

# TRACK YOUR CYCLE

## Here are our top picks for period tracker apps

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Period cycles vary from woman to woman but normally last for 28 days on average. Many women around the world experience irregular period cycles, one of the common reasons being PCOS, and tend to miss their period.

Therefore, it is absolutely important to keep your period on surveillance to identify symptoms for potential menstrual health issues and to be aware of when a doctor consultation is imperative. Other than that a registered period cycle can monitor your fertility and ovulation cycle. Here are the top period tracker apps recommended by women who regularly log their periods.

### Period Calendar

Period calendar tracks your period and predicts your next cycle based on previous input data. Moreover, it shows fertility window, pregnancy chances, etc. Other than the basic cycle recording, this app provides a platform for women to record their likely symptoms, height and weight, and any other health-related information.

As an avid user of this application since 2017, I have had a comfortable experience, in the sense that it was easier for me to remember my previous cycle. What has immensely helped is that P.C. notifies you about your upcoming period before two days. That way you get to prepare yourself and remember to have menstrual products on you whenever you step out of the house.

With an astounding 4.9 rating on the app store, the app has an intimate user-base wherein women share

and converse about their day-to-day experiences, etc., and also includes a personal diary. The app is suitable for both iOS, where you have the option to sync app data with Apple Health and Android platforms.

### Flo Period and Ovulation

Besides regular cycle tracking, Flo is special as it is password-protected, and has a secret chats section, where users seek answers to their personal questions. You can track your water intake, sleep duration, moods, and your physical activity as well.

Flo's pregnancy mode, designed for women who are trying for a baby assists them by monitoring diagnoses results, display your fertile window, and keep track of your baby's growth. You can find useful, educational information on menstrual and women's health overall, find informative articles, quizzes, and surveys among many. Find Flo, with a 4.7 rating, on App Store and Play Store.

### Period Calendar - Amila

Recommended by women all over the world, Period Calendar by Amila is effortless and provides an accurate prediction of the new cycle. Parallel to other tracking apps, this app has a community-building platform and a personal diary to log in symptoms, acne, mood swings, even doctor appointments. Follow period trends, yearly

calendars through visual representations and charts.

The app notifies users 2 to 3 days before the starting of the next cycle and also alarms users when they are late or have forgotten to input their period. Amila separately has a pregnant tracker application where you can track contractions, weight measurements, find tools for easier labour, and valuable pregnancy tips and information on the baby's development. Amila has a whopping 4.9 rating on Play Store. The application is compatible with both Android and iOS.

### P Tracker

Period Tracker or P Tracker's algorithm initially anticipates a period cycle to be of 28 days and gradually assimilates trends by calculating an average based on the past 3 months' data to provide an accurate forecast. The icon on the home screen is designed to be discreet as it simply reads "P Tracker."

Other features include daily noting of moods with emoji icons, bodily measurements, symptoms and also informs you of your fertility window with an automatic flower appearing on the screen on the day of ovulation. Cloud backup, accessing data through emails and a free account creation make this app super easy to operate. P Tracker is well trusted among users as showcased by a 4.6 rating. It is available on both Play Store and App Store.

### My Calendar

The last pick of the series is an elegant, minimalistic app that is bright pink in colour. My Calendar caters to users' individual needs and helps them with irregular cycles and further educates them about birth control, contraception, etc. Ovulation and upcoming period reminders are kept discreet and the calendar can be password protected to secure the user's private details.

Contrary to other tracking apps, My Calendar furthermore calculates your Body Mass Index (BMI) for you. With a convincing 4.9 rating, the app readily adapts to your period courses and notifies you about the period that is knocking on your door. Prepare for those stressful days by downloading My Calendar on your Android and iOS devices.



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