

Flo Period & Ovulation Tracker



****About Flo Period & Ovulation Tracker****

With the help of the Flo Period & Ovulation Tracker, women and girls can easily track their period and get information about their ovulation or their fertile days.

With Flo Period & Ovulation Tracker you keep an eye on your period and your health. The app predicts your period reliably, informs you about your ovulation and can also give you information about your fertile days. You can also set helpful reminders for the beginning of your period, your ovulation, or taking contraceptives. Since you can not only record your period but also your symptoms and your mood during the period and evaluate it with the help of graphics, you are always in on your health and your body.

****Flo Period & Ovulation Tracker – Features:****

- Record your period: With Flo Period & Ovulation Tracker you can easily track your period. The app works with an artificial intelligence that can predict your menstruation, your ovulation and your fertile days reliably and accurately. When you keep track of your symptoms or your mood during the period, you'll also get helpful graphics that can help you to analyze your menstruation.
- Little reminder: If you want, the app reminds you of important dates such as the beginning of your period, your ovulation or the use of contraceptives. Since the app sends notifications to your smartphone or tablet, you will no longer forget these dates.
- Analyze your lifestyle: With the help of Flo Period & Ovulation Tracker you can not only record your period, but also your entire lifestyle. Record your daily sleep duration and note how much you drink each day or how much you moved during the day.
- Determine your fertile days: If you record information such as your basal body temperature or the results of previous pregnancy tests, the app can reliably determine your fertile days. If you want to have children, this information is of paramount importance and increases your chances of getting pregnant.

Conclusion: Flo Period & Ovulation Tracker gives women and girls a good overview of their menstruation, their ovulation and their fertile days. You can visualize the course of your menstruation and your symptoms in a graph, which helps you to analyze your body. You can also use the app to track other important information such as your sleep duration or physical activity.