

Menstrual Cycle Tracking

Tracking your Menstrual Cycle.

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Track

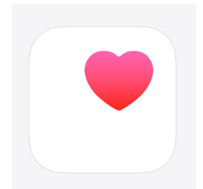
Examples of menstrual cycle tracking apps include:- Clue, Apple Health and Period Tracker Lite.

Please note that these third-party app suggestions are provided for your information only. These apps are not endorsed by **sportscotland**, nor does **sportscotland** have any control of the apps.



Apps to Track

Apple Health



Clue



Period Tracker Lite



Alternatively, you could use pen and paper



See the [Talk Track Manage](#) resource for more information.

If you have any concerns, speak to your coaches and support staff.