

Halea Cycle Report

Generated Sep 20, 2026, 8:36 PM · Data since Mar 21, 2026

Sample patient · Date of birth: May 12, 1994

Cycle Overview

AVERAGE CYCLE LENGTH 30 Days	CURRENT CYCLE DAY Day 12	CURRENT PHASE Follicular	NEXT PREDICTED PERIOD Oct 9, 2026	PREDICTION CONFIDENCE 87%
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EST. LUTEAL PHASE 13 Days

Your longest recent cycle was 41 days. Cycles over 38 days are outside the 24–38-day range FIGO describes as typical — worth mentioning to a clinician.

Reference: FIGO 2018 (Munro et al.)

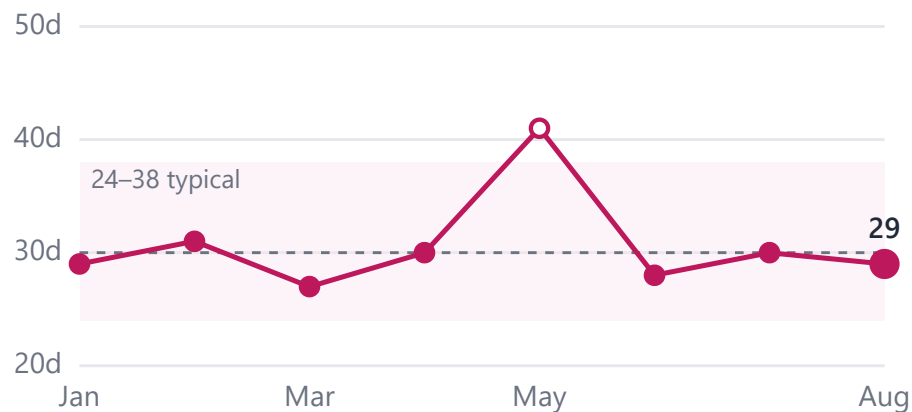
Cycle Reviews

Aug 11, 2026 – Sep 8, 2026

- Your cycle ran 29 days — 2 days shorter than your 31-day average, inside the 24–38-day range FIGO describes as typical.
- Your period lasted 5 days.
- Most logged: cramps on 2 days, peaking around day 1; fatigue on 1 day, on day 1; headache on 1 day, on day 25.
- Mostly anxious across 6 logged days; energy averaged 2.8/5, down from 3.3 last cycle.
- Your longest recent cycle was 41 days. Cycles over 38 days are outside the 24–38-day range FIGO describes as typical — worth mentioning to a clinician.

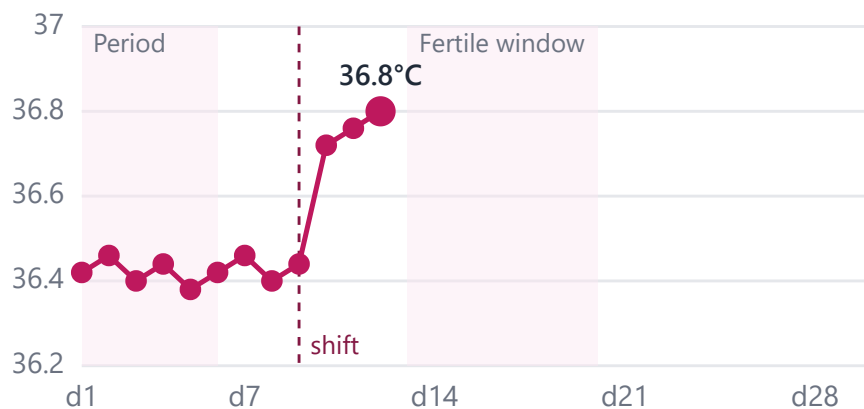
Charts

Cycle length, last twelve cycles



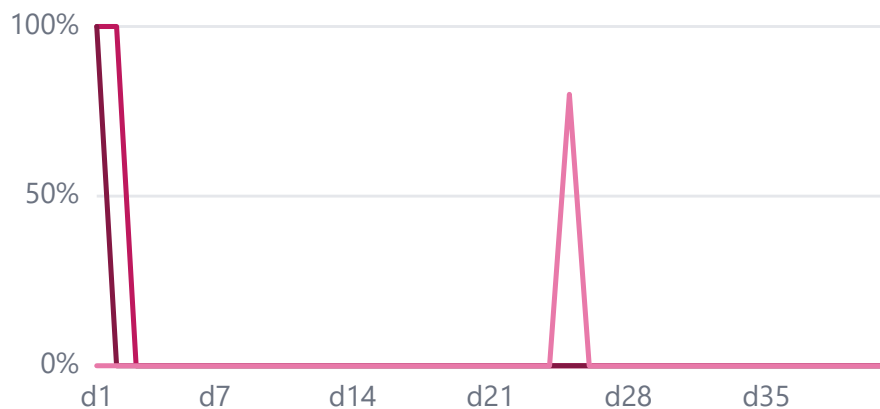
Shaded: the range described as typical for the patient's age (FIGO 2018; ACOG 651 under 18). Dashed: the running average. Hollow points sit outside the range.

Basal body temperature, current cycle



Manual entries filled, wearable readings hollow. Shaded: period and fertile window. Dashed: the temperature shift detected by coverline.

Symptom patterns by cycle day



Share of recent closed cycles on which each of the most-logged symptoms was recorded, by cycle day.

Period History

START	END	DURATION	CYCLE LENGTH
Apr 4, 2026	Apr 8, 2026	5 days	30 days
May 4, 2026	May 8, 2026	5 days	41 days
Jun 14, 2026	Jun 18, 2026	5 days	28 days
Jul 12, 2026	Jul 16, 2026	5 days	30 days
Aug 11, 2026	Aug 15, 2026	5 days	29 days
Sep 9, 2026	Sep 13, 2026	5 days	—

Symptom Summary

SYMPTOM	TIMES LOGGED	AVG SEVERITY
Cramps	12	3.4 / 5
Fatigue	5	3.0 / 5
Headache	4	3.0 / 5
Bloating	2	2.0 / 5

Mood & Wellness

DAYS LOGGED 45	MOST FREQUENT MOODS Tired (12), Calm (9), Irritable (7)	AVG ENERGY 3.2 / 5	AVG SLEEP QUALITY — / 5
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Medications

MEDICATION	DAYS TAKEN	DAYS LOGGED	ADHERENCE
Iron supplement	35	45	78%

Adherence counts the days marked taken against the days with any log entry in the window; days with no log are not assumed either way.