

Healthy Menstrual Cycle Checklist

@fwdfuel

Checking all the following boxes would constitute a healthy menstrual cycle!

- Cycle begins every 25-35 days
- 4-7 days of bleeding
- Ovulation occurs between days 13-18 of cycle
- 10-16 day luteal phase (second half of the cycle after ovulation occurs)
- Minimal pain, discomfort, cramping before and during period
- Absence of heavy bleeding or clotting
- Minimal signs of PMS including breast tenderness, mood shifts, fatigue, nausea, bloating/puffiness, sleep disturbances, headaches/migraines, etc.
- Period does not debilitate you for an entire week
- Performance in gym does not feel flat during period