Simple Cycle

Instructions Manual

Our vision for a period tracker was to keep it **simple**. There are many other mobile applications offering a lot of functionalities, but we wanted to focus on the essentials - **just track your period and your sex activities** via simple and clean UI design.

Clean design imposed for some options to get a bit hidden and not visible on screen right away. But worry not, just go through this manual and **check out every nook and cranny of Simple Cycle** so you can take the most of it!

What is a PERIOD?

Also known as menstruation, menstrual flow, or menses, a period is a flow of blood that lasts for a few days and occurs in sexually mature women who are not pregnant. Periods usually last 3-8 days. For majority of women, the first period usually begins between 10 and 15 years of age.

What is a CYCLE?

The menstrual cycle includes several phases and usually lasts 21-35 days (average cycle lasts 28 days). The variability of menstrual cycle length is highest for women under 25 years of age, most regular for ages 25 to 39 and then slightly increases for women above 40, until menopause.

Starting off with What's your plan

When you first download Simple Cycle and go through on-boarding screens, we ask you if your plan is to not get pregnant or to get pregnant because the language within the app is adjusted according to what you choose on this screen. If you don't have a sexual relationship with a cis-male, just choose "Not to get pregnant" and ignore the language in the app. If you have, then

Why do we ask you this?

What is your plan?

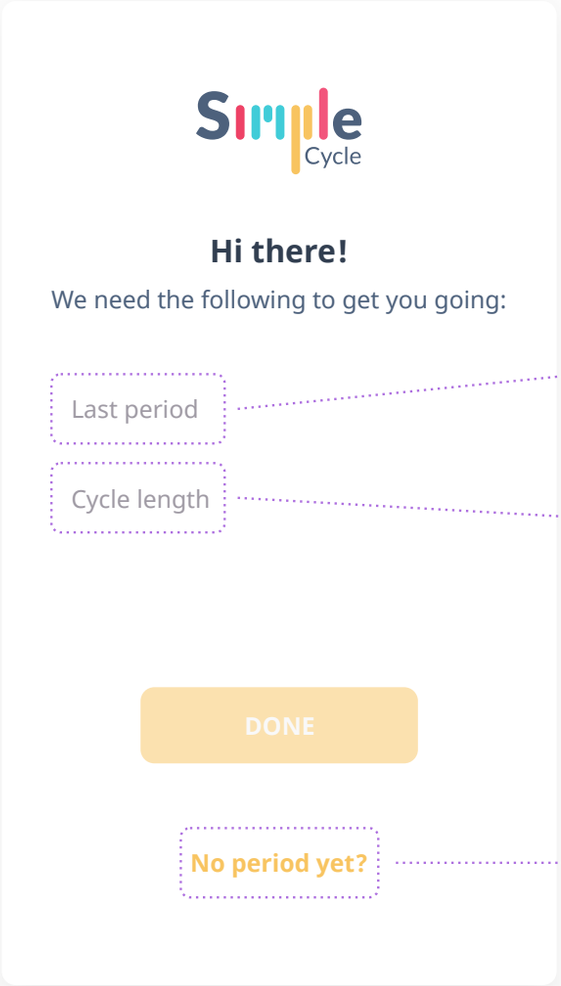
You can always change your current choice in Settings later.

depending on your current plans, you might want to get pregnant, or you might not. Don't worry, you can change this anytime later if you want.

NOT TO GET PREGNANT

TO GET PREGNANT

Warning: Simple Cycle main feature is to predict your periods and you can also use it to track your sexual activity. Whether you choose Pregnant or Not pregnant plan doesn't influence the calculation that predicts your periods. It is only connected to the accompanying text that follows your cycle.



Follow with your period info

To start calculating and predicting your periods, we need these two things:

LAST PERIOD - when you tap this, you will get a calendar or date picker. You need to choose a date of your last period, the day when your last period started.

CYCLE LENGTH - you should enter a number between 21-35. Be aware that you need to enter your average CYCLE length here, not your period (mensuration) length.

Warning: If you haven't had a period yet, or you don't know when your last period was, you can skip this screen by choosing "No period yet". Our algorithm then takes general average cycle length of 28 days to calculate and predict your periods. The more you use Simple Cycle, the more accurate predictions will become because Simple Cycle takes the last 12 months of your entered cycles and calculates their average to predict your next period.

Predicting the start of your next period

How does Simple Cycle calculate when your next period could start? Let's say you have entered 4 periods so far:

Period 1 *Your 1st cycle lasted for 28 days* 28

Period 2 *Your 2nd cycle lasted for 22 days* 22

Period 3 *Your 3rd cycle lasted for 30 days*

30

Period 4 *Your 4th cycle lasted for 23 days*

23

28 + 22 + 30 + 23 = 103 / 4 = 25,75
YOUR AVERAGE CYCLE LENGTH IS 26 DAYS

In this case, your next period will be predicted to start in 26 days, counted from the first day when your 4th period started.

All about Cycle Day Screen

Once you have enter your initial info (Last Period and Cycle length), this screen will open next - current day in month. If you have entered your info, you will see where within your cycle you are (i.e. - on this example on the right, it is 10th day of that cycle).

This screen is a “Cycle day” view and gives you a quick glance on where within your cycle you are on any given day. If you are on your period, you can enter your flow with one tap (Light, Medium or Heavy), or if you have had sex, you can tap on the heart (empty heart is for unprotected sex, colored heart is for protected sex).

Calendar/Picker
Date in month. Tap it to jump to another date you choose.

Switch day
Tap this to move one day forward (or back).

Cycle Day
This number tells you how much days have passed since your last period started. That is, what day within your cycle you’re in.

Protected

Spotting days

Period

Sexual activity

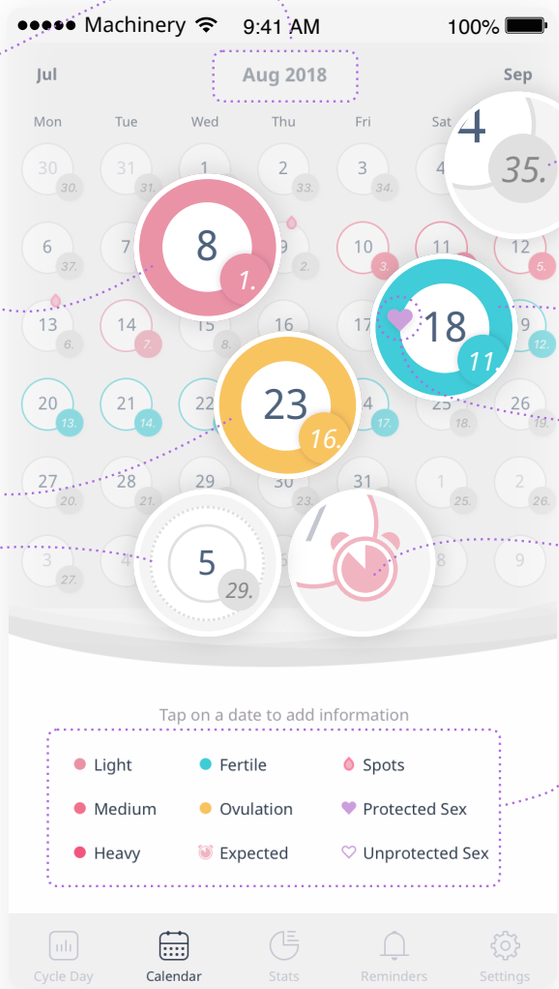
Sex activity

The heart button works a bit different - since you can enter up to 4 protected or unprotected sexual activities, to switch it off, you need to tap the button a few times before you see a “+” sign next to the heart, instead of a number.

All about Calendar Screen

You can also view your cycles in a calendar. Follow the colors that mark your cycle phases: period (red), fertile days (blue), non-fertile days (grey) and ovulation (yellow).

Note: If you prefer to open Simple Cycle immediately to calendar view, you can set this up in Settings.



Calendar/Picker

Current month. Tap it to jump to another month you choose.

3 shades of red for Period

Different shades mark flow strengths: light flow, medium flow or heavy flow.

Yellow for Ovulation

Current day of the month

Today is marked by a dotted circle to make it more visible than other days.

Little circles contain Cycle day

Blue for Fertile

Protected Sex

Expected

Day in month when your period is expected (predicted) to come will have this Alarm clock icon.

Legend

If you are on iPhone, check out the legend in the lower part of the screen to see what each color or icon means.

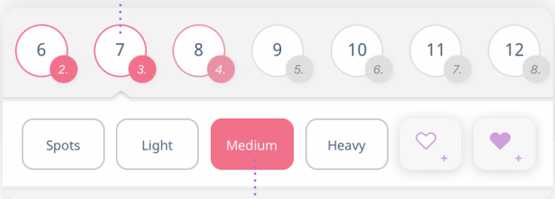
Android or iPad

If you are using Simple Cycle on **Android** or **iPad**, tap the dots at the bottom of the screen (above the tab bar menu) to see the legend.

Tap to open legend

How to start, end or change your period entry

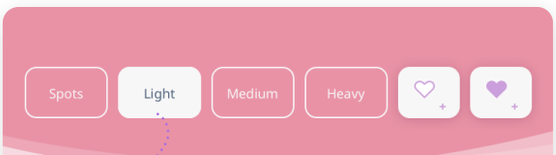
1. Tap a date



2. Choose a flow

On Calendar screen

When your period starts, just tap a date in your calendar and choose a flow (Light, Medium or Heavy) from the menu. To close the menu, tap the date again.



On Cycle day screen

As opposed to the Calendar screen, here, the menu is not hidden and is displayed right away. Buttons work as on/off

1. Choose a flow

switch - when the box is white, it means it is on and your period is registered.

Ooops! You made a mistake?

If you have tapped on something (flow, hearts or spots) by mistake, don't worry! To edit whatever you have entered, just tap again on it and it will be switched off.

How to end your period?

If you are diligent in entering your period flow every day - good for you, you are all set! Last day you enter your flow will be the last day of your period.

If you care to record just the first day of your period, but you would still like to know your period length - to end your period after "x" days, enter a flow on your last day and choose "**END LAST PERIOD**" on the pop up.
The in-between days will get filled up with medium flow.

Woah!

Your last period started Jul 8 so it's a bit early to start a new period. What do you want to do next?

END LAST PERIOD

If you end your current period, we'll fill out the in-between days for you. You can always change the flow by tapping on a particular day.

START NEW PERIOD

If you start a new cycle, our algorithm will recalculate your cycle predictions.

Changed my mind, go back

What if your period starts unusually early?

If your new period has started very early in your current cycle (anything up to the 10th day in your current cycle), you will see a pop up window asking you whether you want to end the last entered period or start a new one, so choose "**START NEW PERIOD**".

Change start day

You already have a period starting in the following 2-8 days, so we'll change that period start day and fill the days in between with medium flow.

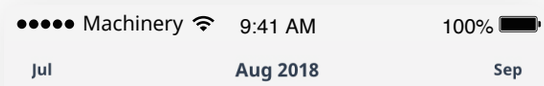
CHANGE START DATE

Changed my mind, go back

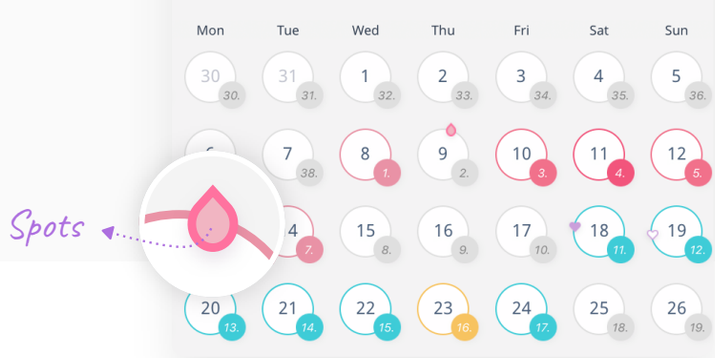
You can also change Period start date

Even if you have already entered a period, you can always change it if you need to. If you tap a day before your current Period start day, flow will be added and cycle days will be recaluclated. You can also tap 2 or more days before your current Period start day to change the start date. In that case, a pop up will show up to inform that you are about to change your Period start day. If you confirm, all the days between new Period start date and current start date will fill in with medium flow (you can change that by tapping the desired flow button) and cycle days will get recalculated. You can make these changes both on Calendar and Cycle day screens.

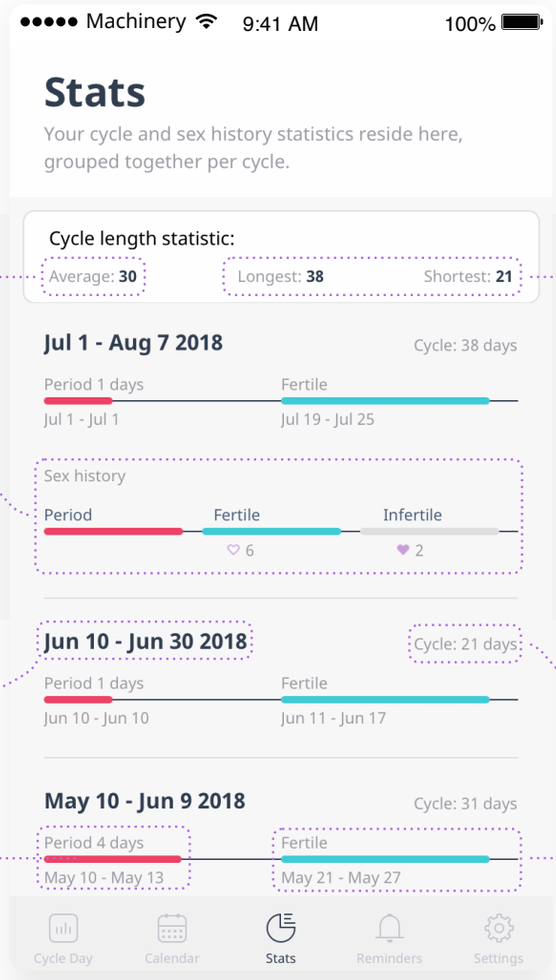
Spots



Spots can happen anytime during your cycle, although for most women they happen right before your period starts. Spots are not a part of your period. If it happens so that you have a “spotting” day during your period, you can add “spots day” by untapping the current flow on that “spotting” day and tapping the spots button to add spots.



Stats



Average

The average cycle length is calculated by taking the last 12 cycles (or less, if you have less).

Sexual activity data

You can see here when in your cycle you had protected or unprotected sex. If you don’t have sexual activity recorded, this row won’t be displayed.

Start/End

This period marks one cycle - what date did your cycle start and end.

Period length

Red stripe displays how long was your period (if you have entered when it ended), including what date it started and ended.

Longest/Shortest

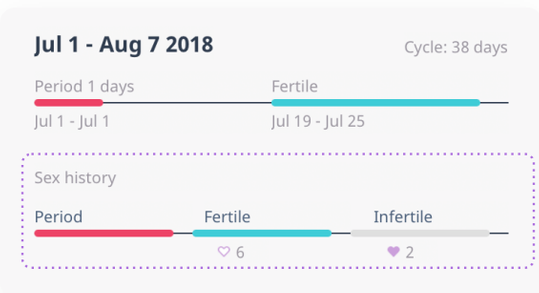
This is the span of your cycle variation. **The less the variation is, the more accurate the application is in predicting your next periods and fertile days**. The greater the variation is, the more caution and common sense needs to be applied when relying on the data that Simple Cycle displays.

Length of this particular cycle

Fertile

Blue stripe displays when were your fertile days. Simple Cycle presumes a fixed period of 7 days for fertile window, including ovulation day.

Sexual activities

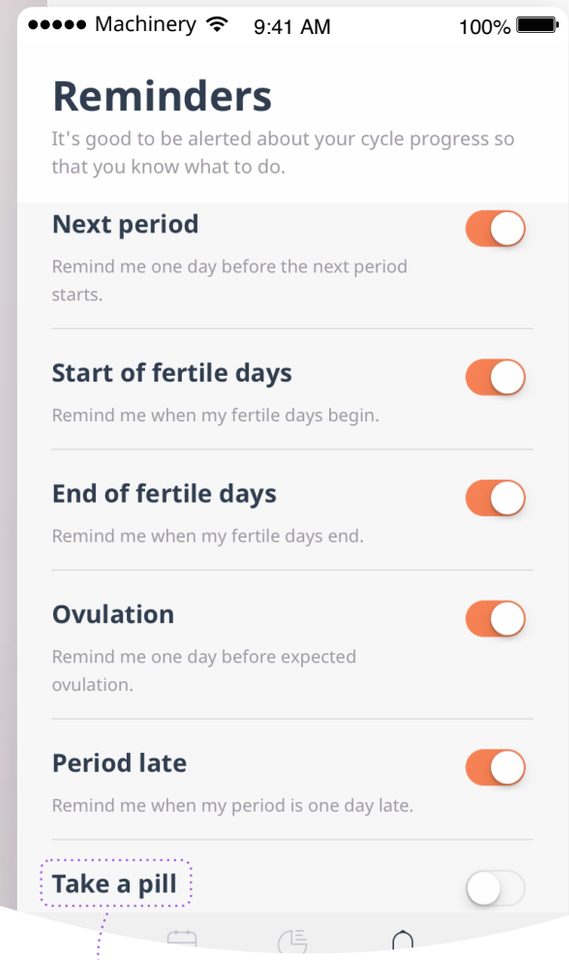


No Sexual activities

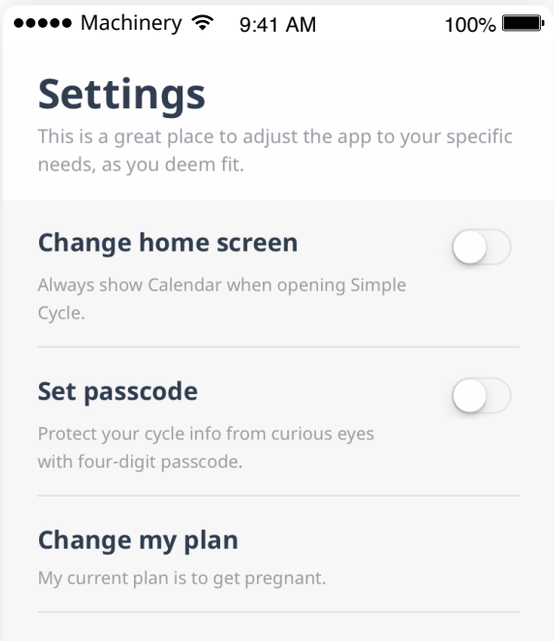
Sex history row is displayed only when there is sexual activity. If you don't have any sexual activities, you'll just see Cycle Data as shown on the example above.

Are you a notification junky?
Or you just need the essentials?

You can switch the notifications on and off, as you deem fit. All notifications are by default switched on, except “Take a pill”. All notifications are scheduled for 9AM, except “Take a pill” - for Take a pill you set the time when you want to get a daily reminder to take a pill.



Take a pill
You set the time when you want to get your daily pill reminder.



Settings

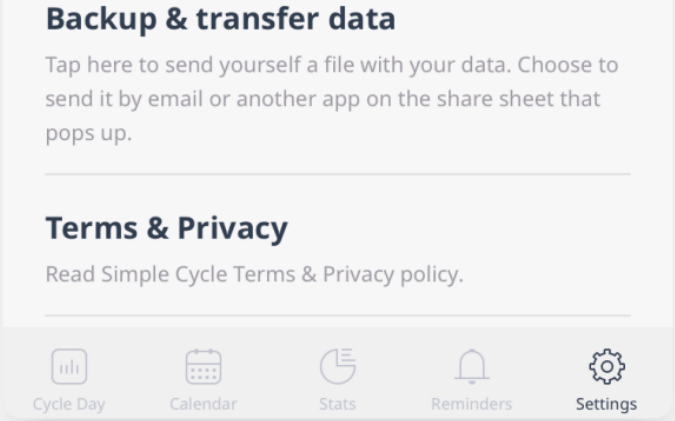
You can set several things on this screen:

Do you want to have Calendar screen or Cycle day screen as your “home” screen? Set it up here! Default home screen is set to be Cycle day screen.

Set a PIN code so no one can mess with your data.

Warning: Please don’t forget your pin code. We won’t be able to help you in case you forget it and you won’t be able to access your data until you remember your PIN code!

If your initial plan to get or not to get pregnant changes, you can change it here. Remember that changing the plan doesn’t do anything but change the messages that acompany your cycle days.



You bought a new device? Congratulations! You can export your data, send yourself an email and import the data in Simple Cycle on your new device.

Note: You can import data exported from iPhone to Android and vice versa, so you have nothing to worry if your new device is on a different platform than your old one!

Simple Cycle

enjoy simplicity