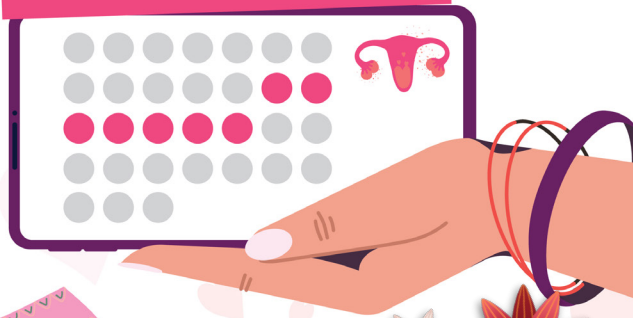
Track It!

PERIOD



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psi
Nigeria

Track it! Period.

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Track It!
PERIOD



About PSI Nigeria

Population Services International (PSI) Nigeria is a leading non-governmental organization and trusted development partner committed to improving health outcomes across the country. We design and deliver high-impact, community-driven, and client-centered health solutions that empower individuals, strengthen health systems, and advance equitable access to quality care. Guided by data, innovation, and deep community engagement, PSI Nigeria works to ensure that every person, especially women, adolescents, and vulnerable populations, can make informed decisions and live healthier lives.

Acknowledgment

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Track It!
PERIOD

The Menstrual Cycle

The menstrual cycle is described as the process a woman's body goes through each month in preparation for a potential pregnancy.

It starts on the first day of a period and runs until the day before the next period. The menstrual cycle is influenced by hormones- estrogen and progesterone. It spans between 21 to 35 days with an average being 28 days.

Menstrual cycle of less than 21 days and more than 35 days is not normal, seek medical care.


MENSTRUAL CALENDAR
1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31

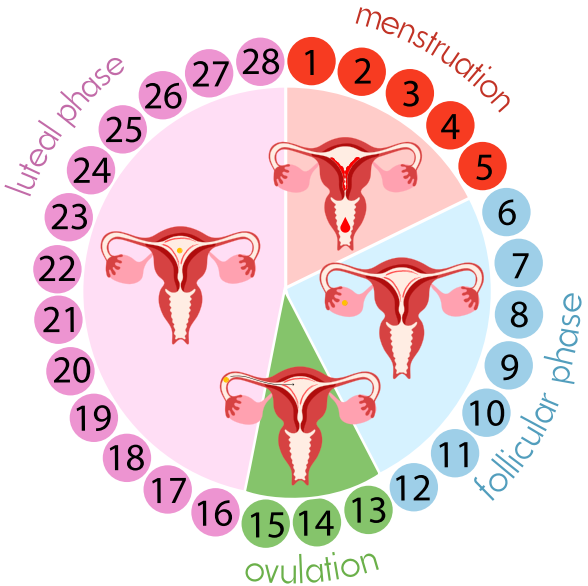
Knowing Your Menstrual Cycle

As a woman, your body works like a well-timed rhythm each month.



Days	What happens
1-5	Menstruation (flow of blood) The body sheds its inner linings because progesterone level has dropped
6-12	Tissue and blood line the wall of the womb/ uterus to prepare for egg production and pregnancy. Estrogen level increases.
13-15	Ovulation (egg is released)
16-30	Progesterone & Estrogen level drop. Lining of the uterus breaks down if the egg is not fertilized and detaches leading to menstruation. and next menstruation begins.

MENSTRUAL CYCLE



Tracking Your Cycle Made Easy!

Knowing your menstrual cycle helps you feel prepared, confident, and in control every month.

There are several methods, from simple tools to cool apps, to keep track of your period and understand your body better.

Using the Calendar

Tools Needed to Count Menstrual Cycle Length

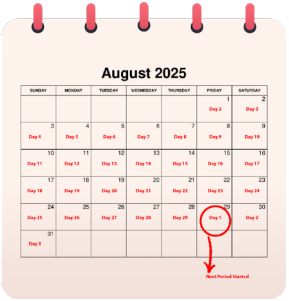
- Calendar
- Calculator
- Dates of when your recent periods started (at least 3 cycles dates)

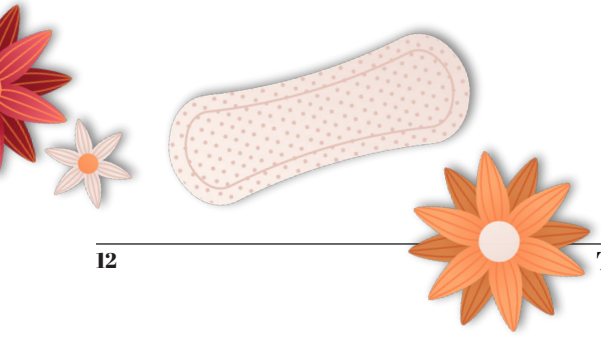


Step 1

Start by circling the first day of your period. For example, 31st July 2025 as Day 1 on your calendar. Then count each day until the day before your next period begins (if your next period starts on 29th August 2025, your last day is 28th August). That will give 29 days.

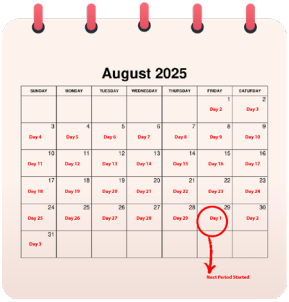






Step 2

Do the same for your next cycle. Mark 29th August as Day 1, then count each day until the day before your next period (if your next period starts on 28th September, your last day is 27th September). That makes 30 days long.



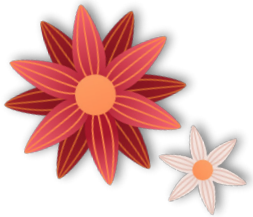


Step 3

Repeat the same for your third cycle. Mark 28th September as Day 1, then count each day until the day before your next period (if it starts on 27th October, your last day is 26th October). That means this cycle is 29 days long.









Step 4

Now, add the three cycle lengths together:
29 + 30 + 29 = 88 days.

Next, divide by 3 (the number of cycles):
88 ÷ 3 = 29.3 days.
So, your average cycle length is about 29 days.

You can repeat these steps for 6 cycles. The more dates you use, the better;! But three months is enough to determine your average menstrual cycle length.

This method is useful and effective for girls and women with regular cycles to predict their next period

Using the Menstrual Cycle Bracelet

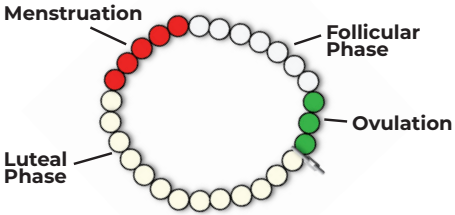
To use a menstrual cycle bracelet, start with the first day of your period by moving the marker to the red bead and count each day by moving the marker to the next bead in the cycle. Different colored beads represent different phases: red for menstruation, white for the follicular/luteal phases, and sometimes other colors for ovulation, with the bracelet acting as a visual tracker to predict when your next period might start.



How to use the Menstrual Cycle Bracelet

Start on the first day of your period by moving the marker to the red bead- this represents Day 1 of your cycle. Each new day, move the marker forward to the next bead in the cycle.

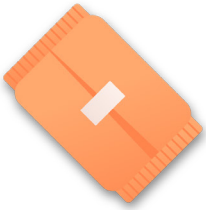
The bracelet is colour-coded to help you understand what's happening in your body, the colored beads represent different phases:



Red beads mark your menstrual days.
White beads typically cover the days before and after ovulation (follicular and luteal phases).
Differently coloured beads -the green colour signals your **ovulation window**.

By moving the marker daily, the bracelet gives you a simple visual tracker of your cycle and helps you predict when your next period is likely to begin.





Useful Tips

Understand the phases of the cycle

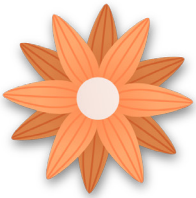
Note any irregularities

Wear medical devices like a fitness tracker to help monitor body temp. etc.

Maintain a healthy diet and lifestyle











Ask questions.
Stay Informed !
Support Each Other !!

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