

HERMIONE GRANGER

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CYCLE REPORT

6 Cycles • Feb 25, 2025 - Jul 12, 2025

NAME	Hermione Granger
DATE OF BIRTH	September 19, 1994
PRIMARY GOAL	Cycle Tracking
TYPICAL PERIOD LENGTH	4 Days
TYPICAL CYCLE LENGTH	28 Days
CYCLE REGULARITY	Regular
HEALTH HISTORY	None
CONTRACEPTION	Hormonal IUD

Cycle Trends

Cycle trends reveal how your body functions over time, not just month to month. Patterns in cycle and period length offer valuable insights into your hormonal health. Consistency is ideal, but some natural variation is perfectly normal.

CYCLES TRACKED

6

MEDIAN CYCLE LENGTH

27

MEDIAN PERIOD LENGTH

4

CYCLE LENGTH VARIABILITY

+/- 1 Day

SHORTEST CYCLE LENGTH

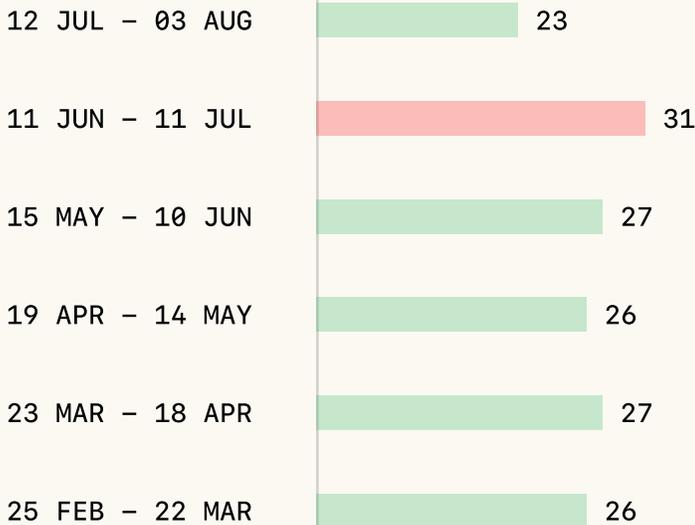
23

LONGEST CYCLE LENGTH

31

■ TYPICAL LENGTH ■ ATYPICAL LENGTH

CYCLE LENGTH



PERIOD LENGTH



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Tracking Your Ovulation

Ovulation marks your cycle's midpoint when an egg is released. Tracking it reveals your fertile window and overall reproductive health. Irregular or absent ovulation may indicate stress, hormonal changes, or underlying health conditions.

UNCONFIRMED OVULATION

1

CONFIRMED OVULATION

5

ANOVULATORY CYCLES

0

EARLIEST OVULATION DAY

Cycle Day 10

LATEST OVULATION DAY

Cycle Day 16

OVULATION HISTORY

12 JUL - 03 AUG

OVULATION OCCURRED ON CYCLE DAY 11, 22 JUL

11 JUN - 11 JUL

OVULATION OCCURRED ON CYCLE DAY 16, 27 JUN

15 MAY - 10 JUN

OVULATION OCCURRED ON CYCLE DAY 13, 28 MAY

19 APR - 14 MAY

OVULATION OCCURRED ON CYCLE DAY 15, 04 MAY

23 MAR - 18 APR

OVULATION OCCURRED ON CYCLE DAY 15, 07 APR

25 FEB - 22 MAR

OVULATION COULD NOT BE CONFIRMED



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Cycle Flags™

Cycle Flags™ identify patterns like irregular ovulation or luteal phase changes. Occasional flags are normal, but recurring patterns reveal how stress or hormonal shifts affect your body, providing deeper health insights over time.

Fall After Ovulation™

CYCLE FLAGS HISTORY

12 JUL - 03 AUG

LATE OVULATION

11 JUN - 11 JUL

EARLY OVULATION

15 MAY - 10 JUN

FALL AFTER OVULATION

19 APR - 14 MAY

FALL AFTER OVULATION

23 MAR - 18 APR

FALL TO BASELINE™

25 FEB - 22 MAR

SLOW RISE™ - NO OVULATION DETECTED



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Luteal Phase Health

The luteal phase spans from ovulation to your next period. A healthy duration is 9–16 days. Shorter or irregular phases may indicate low progesterone or stress affecting your cycle.

AVG. LUTEAL PHASE LENGTH

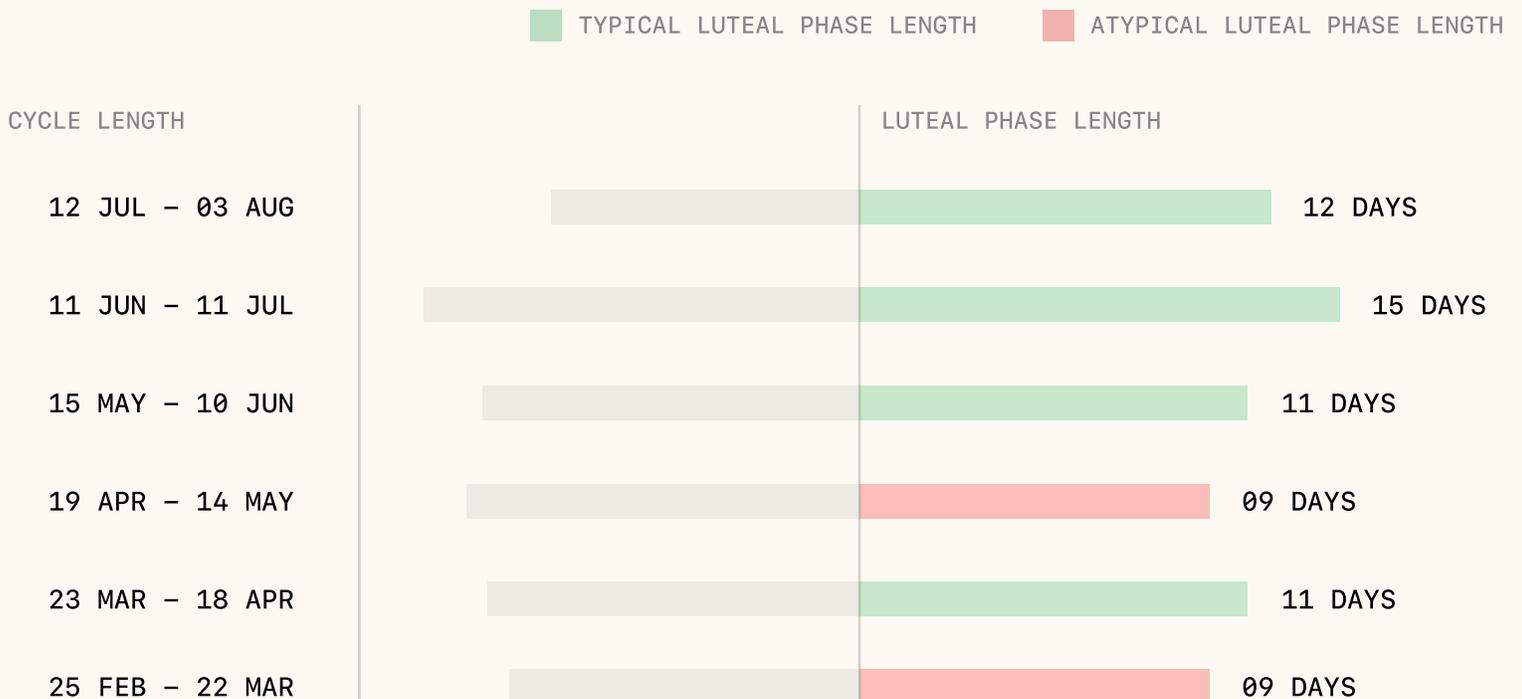
12 Days

SHORTEST LUTEAL PHASE LENGTH

10 Days

LONGEST LUTEAL PHASE LENGTH

15 Days



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FOLLICULAR PHASE LUTEAL PHASE

CYCLE TEMPERATURE (PAST 90 DAYS)

FEB 25, 2025 - JUL 12, 2025



HR VARIABILITY & RESTING HR TRENDS (PAST 90 DAYS)

FEB 25, 2025 - JUL 12, 2025



SLEEP SCORE TRENDS (PAST 90 DAYS)

FEB 25, 2025 - JUL 12, 2025

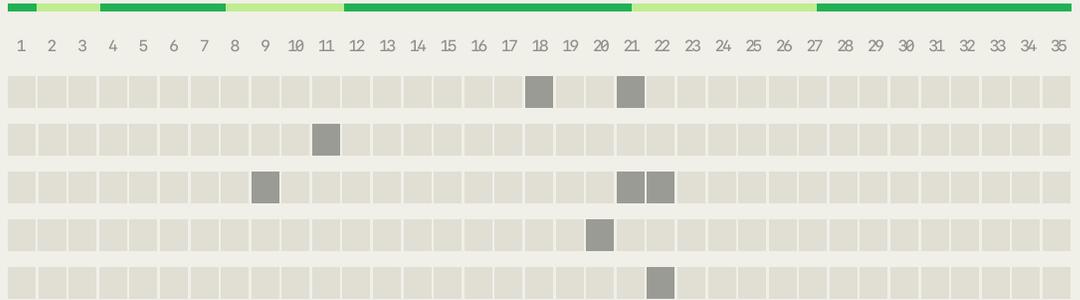


Your Tags

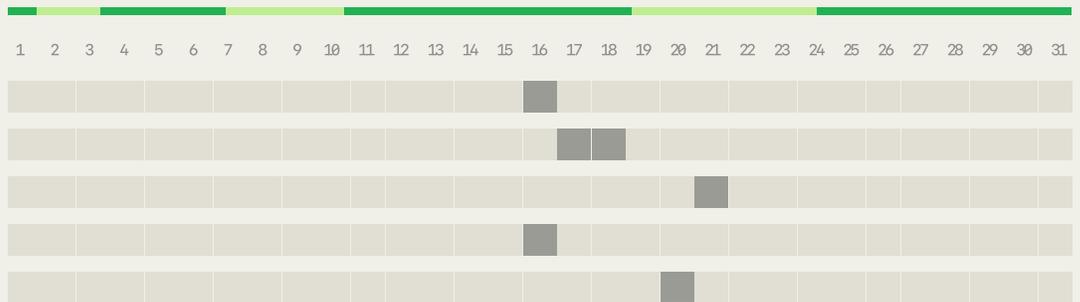
Tracking symptoms helps you link how you feel, changes in mood, energy, or sleep to hormonal shifts across your cycle.

■ FOLLICULAR PHASE ■ LUTEAL PHASE

12 JUL - 03 AUG



11 JUN - 11 JUL



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Top Tags



FALL TO BASELINE™

When skin temperature starts high, drops to baseline early, then rises at ovulation, it can signal underlying hormonal or metabolic conditions.

FALSE START™

When skin temperature rises mid-cycle without ovulation, drops, then rises again later, it can indicate underlying hormonal or reproductive issues.

FALL AFTER OVULATION™

When skin temperature drops soon after ovulation and before the next period, it can signal early progesterone decline linked to luteal phase issues.

SHORT LUTEAL PHASE™

When the time from ovulation to the next period is 9 days or less, it can indicate early progesterone decline often linked to stress or hormonal imbalances.

LONG CYCLE

When a menstrual cycle lasts over 45 days, it often signals delayed or absent ovulation, sometimes linked to hormonal or reproductive health conditions.

EARLY OVULATION

When ovulation happens in the first third of the cycle, it shortens the follicular phase and can be influenced by age, stress, or hormonal changes.

LATE OVULATION

When ovulation occurs in the last third of the cycle, it can shorten the luteal phase and may be linked to conditions like PCOS or thyroid disorders.

SLOW RISE™ – NO OVULATION DETECTED

When skin temperature rises gradually over several days instead of sharply, it can indicate delayed or irregular ovulation often linked to hormonal imbalances.

SLOW RISE™ – OVULATION DETECTED

When skin temperature rises gradually over several days instead of sharply, it can indicate delayed or irregular ovulation often linked to hormonal imbalances.

POSSIBLE ANOVULATION™

When no egg is released in a cycle, it can be due to factors like weight changes, hormonal conditions, or ovarian issues, and may require evaluation if frequent.

