



RESONATE

DATA SHEET

Exercise & Periods

Apple Women's Health Study participants averaged 21 minutes of exercise during the follicular phase and 20.9 minutes during the luteal phase (Harvard School of Public Health).

Meals & Periods

Energy intake rises in the luteal phase, with more cravings and consumption of calories and protein (Clue Health).

Estrogen can suppress appetite, while progesterone may increase it, affecting food preferences throughout the cycle (Clue Health).

Mental Health & Periods

Mood Disorders: 60% of women with major depressive or bipolar disorder report menstrual cycle-related mood changes (American Psychiatric Association).

PMS affects 20–40% of menstruating individuals; PMDD affects 2–8% (Verywell Health).

Source

Period tracking apps and journaling help monitor and manage symptoms. Journaling enhances self-awareness and aids in diagnosing menstrual disorders (Frontiers in Computer Science).

If any of these stats resonate with you, sign up for our waitlist at myresonate.app