



The Well^{HQ}

Menstrual Cycle Tracking

Menstrual cycle tracking is a great way for athletes to understand their own unique cycle and how it affects them. Tracking gives you information about when you feel good - so you can capitalise on those days; and when you feel not so good - and you can actively try and manage any challenge the cycle brings.

There are no set rules about what a female will experience at a given time of her cycle, nor how it might affect training or performing. Everyone's experience of their cycle is different. Symptoms, and their severity, will vary from person to person. That's why tracking *your own unique* cycle is so helpful - at the very least tracking can help explain why some days feel better than others, at best it can provide you with patterns that help you anticipate the different things your cycle brings you each month.





How to Track Your Menstrual Cycle

Whether tracking with an app, or on a calendar or diary, there are some important bits of information you should record:

Tracking should include:

First day of period
(day 1 of cycle)

Flow (light, medium or heavy)

Symptoms on any day of cycle
(emotional and physical)

It can also include:

Sleep (Good? Long enough?)

Training (volume, intensity, type)

Training quality

Motivation to train

Muscle Soreness

Recovery

