My Monthly.

From Tracking to Understanding

A shared cycle tracking tool that creates visible and actionable support for couples.

Background

The Cycle Tracker category has grown rapidly, yet most apps barely scratch the surface. Offering symptom tracking and little else.

Users deserve to understand how their cycles drive their mood, energy, sleep, intimacy, and focus.

The Challenge

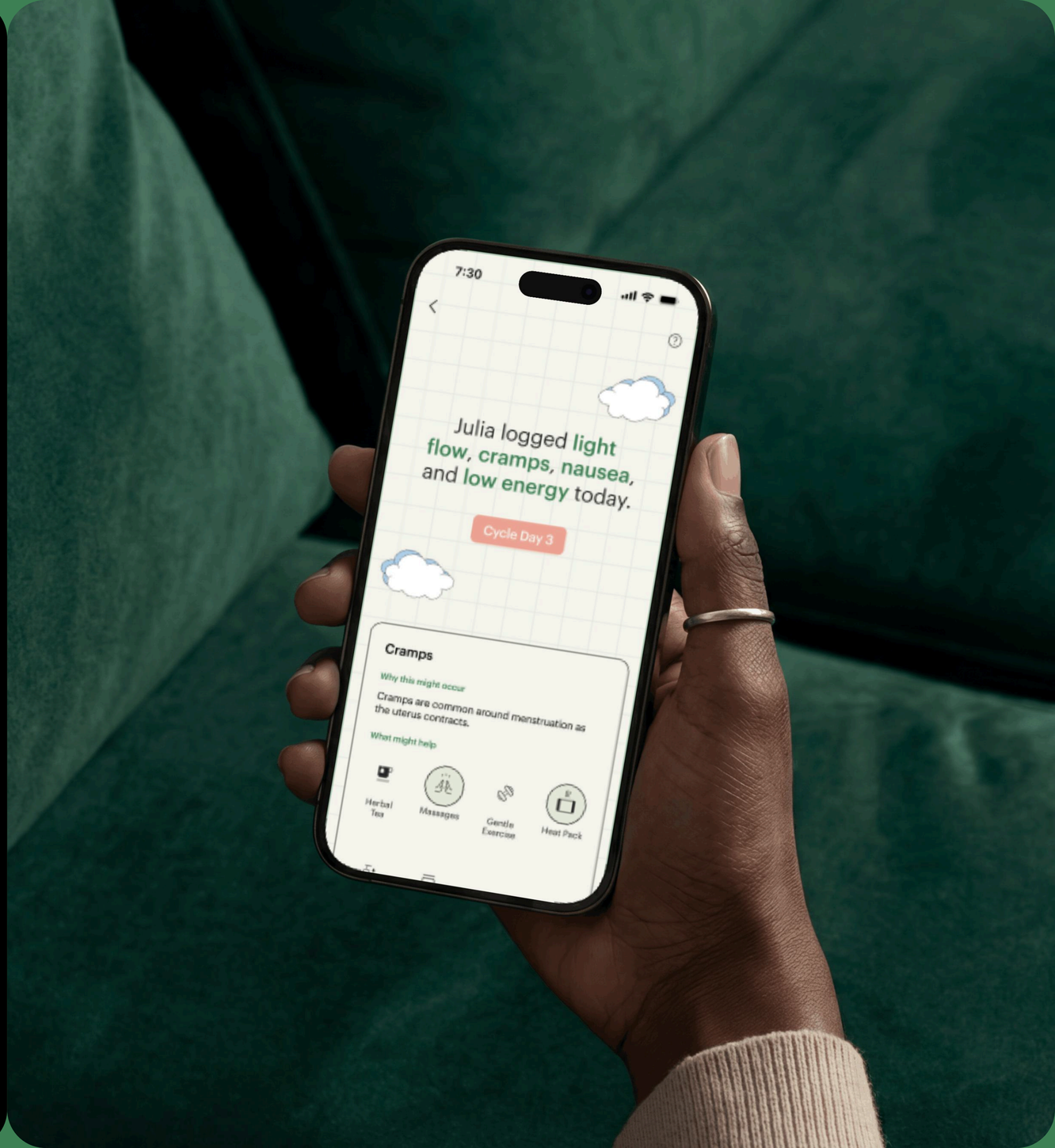
Although data is logged faithfully, there is a disconnect with how it can be applied to improve their daily experience.

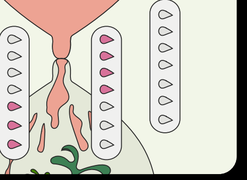
Partners are excluded. Patterns are left unrecognized. The emotional and relational aspects of the cycle are being ignored by similar products.

My Monthly.

What is My Monthly?

We help users understand their cycle, recognize patterns with their mood and energy, and share their experiences with a partner. Raw health data becomes something personal and actionable.





This is your space for care, reflection, and little wins.

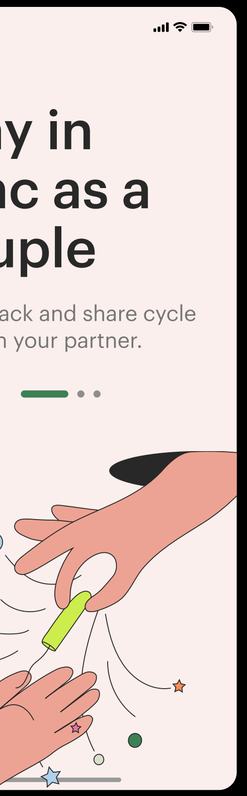
Your Diary
Every diary entry, saved here

Perks Just For You

Love Notes

Earned Badges

HOME CHAT ME LEARN PROFILE



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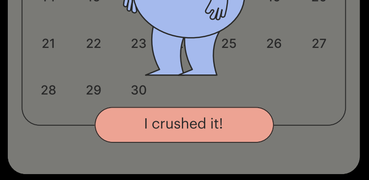


I crushed it!

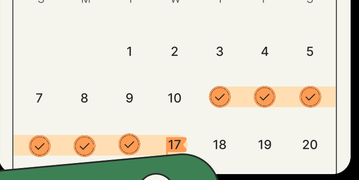
7 day streak

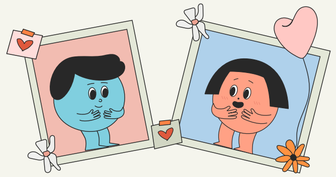
14 day streak

30 day streak

50 day streak

Commit to My Goal





Pair with your partner

Pairing shares your cycle insights and unlocks the Memo Board for love notes and check-ins.

Get Pair Code

7:30

Diary

April 2025

Julia's Diary

Apr 19th

i feel very loved and happy.

Edit
Delete
Share

Julia's Diary

Apr 20th

today is not my day... i ndlnfmmf;lemf;ldmknlk cj sljcn lkcnlsk ㄋ nmmmfolmfoml<:cL,l,ml;mfl;

Julia's Diary

Apr 20th

today is not my day... i

Apr 19th

i feel very loved and happy.

Progress

Unlock as you complete related tasks.

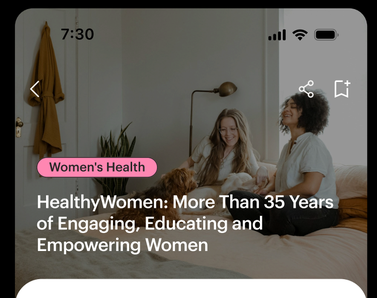
5 Love Notes

Refer a Friend

3 Months

1st Cycle

6 Months



Women's Health

HealthyWomen: More Than 35 Years of Engaging, Educating and Empowering Women

Mindy Lee July 18, 2025 5 Mins

Periods don't have to put your relationship on pause.

The key is communication, flexibility, and a little creativity. Everyone experiences their cycle differently, some people may feel extra affectionate, while others might want space.

Everyone experiences their cycle differently:

- Some feel extra affectionate.
- Others may want more space.
- Understanding this is the first step to staying connected.

1. Talk openly. Ask your partner how they feel and what they want. Simple questions like:

- "Do you want cuddles or alone time tonight?"
- "Is it okay if I initiate, or should I wait?"
- "Would you like a back rub or just some company?"

43 Dislike Send

7:30

Monthly Learning

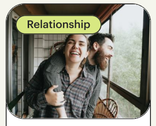
Search

Recommend For You

Women's Health

Lorem ipsum dolor sit amet, consectetur adipiscing, sed do?

Explore More



Relationship

Is Marriage Counseling Covered

Sex & Intimacy

Is Marriage Counseling Covered

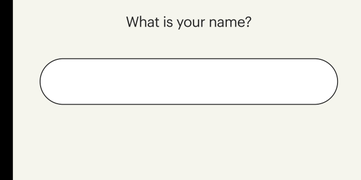
HOME INBOX ME LEARN PROFILE

7:30

Today's Q Result

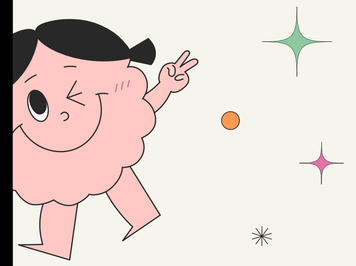
Well done!
Let's keep learning.

You got
2/3



What is your name?

Previous Next

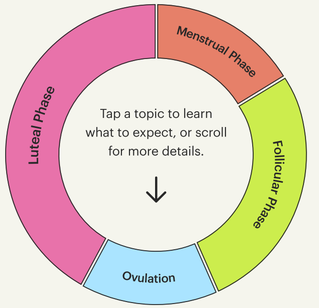


Your love expression :
Time Devotion

7:30

My Cycle

Let's learn about your cycle



Love Energy Food Focus

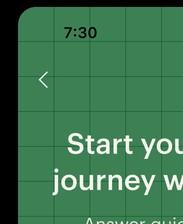
Menstrual phase

Your cycle starts here! This is when your uterine lining sheds (aka your period). It usually lasts 3–5 days, but 2–6 is also normal.

Follicular Phase

This phase starts with your period and lasts until ovulation. Your body's prepping to release an egg as

Next



7:30

Start your lear
journey with Da

Answer quick questio
unlock insights.

Let's Go

The Love Expression Qui

15 mixed questions

Find Out

Your Progress

Current Streak
0

7:30

Love Notes

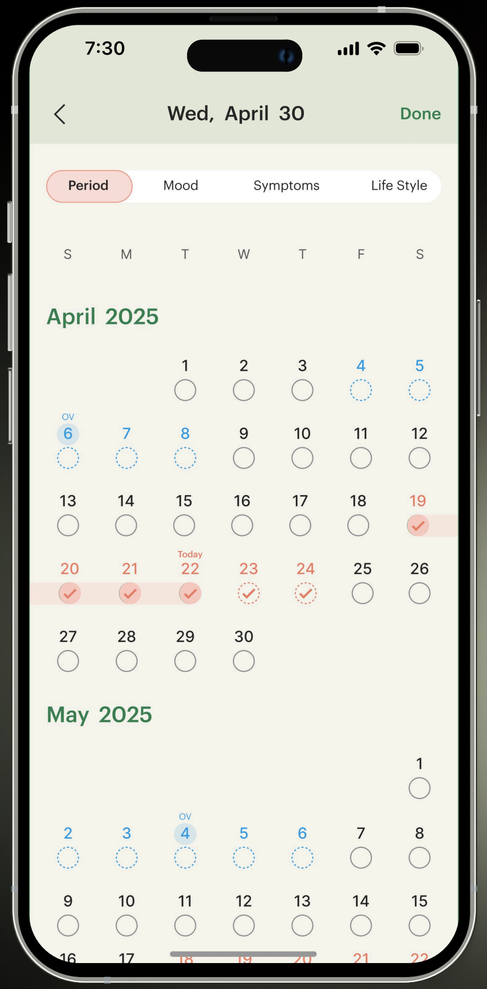
My Collection

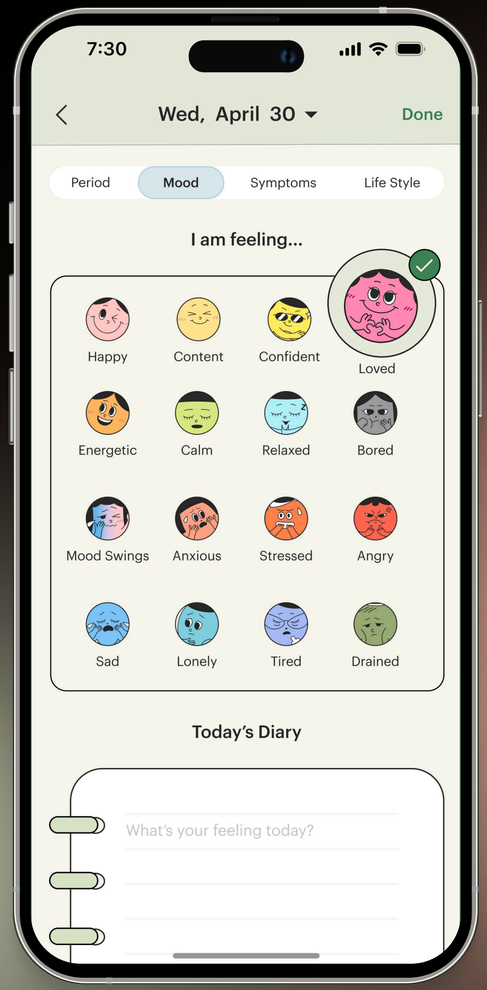
Received Love Notes

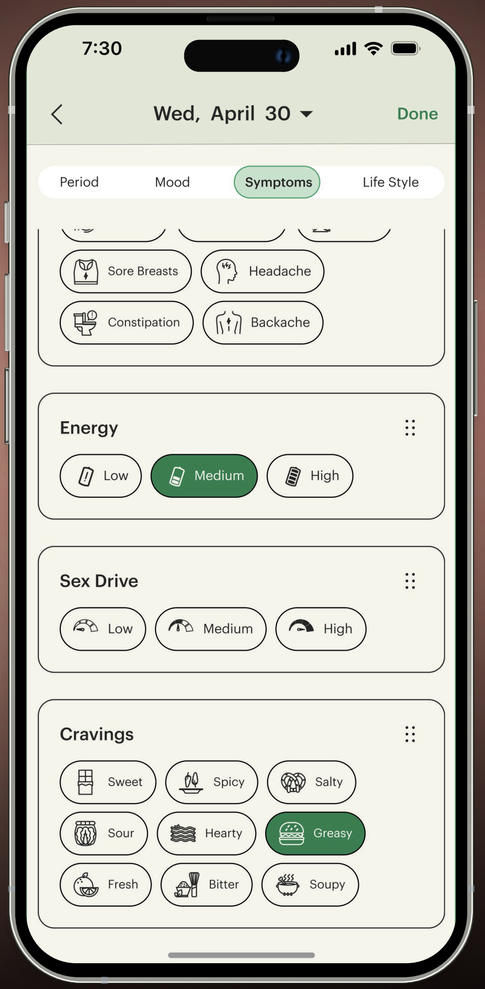
My Monthly.

Effortless Daily Logging

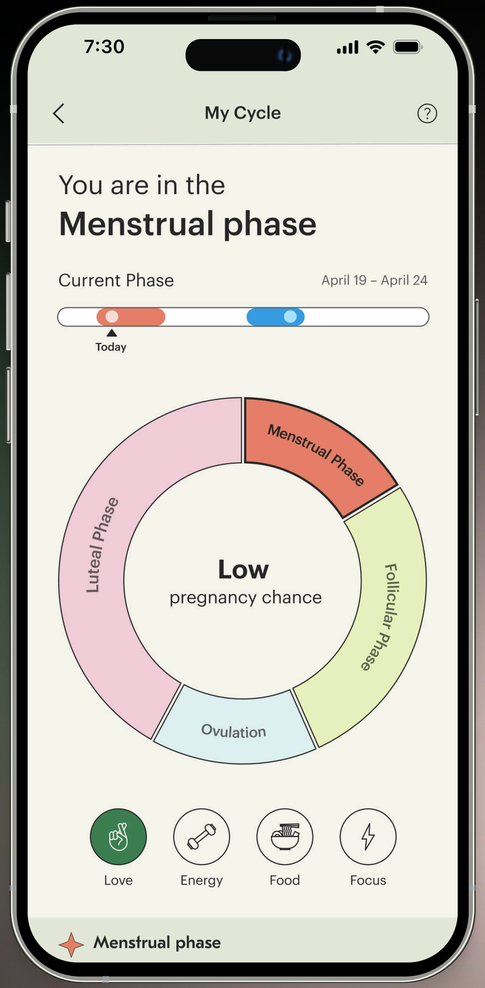
With one seamless check-in, MyMonthly makes it easy for users to track their period, mood, symptoms, and energy. This data builds a consistent picture of their cycle over time.

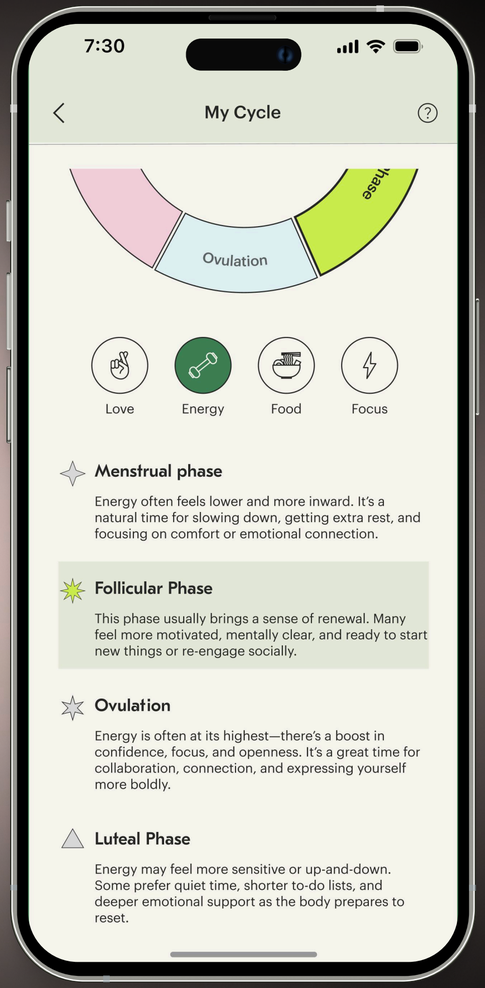






My Monthly.





Cycle Awareness, Not Just Tracking

Every phase of the cycle uniquely shifts your energy, mood, focus, and body. Users learn what to expect and why, turning biological patterns into actionable self-knowledge.

My Monthly.

Learning That Builds a Habit

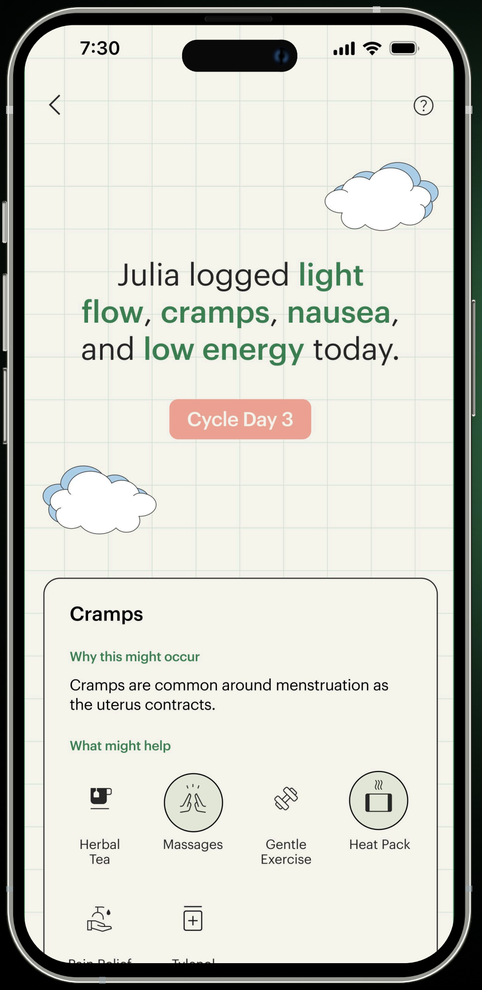
Daily quizzes keep users engaged with their cycle education through streaks, milestones, and bite-sized insights.

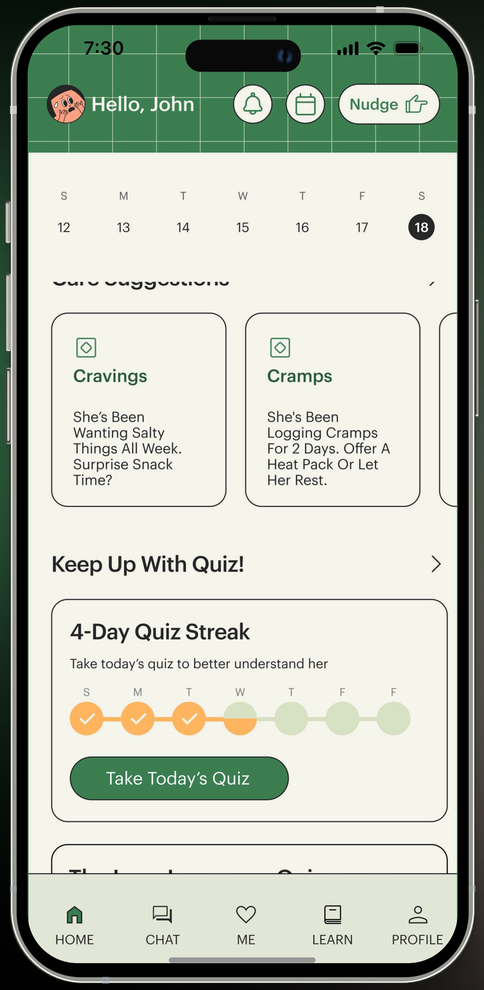
The more consistent the practice, the deeper the understanding. Small daily moments compound over time, empowering real self-knowledge.

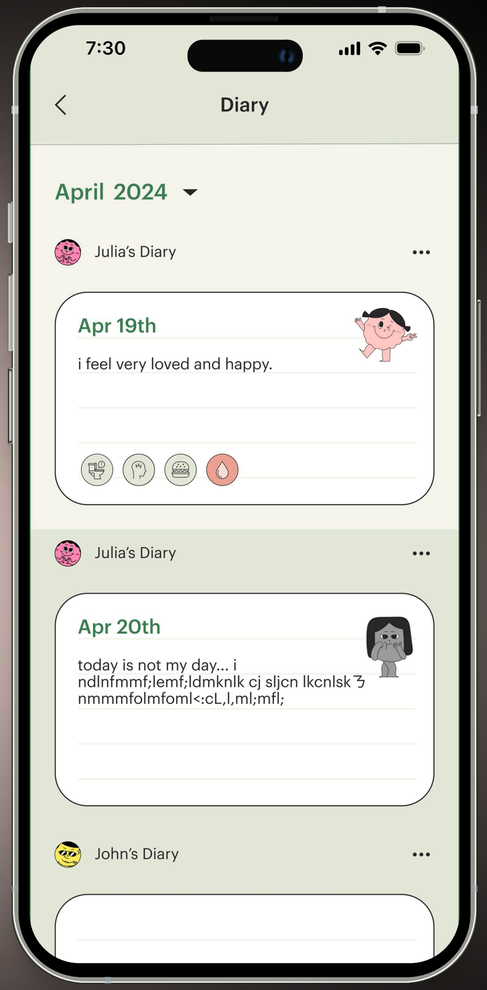
My Monthly.

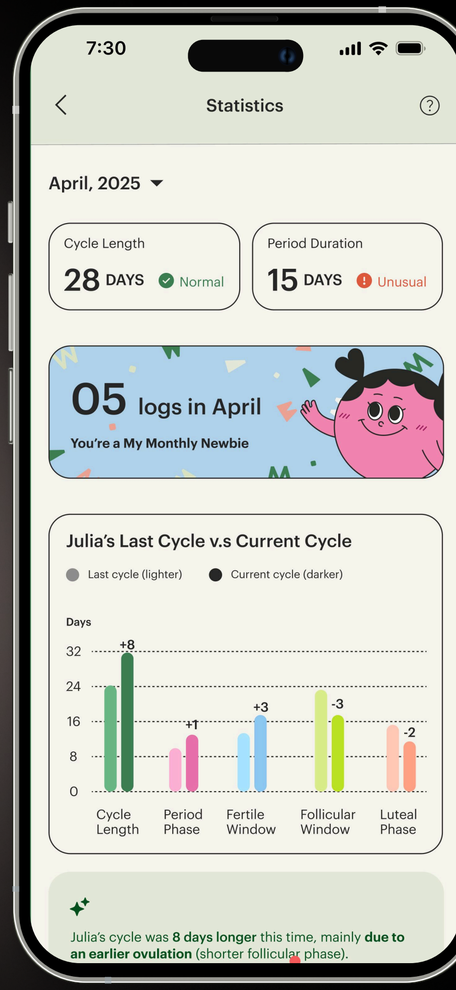
Empowering BOTH Partners to Show Up

Supporting Users that don't menstruate get real-time insight into their loved one's cycle.







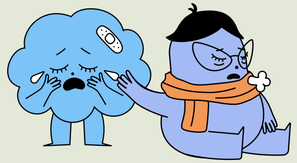


My Monthly.

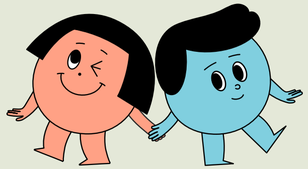
Connection Through Small Gestures

Couples can send and redeem reward coupons as a lighthearted way to acknowledge and support each other through each cycle. A small but meaningful layer that turns awareness into action.

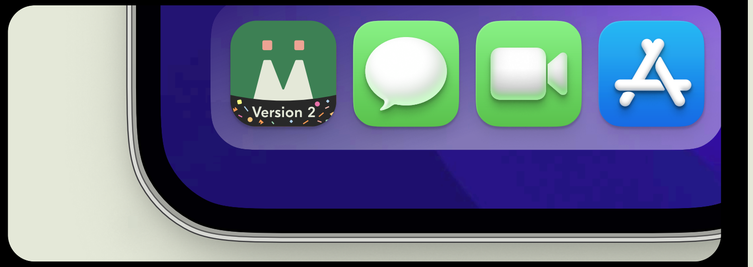
My Monthly.

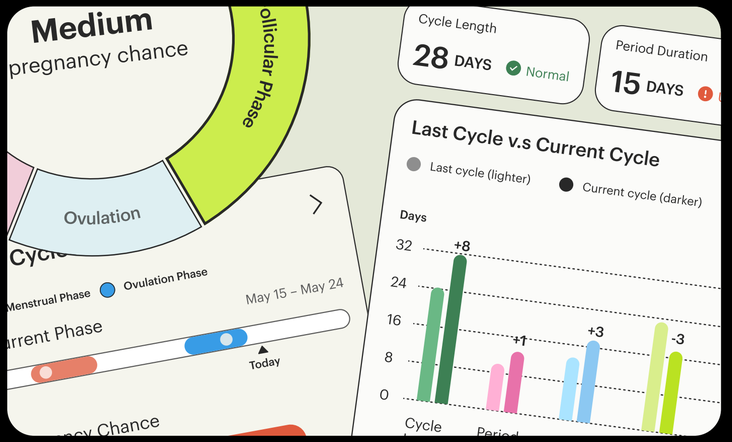


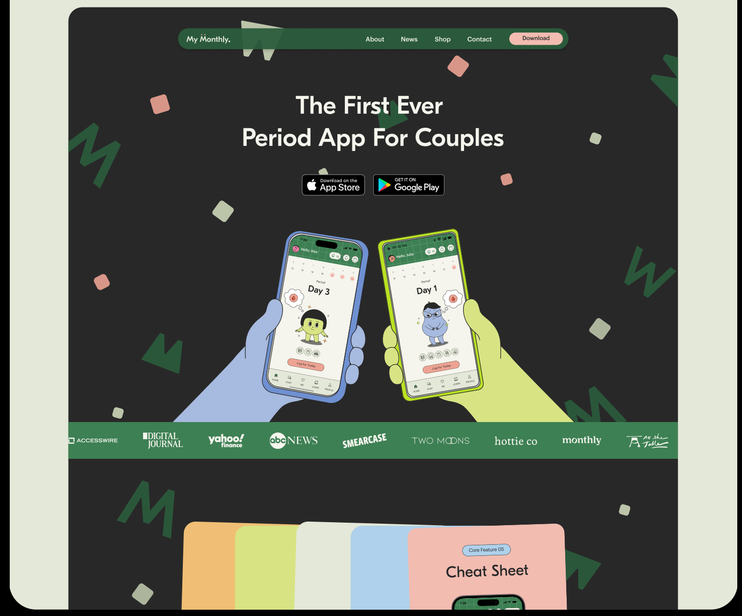
Less misunderstandings
with your loved one

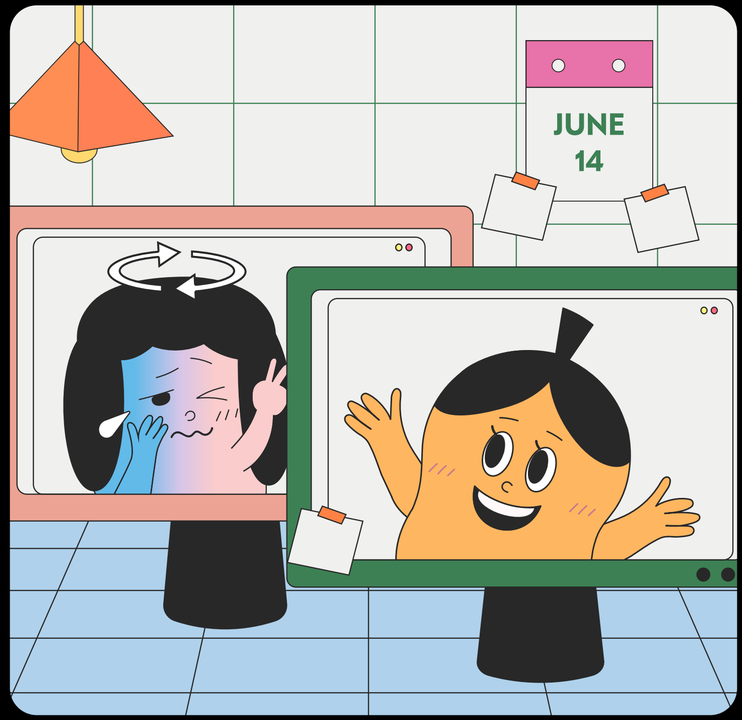


Be the best partner you can









My Monthly.
Better understanding leads to better love.