



Report for your doctor

Emily R. · PCOS

June 1, 2026 to August 29, 2026 · 78 days logged

Main complaint: very painful periods · Age 32

90-day pain timeline



One cell per day, from pale (no pain) to dark red (10 out of 10); grey = not logged. The bars underneath mark bleeding days.

Pain

Days with pain at 5 or higher (out of 10)	21 days
<i>Pain at 5 out of 10 or higher, the point where it often interferes with daily activities.</i>	
Average	Moderate · 4.1/10
Worst	Severe · 9/10
Days with pain at 7 or higher (out of 10)	14 days
Longest run at 5 or higher	5 days in a row
<i>Consecutive days with pain at 5 out of 10 or higher.</i>	
How long the pain lasted	All day (14 days)
<i>Also: Most of the day (11 days), A few hours (19 days)</i>	
Bloating	Moderate · 3.6/5
<i>Self-rated bloating on a 0 to 5 scale, 0 none and 5 severe.</i>	
Most frequent locations	Pelvis / lower belly (31 days)
<i>Also: Lower back (18 days), Bowel / rectal (9 days)</i>	
Main pain type	Cramping (27 days)
<i>Also: Dull / heavy (15 days)</i>	

Other logged symptoms

Body signs	Bloating (41 days)
<i>Also: Acne flare (22 days), Headache (17 days), Hair shedding (9 days)</i>	
Energy	Persistent fatigue (38 days)
<i>Also: Afternoon crash (29 days), Sleepy after meals (24 days)</i>	
Mood	Irritable (26 days)
<i>Also: Anxious (19 days), Mood swings (16 days)</i>	
Food cravings	Sugar (44 days)
<i>Also: Chocolate (23 days)</i>	

Cycles

Period start dates	Jun 3, Jul 17, and Aug 28
<i>First days of bleeding you confirmed in the app, within the period shown.</i>	
Cycle lengths	42, 44, and 42 days
<i>From the first day of one period to the first day of the next. The first cycle may have started before the period shown.</i>	
Average cycle	43 days (42 to 44)
<i>A cycle longer than 35 days or shorter than 21 days is outside the usual range.</i>	
Last confirmed cycles	39, 47, 41, 42, 44, and 42 days
<i>Up to the last six, including cycles that began before the period shown.</i>	

Bleeding

Bleeding days	11
Heavy days	4
<i>Days you marked as heavy flow, your own rating, not an automatic calculation.</i>	
Separate episodes	3
<i>Separate runs of bleeding, a gap of more than 1 day starts a new episode.</i>	
Longest run	5 days
<i>Most consecutive bleeding days.</i>	

Bleeding episodes

	end	days	heavy	max pain /10
Jun 3	Jun 7	5	2	9
Jul 17	Jul 20	4	1	9
Aug 28	Aug 29	2	1	9

By cycle day

	days	Missed	pain /10	energy /5	mood /5
Days 1 to 5	14	1	8.2	1.6	2.0
Days 6 to 14	23	4	3.9	2.3	2.5
Days 15 to 24	24	3	2.9	2.4	2.6
Day 25 and after	17	4	5.4	1.9	2.1

Windows counted from day 1 of each confirmed period, with no ovulation projection: her cycles are outside the range where phases can be placed reliably. Missed = days of the window without an entry.

Energy, mood and sleep

Energy **Low · 2.1/5**
Self-rated on a 1 to 5 scale, 1 lowest and 5 highest.

Mood **Low · 2.3/5**
Self-rated on a 1 to 5 scale, 1 lowest and 5 highest.

Sleep **Short · 5.8 h**

Pain (0 to 10) and bloating (0 to 5): higher means more. Energy and mood (1 to 5): higher is better. Sleep is in hours.

Weight

Latest weigh-in **79.4 kg (Aug 28)**

Change over the period **+2.6 kg**
From 76.8 kg on Jun 2, first weigh-in of the period.

BMI **29.2**
From the declared height and the latest weigh-in.

Treatments

Days with an intake logged **68 of 90**
Days in the period with at least one intake logged. An intake that was not logged is not necessarily a missed one.

Most logged treatments **Metformin (68 days)**
Also: Myo-inositol (61 days)

Diet pattern

Supportive foods logged **19**

Caution foods logged **87**

Most logged supportive: Eggs (x4), Salad (x3), Salmon (x2)

Most logged caution: White bread (x16), Soda (x13), Pastries (x11), Fries (x9), Candy (x8), Pizza (x7)

Foods are grouped using Cyclo's anti-inflammatory guidance, not as good or bad.

Lifestyle (from her latest review)

Days with meals logged **62 of 90**
Days with at least one dish logged. A day without a log is not a day without food.

Dishes per logged day (average) **2.4**

Fast-sugar foods logged **41**

Fried or processed foods logged **27**

Caffeinated drinks logged **58**

Alcohol logged **9**

Days with a session completed **3 of 90**
Guided sessions of the app marked as done.

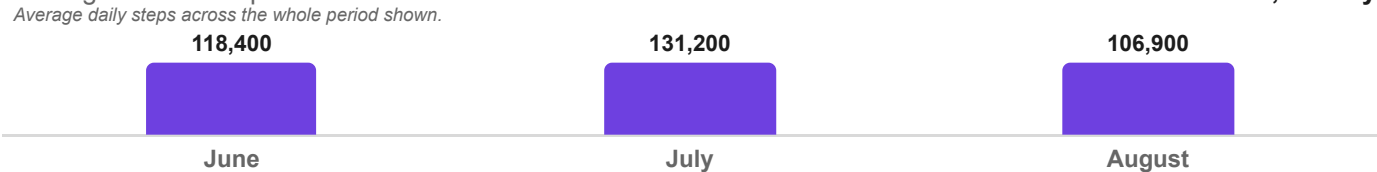
Counts over the review period, Jun 1 to Aug 29 (90 days).

Activity (steps)

Average, last 7 days **3,420/day**

Average, last 30 days **3,910/day**

Average across the period **4,120/day**
Average daily steps across the whole period shown.



Each bar is the total steps for that month.

Step counts come from Apple Health and include walking and incidental motion. Days without your phone may affect the averages.

Based on what you logged in Cyclo. Not a medical diagnosis.

Pain, bloating, energy and mood are your own daily ratings and can vary with how you feel and remember each day.

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