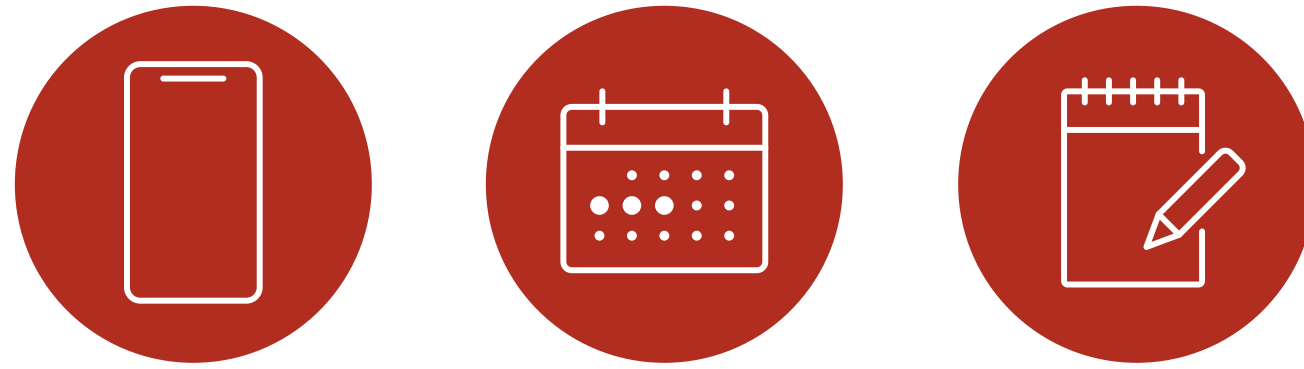


Call it what it is. **Period.**

Track your cycle

You can track with an **app**, **calendar** or **diary** ...
... the important thing is to stick with it



Why track?

No-one else out there (not your doctor, coach or physio) is going to master your menstrual cycle.

If you don't do it ...

As the world's leading expert in your cycle, you can tune into and protect your body; managing symptoms and identifying patterns.

Master your cycle and you can engage with your peers, coaches and physios at a much deeper level - where physiology meets performance.

Tracking should include:



Day 1
of cycle



Flow
light / medium / heavy



Symptoms
emotional & physical

You can also track your:

Sleep

Quality, length

Training

Volume,
intensity, type

Quality

... of your
training

Motivation

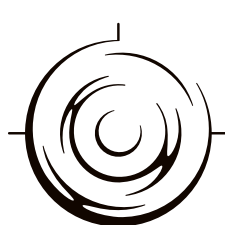
... to train

Recovery

... time and
issues

Call it what it is. Period

#SAYPERIOD



THE WELL HQ
Call it what it is. **Period**

thewell-hq.com/period