



St Mary's
University
Twickenham
London

Step 1

Provide consent and complete questionnaire (access through QR code or link below)



<https://stmarys.onlinesurveys.ac.uk/the-effect-of-the-menstrual-cycle-on-running-adherence-and>



Step 2

Download both Strava and Fitrwoman apps



Step 3

Link your Strava account with your Fitrwoman account

See instructions below on how to connect the apps



Step 4

For 16 weeks:

Record all training runs with Strava, *and*

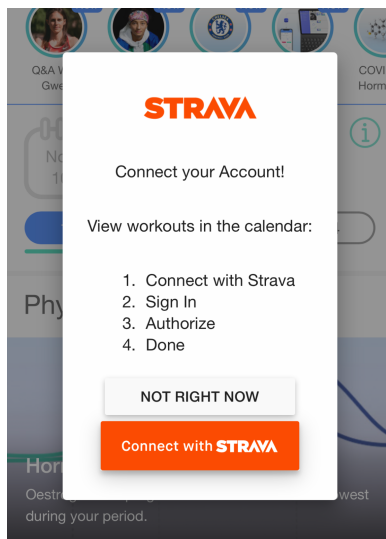
Log into Fitrwoman every night before bed to record any menstrual cycle symptoms

Link to questionnaire and information sheet

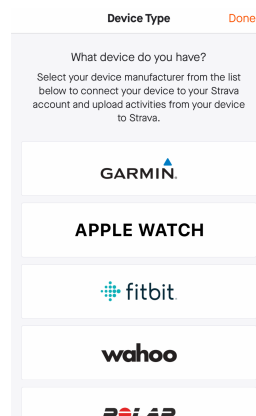


Connect your Fitrwoman account with Strava:

When you activate your account with Fitrwoman you may be prompted with the following message, please follow these steps:



If you have a smart watch or a heart rate monitor, please also connect these to your Strava app within your **Strava** settings:

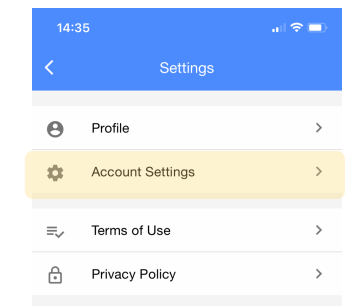


Alternatively, you can link your Strava and Fitrwoman accounts through the following 4 steps:

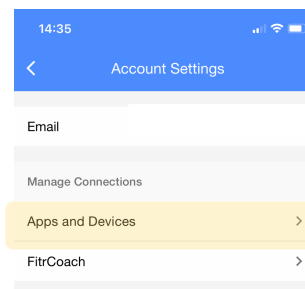
Step 1: Access your Fitrwoman account settings



Step 2: Click on 'Account Settings'



Step 3: Click on 'Apps and Devices'



Step 4: Connect to Strava

