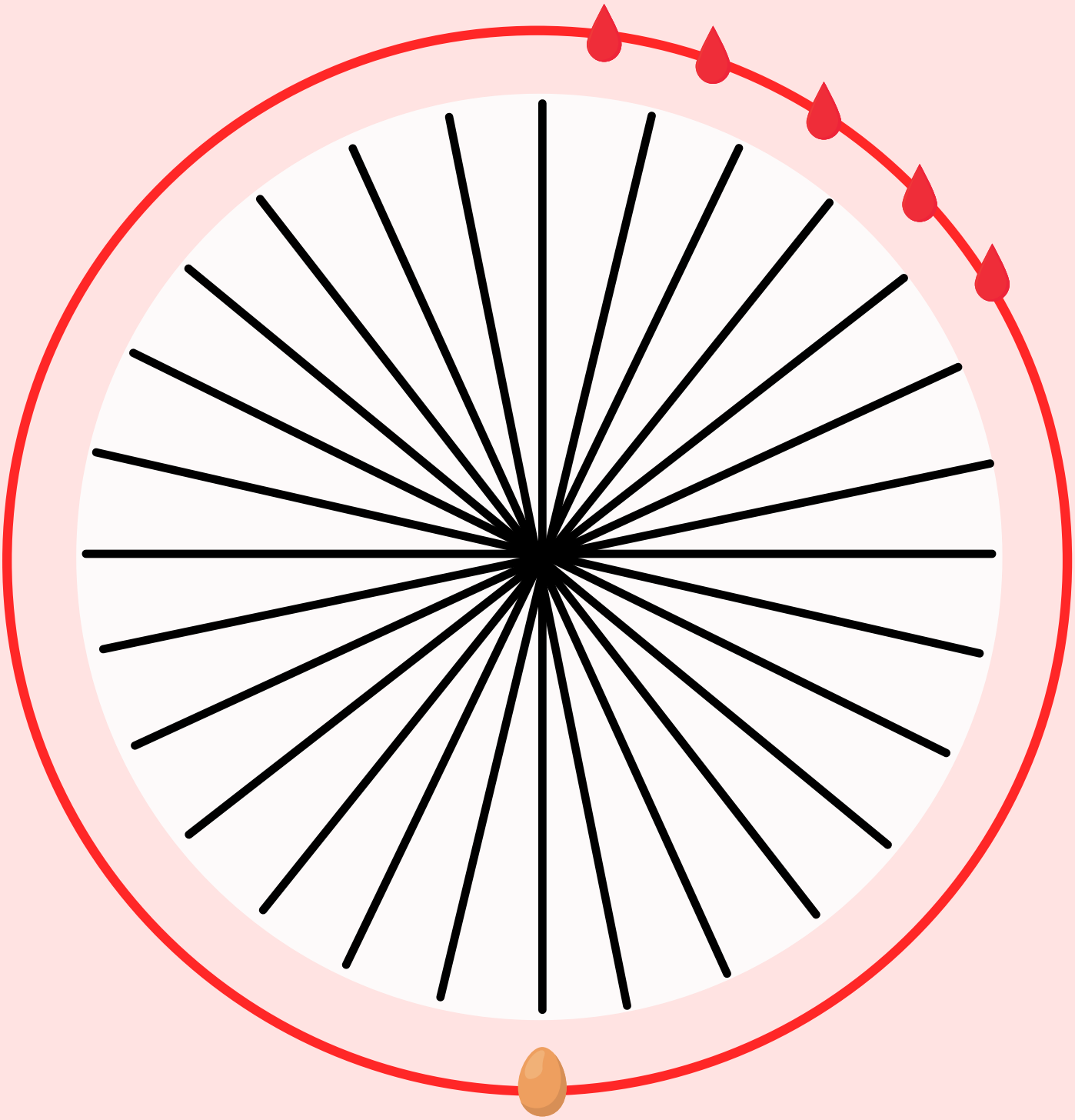
menstrual cycle tracking dial.

This tracking dial provides a starting point for menstrual cycle tracking. Please note this dial is only one example of menstrual cycle tracking you can track using a variety of other methods (please see website for more resources).