

Cycle Report

Ashleigh Huddy

6 cycles • 16 Nov 2024 - 17 Jun 2025

Cycle length & variation

Cycles tracked	6
Cycle length & variation	26±14
Shortest cycle	16
Longest cycle	49

🔍 Cycle length is flagged as atypical if it falls outside ACOG's medical norm of 21 to 35 days.

Cycle length (days)

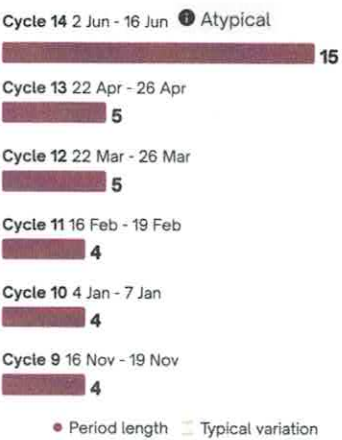


Period

Average period length	6
Last period start	18 Jun 2025

🔍 Period length is flagged as atypical if it's 8 days or longer, according to ACOG's medical norm.

Period length (days)



Ovulation

Average ovulation day	23±7
Unconfirmed ovulations	0
Confirmed ovulations	6
Anovulatory cycles	0
Earliest ovulation	Cycle Day 8
Latest ovulation	Cycle Day 37
Last confirmed ovulation	9 Jun 2025

🔍 The Natural Cycles<sup>®</sup> algorithm will not confirm ovulation if it doesn't receive enough data or if there isn't a consistently elevated temperature.

Ovulation cycle day



Cycle Report

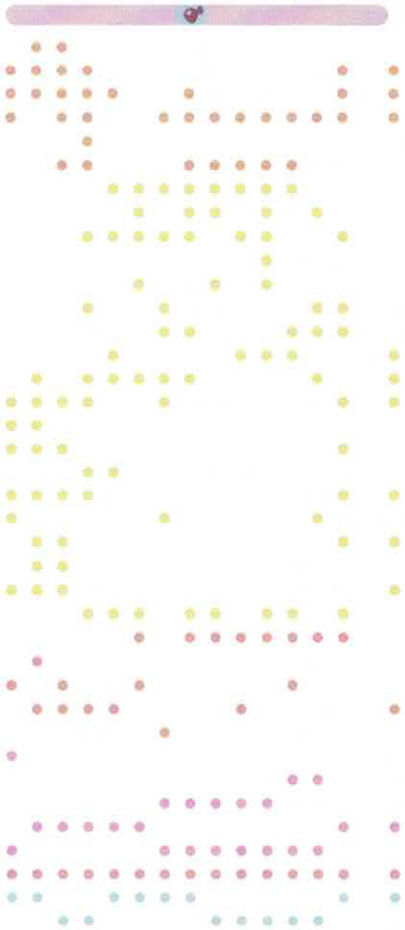
Ashleigh Huddy

6 cycles • 16 Nov 2024 - 17 Jun 2025

⋮ Symptoms & other trackers

Cycle 14 2 Jun - 17 Jun

16 days ⓘ Atypical



- Cravings
- Cramps
- Backache
- Sore Breasts
- Constipation
- Bloating
- Happy
- Confident
- Calm
- Energetic
- Excited
- Mood Swings
- Irritable
- Anxious
- Tired
- Sensitive
- Numb
- Sad
- Unfocused
- Self critical
- Guilty
- Obsessive thoughts
- Feeling isolated
- Withdrawn
- Sociable
- Dry
- Oily
- Puffy
- Acne
- Other
- Sticky Cervical Mucus
- Creamy Cervical Mucus
- Watery Cervical Mucus
- No Cervical Mucus
- Light Cervical Mucus
- Low Sex Drive
- Okay Sleep
- Good Sleep

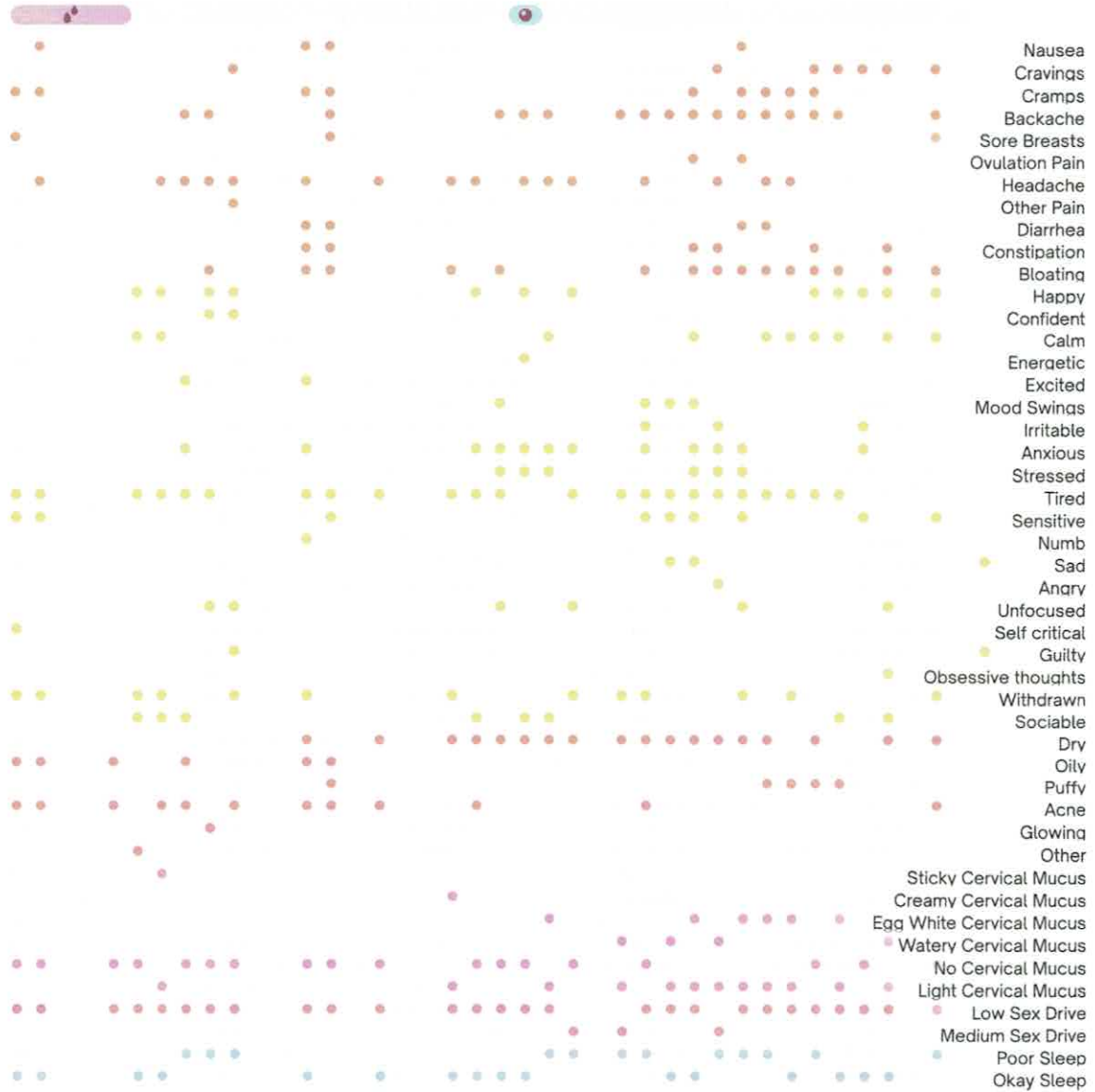
Cycle Report

Ashleigh Huddy

6 cycles • 16 Nov 2024 - 17 Jun 2025

Cycle 13 22 Apr - 1 Jun

41 days



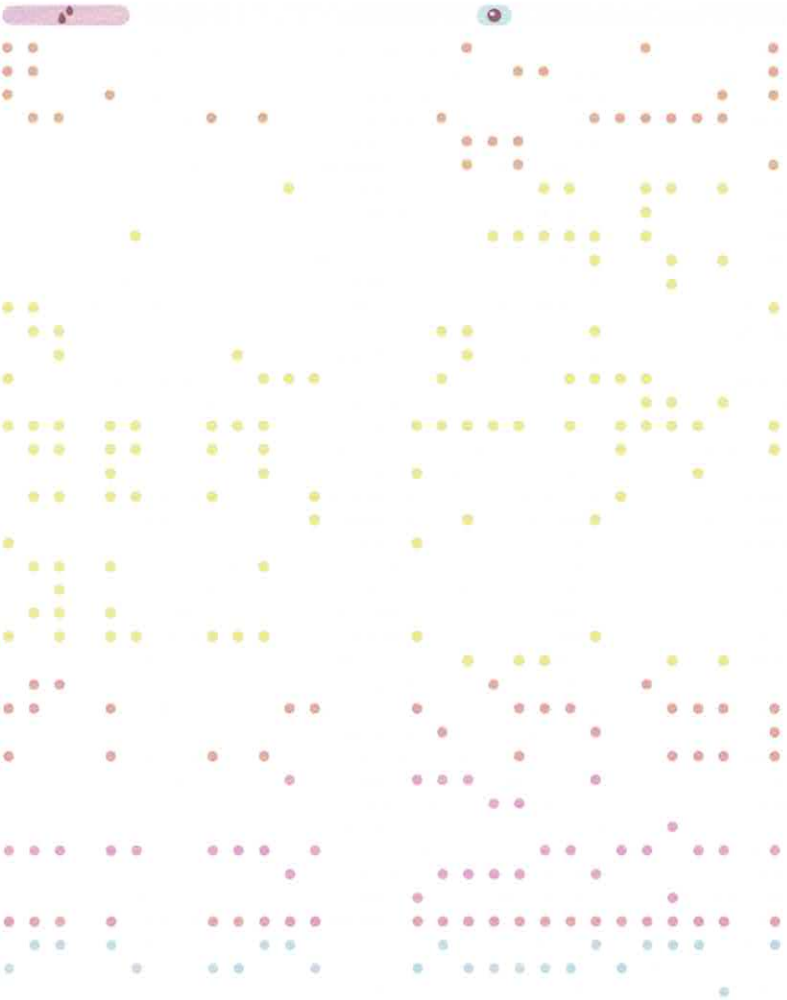
Cycle Report

Ashleigh Huddy

6 cycles • 16 Nov 2024 - 17 Jun 2025

Cycle 12 22 Mar - 21 Apr

31 days



- Cramps
- Backache
- Sore Breasts
- Headache
- Constipation
- Bloating
- Happy
- Confident
- Calm
- Energetic
- Excited
- PMS
- Mood Swings
- Irritable
- Anxious
- Stressed
- Tired
- Sensitive
- Numb
- Sad
- Angry
- Unfocused
- Self critical
- Guilty
- Feeling isolated
- Withdrawn
- Sociable
- Dry
- Oily
- Puffy
- Acne
- Sticky Cervical Mucus
- Creamy Cervical Mucus
- Watery Cervical Mucus
- No Cervical Mucus
- Light Cervical Mucus
- Medium Cervical Mucus
- Low Sex Drive
- Poor Sleep
- Okay Sleep
- Good Sleep

## Cycle Report

Ashleigh Huddy

6 cycles • 16 Nov 2024 - 17 Jun 2025

Cycle 11 16 Feb - 21 Mar

34 days



Cravings	
Cramps	
Backache	12
Sore Breasts	
Ovulation Pain	
Headache	17
Other Pain	
Constipation	
Bloating	14
Happy	
Confident	
Calm	
Energetic	
Excited	
PMS	
Mood Swings	
Irritable	9
Anxious	8
Stressed	
Tired	24
Sensitive	9
Numb	
Sad	
Angry	
Unfocused	
Self critical	
Guilty	
Obsessive thoughts	
Feeling isolated	
Withdrawn	8
Sociable	
Dry	
Oily	
Puffy	
Acne	
Sticky Cervical Mucus	
Creamy Cervical Mucus	
Egg White Cervical Mucus	
Watery Cervical Mucus	
No Cervical Mucus	
Light Cervical Mucus	
Medium Cervical Mucus	
Heavy Cervical Mucus	
Low Sex Drive	27
Medium Sex Drive	
Poor Sleep	11
Okay Sleep	15
Good Sleep	

## Cycle Report

Ashleigh Huddy

6 cycles • 16 Nov 2024 - 17 Jun 2025

Cycle 10 4 Jan - 15 Feb

43 days ⓘ Atypical



## Cycle Report

Ashleigh Huddy

6 cycles • 16 Nov 2024 - 17 Jun 2025

Cycle 9 16 Nov - 3 Jan

49 days ① Atypical





Nausea - decreased

Cramps - increased

Backache - increased (Severe)

Headaches - erratic (Severe)

Bloating - increased \*

Anxious - hovering \*

Stressed - decreased

Tired - increased (Severe)

Acne - hovering \*

Low Libido - hovering \*

Poor Sleep - possible shift

Liver Detox Pathways.

Phthalates - Think Dirty.

\* Off Red Bull

- Back on Electrolytes

- Off Gluten (has been off 1 month)

- Alcohol fairly minimal. Mood Spirals



- Vit

Min

Ash.

- Sleeping hygiene

Alcohol Coping  
mechanism.

Phase 1.