Supplementary Information

	F	χ^2	**df**	**p-value**
Physiological Signals				
Blood Glucose (mmol/L)	20.20		3	<0.001
Luteinizing Hormone (mIU/mL)	181.00		3	<0.001
Estrogen (ng/mL)	86.80		3	<0.001
Step Count	4.57		3	<0.01
Demographics				
Age (yrs)	2.31		3	0.07
Height (cm)	2.24		3	0.08
Weight (kg)	2.38		3	0.07
BMI (kg/m^2)	1.56		3	0.20
Daily Self-reported Experiences				
Appetite		5.20	12	0.82
Exercise Level		17.19	12	0.04
Food Cravings		36.47	15	0.002
Bloating		110.39	15	<0.001
Fatigue		27.52	15	0.02
Sleep Issues		29.29	15	0.01

Supplementary Table 1. Detailed results of the statistical tests conducted for Table 1, including F-statistics and p-values for the ANOVAs and χ^2 statistics and p-values for the χ^2 tests.
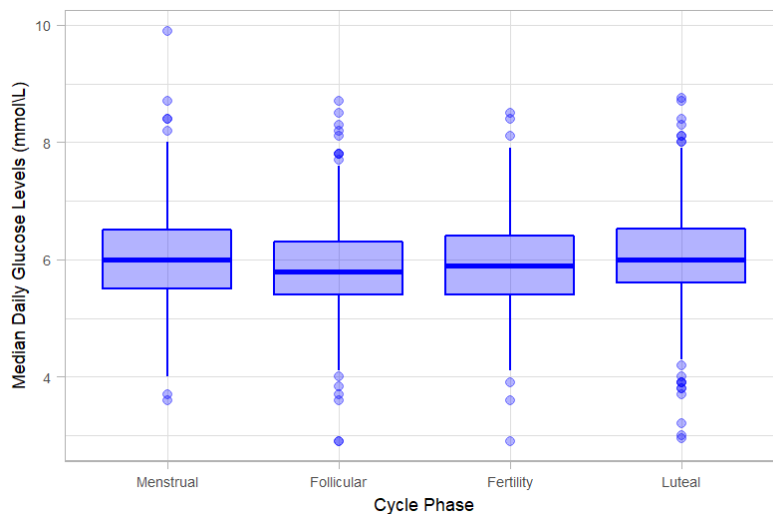
Supplementary Figure 1. Variation in raw median daily glucose levels across menstrual cycle phases. The center line represents the median, bounds of box represents the lower (Q1) and upper (Q3) quartiles, while the error bars represent the standard deviation.