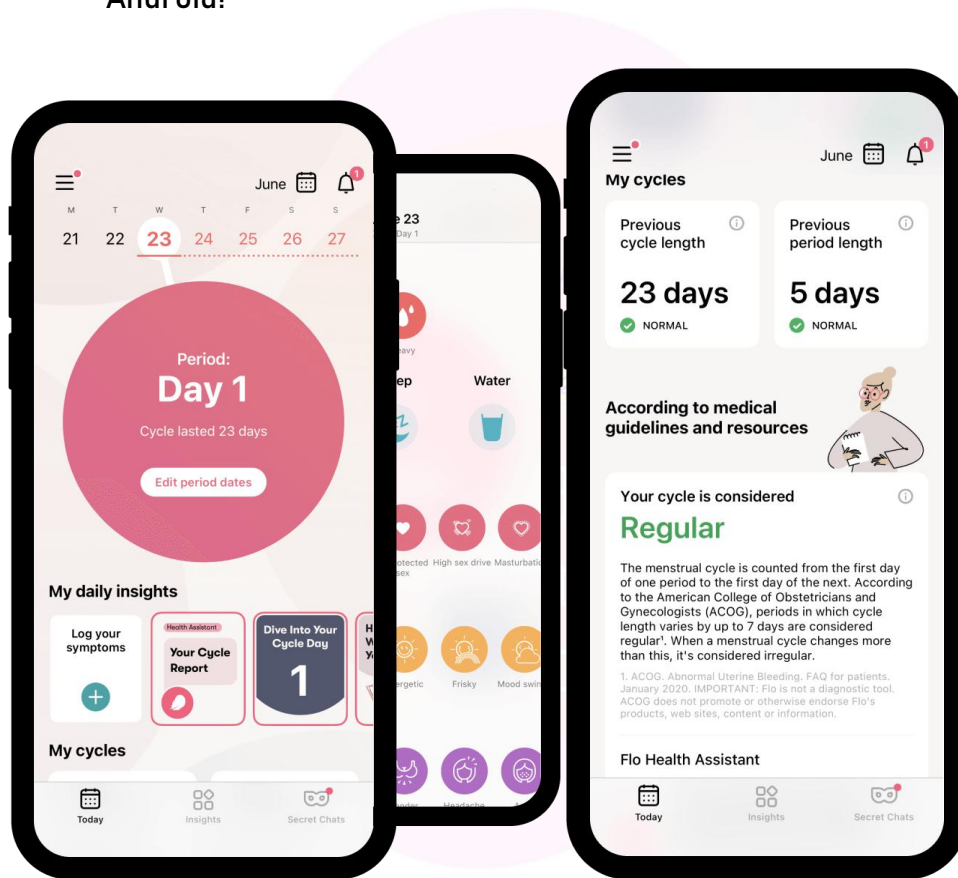
Clue is an all-around amazing period tracking app. Not only it does it help you track your cycle (including menstruation, ovulation, and symptoms) but it also provides educational resources from medical professionals in the Clue Encyclopedia so that you can learn more about your body. You can set up notifications to remind you that your period is coming, and get insights about whether your cycle is regular or irregular. It's available for both Android and iOS!



Get it at: <https://helloclue.com/period-tracker-app>

The all-in-one: Flo

Flo is used by millions of people around the world to track menstruation and ovulation. Similar to Clue, Flo also has expert educational resources available for you to learn more about your reproductive health. Additionally, Flo offers a few special features such as pregnancy tracking, a virtual health assistant chat for any questions you may have, and an anonymous “safe space” chat to discuss any topics that might be sensitive or taboo. Also available for both iOS and Android!



Get it at: <https://flo.health/>

Going the extra mile: 美柚 (měi yòu)

美柚 (měi yòu) is another fantastic option for tracking your period. Like Clue and Flo, 美柚 is a dynamic app that not only tracks your period and ovulation, but also lets you input data about your symptoms, mood, and general health. But unlike the other two, it boasts its own social network and e-commerce features. 美柚 is also great in that it caters to women in different stages: pre-pregnancy, pregnancy, and early motherhood. The app is only available in Chinese, but it is very intuitive, so you don't need to be fluent to use it. It is available for both iOS and Android.



Get the app through your device's app store, or through the official Wechat account:



Powering through: FitrWoman

FitrWoman is perfect for those who want to prioritize fitness and training. FitrWoman helps you keep track of your cycle in order to optimize your fitness levels according to your hormones throughout the month. Additionally, you will have access to nutrition information, including recipes, to support your fitness and health goals over the course of your cycle. The app also has a feature for coaches to help them monitor their team's performance. Also available for both iOS and Android!



Get it at: <https://www.fitrwoman.com/>