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Our publishers independently research, test and recommend the best products; you can learn more about our review process here. We may receive commissions for purchases made from our chosen links. Stocksy Like anyone who has ever come out of birth control (or has never been in birth control) knows, tracking their period is both a necessity and a giant pain in the ass. Birth control pill hormones are conveniently dosed so you know you'll get yours every three weeks or so. And with IUDs and continuous contraceptives, you don't even have them. When you are not at all, however, your period may seem to have a mind of your own; arriving at exactly the same time, appearing a week late or a week earlier. You can only ruin so many pairs of underwear before you get tired and start cursing your uterus. That's where period tracking apps come into contact: By recording your monthly cycle, you can identify things like when you're ovulating (key to anyone trying to get pregnant), how long since your last period, and whether you're experiencing any abnormalities you need to talk to your gynecologist. Tracking your period can also help you learn to listen to your body and identify signs that tell you your period is on the way. Fortunately, there are plenty of great apps out there to help you, whether you're trying to get pregnant, transitioning out of contraceptives, or getting your period for the first time. Here, we've put together the best period tracking apps to help you find the right one for your needs. This one won the title of best overall because it is much more than just a period tracker. Eve is an app that also allows you to monitor your sexual health, all in an unexpectedly fun emoji format. In addition to monitoring your cycle, you can track your sexual encounters, whether you used protection or not, your sexual desire, moods, symptoms of the time, and whether you are ovulating. It also has an extremely easy-to-use interface that is visually driven and makes it easy to record your past periods to determine patterns and helps you time your next one. It also has an ingenious prognosis feature that predicts the likelihood of common symptoms from the period you might experience each day, from cramps and constipation to breast tenderness. The app can be downloaded for free, but there are also monthly, yearly and lifetime subscription options that give you access to comparative information from other women (for all your reflections is this normal?, and additional informational content. When you're ready to have a baby, it's not always as simple as it seems to get pregnant. Many women have to try for months or even years before they can get pregnant. For these women, there is Ovia: a fertility tracking app that tracks their period, as well as exactly when they are ovulating, cervical fluid, cervical position, basal body temperature and and key factors that can affect fertility. It helps identify the times when you are most fertile and can help you track data to take with you to your doctor if you find that you are having trouble conceiving. It also has a lot of informative articles, important statistics, facts and helpful tips to guide you on your journey to pregnancy. If you are looking to have a baby or just think about it, Ovia is a great (and free) app because it allows you to keep control of your period until you're ready to start trying. In addition, it also allows you to seamlessly switch to fertility tracking by keeping all your information in one app. If your period is late, happens too often, or doesn't show up at all, it can be stressful because you don't really know what's going on. Is this normal? It's always running through your head and you can find yourself wondering everything, since I'm pregnant? until I'm starting menopause? For a one-time fee of around \$2, MyFLO helps you track and identify those random symptoms and discusses health implications. Instead of going through the WebMD rabbit hole, MyFlo will explain what those strange cravings mean and why you might be experiencing them, as well as possible lifestyle and health changes you can make to manage them. It also gives you a complete look at what's happening to your body at every stage of your cycle. If you have PCOS, fibroids or endometriosis or are going through perimenopause, MyFLO is one of the only applications that address these conditions and provides complete information to help you better manage your symptoms. It also offers functional medicine programs with diet, exercise, and supplement suggestions to help you manage and decrease symptoms you are suffering at every stage of your cycle. Period tracking period calendar Getting your period for the first time can be a very confusing, sometimes frightening experience. Sex education doesn't prepare you for what it's really like to experience that milestone. Period Tracker Period Calendar is the perfect app for girls who are about to reach puberty or have just started menstruating. It's a bit nice in design (read: lots of rose and flowers), but it's extremely easy to use and informative. It also allows you to track health statistics, a great way to teach teens healthy habits without being preached. The calendar makes it easy to track past and current periods to help better determine when the next one expires. It also allows you to record your symptoms, which can be helpful for girls who are learning what to expect from their period. And a bonus, will also remind you to take your birth control pill, which is a useful feature for those who are new to the pill. Nor is it a bad feature for those of us who have been in it for a while, but still manage to forget it from time to time. With the app, you can get unlimited unlimited to all features for around \$10 per month and \$40 per year. If you've decided to give up birth control, either because you're looking to get pregnant or if you're just sick of being in artificial hormones, it can be a giant pain as your body adjusts to your natural cycle. With birth control, you know exactly when your period is coming, so you can prepare for it. Once you stop, your body has to readjust, and it takes some time before it reaches your new normal. Those who were in continuous contraceptives may suddenly begin to experience all those symptoms that you may have missed because you were skipping your period (hello period outbreaks). That's where Clue comes in: This app is loved by gypsies and users alike because it trains you to identify the signals your body is giving you that your period is on its way. It tracks virtually anything and everything that happens during your cycle, from shoots and migraines to the heaviness of your flow. It can also help you find patterns in your cycle and predict your next three cycles. Impressive and extremely useful, especially if you're starting to get acquainted with Aunt Flo. The app costs around \$1 per month, or \$10 for a year. If you want to know everything that's happening with your period and can't resist a good chart, then Glow is the app for you. It does almost all things: track your period and ovulation, help with family planning, monitor your sexual activity and record more than 40 different data points, including stress levels, sexual desire, body aches, insomnia, nausea, hot flashes and swelling. The more you use it, the more data you collect and the more accurate you get with predicting your cycles and what you can expect. It also compares your stats with other Glow users in your age group, allowing you to see where you fall into the index and consider whether there's anything unusual about what you need to tell your doctor about. All that information allows Glow to create more personalized predictions, from the likelihood that you'll get pregnant on certain days to when your next three cycles will likely begin. It also tells you what kind of symptoms you can expect on what days. It is an overload of information in the best possible way. Get the app for around \$48 per year. This may sound strange, an app that you can link and share with a romantic couple, but such programs can be exceptionally useful for creating healthier communication in a relationship. Including your partner allows them to be part of your reproductive health and better understand what's going on with you and your body. Healthy relationships are based on communication so why shouldn't that extend to your cycle? It's also a great way for your partner to be more involved with family planning and understanding your fertility to be educated about why certain things are happening and what that means for their pregnancy goals. Cycles allows you to track your ovulation, common symptoms, more fertile days, and overall health and wellness, and can help predict when your future cycles are so you can plan accordingly. In addition, it is a ridiculously intuitive application that looks elegant, sophisticated and modern (no flowers or hot pink hearts here). The app is free, but the premium version is around \$30 per year. We have hand-selected the best period tracking applications from a rigorous range of criteria, including usability, design, features, user reviews, cost and purpose (i.e., for only your cycle versus pregnancy planning). We select MyFLO for its outstanding features that help identify symptoms and health implications that can lead to irregular flow. For those who want to monitor their symptoms closely, a data-centric app like Glow is one of the best selections. Although sharing an app with a partner might be unconventional, Cycles is perfect for couples who are planning to get pregnant. Next: Here's how reliable your ovulation app really is, according to doctors 19 - 24 months your child is losing his baby fat and looks much more like an active child than a baby. Your arms and legs will gradually lengthen, carrying your body in a better proportion. His feet will now point forward as he walks, rather than step aside. Your facial features will lose their round appearance and become more defined. Your toddler is having great pleasure in his new skills. Gross motor skillsOur child is now advancing toddling and walking to the race at full speed. While you won't always notice where you're going at these top speeds, it actually moves more safely because you can look down at your feet and maneuver around the things that are in your way. He's switching from a flat-footed walk to the most adult heel-to-toe ride. At 24 months, your toddler can climb stairs without holding his railing or hand for support, and can walk down the stairs while holding. You will still go one step at a time, driving on the same foot, instead of alternating your feet at each step. As his motor skills develop, you'll see your baby enjoying his or her ability to jump, circle, tramp! his or her feet and balance on one foot. This makes dancing and moving to music especially fun. Acrobatics are another great way for your child to experiment with all the wonderful things his body can do. He'll be especially adept at rolling and flipping. Fine motorsour son can now turn the pages of a book one at a time he has shown you how and will have great success with thick or cardboard pages. Tapas have a special fascination for your child; it will open and close a shoebox, turn the top towards an empty gelatin jar and break the plastic lid into an old open, closed container. He loves knobs and buttons. you stereo, and other electronic components become your favorite toys; has the dexterity to make them work and the mental ability to enjoy the result of cause and effect. If you haven't already, store dangerous but seductive items. Articles.

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