



# Why tracking your period is important?

## 1 Symptoms

Some girls do not experience any changes during their monthly cycle but the majority do experience one or all of the following: Headaches, stomach ache, backache, sore boobs, and spots. They may feel overly sensitive or unable to cope with their emotions. Tracking your symptoms can help explain these changes and help you plan how to manage them.



## 2 Focus and concentration

Sometimes before and during your period you can become less focussed and more distracted than usual. You can feel anxious about leaking, taking part in activities or the pain can sometimes distract you. Learning to recognise and accept that this could be related to your hormones helps you become more self aware.



## 3 Sports

Tracking your cycle can help you prepare for things like PE or sporting activities. You can prepare by making sure you have enough sanitary products and by telling your sports coach so they can understand and plan what activities you will be asked to carry out.



## 4 Feeling in control of your body.

Puberty can cause fear and confusion. Your body is developing, your friendship groups change and school gets more challenging. By understanding your body you can take some control over your life. Which makes you feel like you have some control during a time when there are lots of changes.

## 5 Recognising changes.

It can take time for your periods to settle but sometimes symptoms can be so extreme that they stop you from doing everyday activities because of heavy bleeding or intense pain. Tracking your periods can help health care workers work out what treatment may help you.

