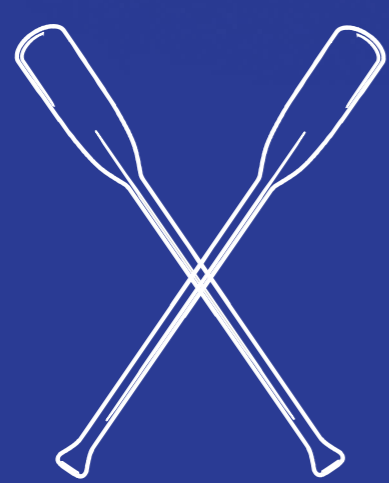
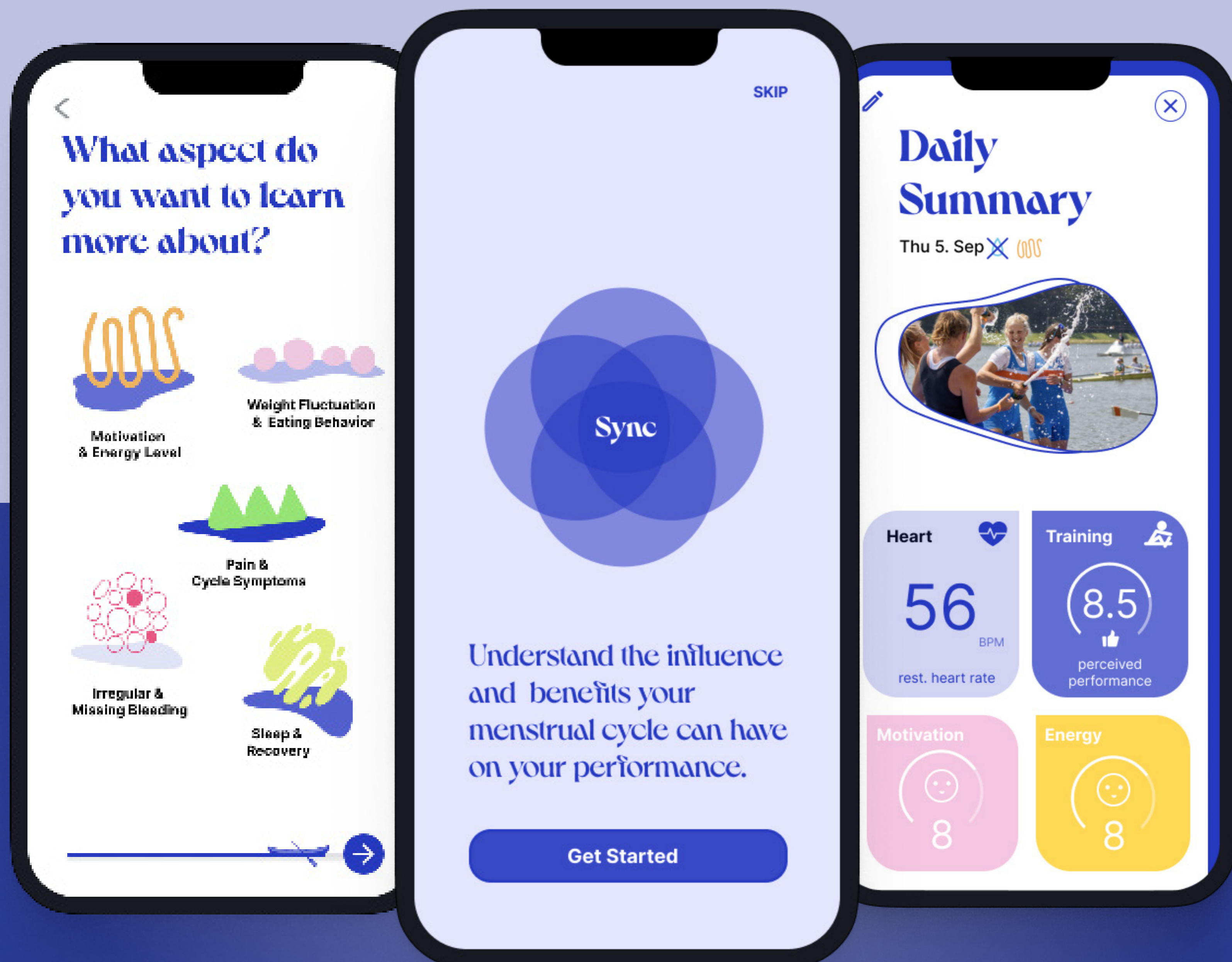


RE-DESIGNING THE INTERACTION OF ROWERS WITH THEIR MENSTRUAL CYCLE



The new logbook app empowers rowers to track their performance in correlation with a personalised menstrual cycle factor. Making the tracking process more engaging and meaningful.



To not only create awareness of the effects the menstrual cycle has on the rowers but give them the agency to act upon their new learnings a reflection booklet is part of the design. After each menstrual cycle the rower collects the relevant data from the app and fills it in their reflection booklet. taking a moment to deeper engage with the data and put it into their context. They also will define steps they can take to make use of their learnings.



After 3 individual reflection moments the rowers have a meeting with their coach. The booklet allows them to make the most of the meeting as it prepares the rowers with topics they would like to discuss. This design makes female health a winning factor to reach the best performance.