

Tweet:

Record or predict when your period is happening? Help colleagues and I at UW understand how you keep track! [survey link]

Facebook post:

Do you keep a record of when your period has happened, or try to predict when your next period will be? We're running a study at the University of Washington to learn more about how people keep track of their periods. Please fill out our 15-minute survey! You'll be entered into a drawing for a \$100 gift card. [survey link]

9. How do you keep track of your period? *

- I use a dedicated app on my phone/computer
- I use a calendar on my phone/computer
- I use a paper system, like a calendar or a diary
- I just remember