

# MENSTRUAL CATEGORISATION SYSTEM

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Follow the flowchart and tick the category that best describes you – if there is not a category that describes you please choose the currently unknown box.

\*Unless specifically stated, final categories lined in blue do not warrant any further action.

**i** Important: This flowchart is for individuals who have reached menarche, and those who haven't yet reached perimenopause/menopause.

**START HERE**

Use this chart as a coach, practitioner, athlete, scientist or researcher to categorise menstrual/ hormonal contraceptive status!

**!** Help: Combined = contraceptives containing both a synthetic oestrogen and progestin component.

**!** Help: Regular = every 21 to 35 days (i.e., at least 10 periods in the last 12 months or at least 5 periods in the last 6 months).

**i** Important: Any final categorisation only represents current status (i.e., over the last 3-6 months) and it's possible that individuals will transition in and out of these categories. As such, regular monitoring is recommended and attention should be paid to any changes!

