

# Guide to the Best Fertility Apps

Whether you want to keep track of your menstrual cycle, determine your most fertile day or just gather general tips and information on fertility and pregnancy, our guide to the best fertility apps and online tools will have you covered.

# 1

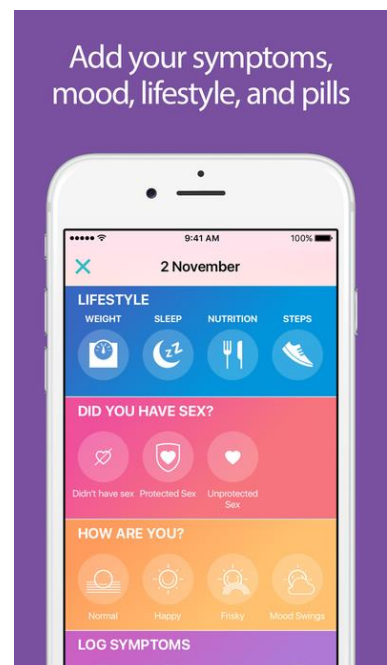
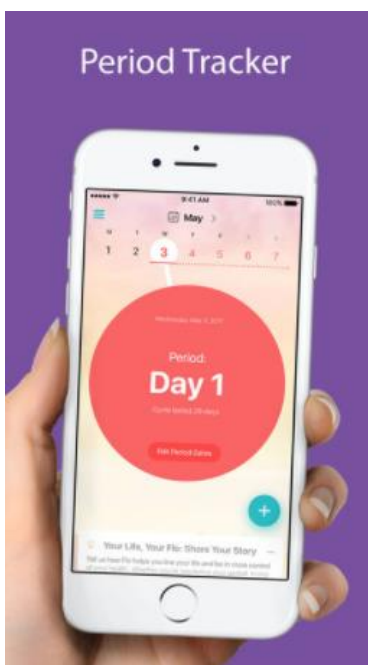
## Flo: Period Tracker, Ovulation Calendar & Diary

Flo makes accurate and reliable predictions of menstruation and ovulation. With Flo you can log your days in its calendar, schedule cycle reminders and record your mood and symptoms. You can even add your daily sleep duration, water consumption and physical activity.

**Available on:** Android & iPhone

**Cost:** Free

**Best Feature:** Daily Health Insights – useful articles about periods, symptoms, and general lifestyle.



[View in the app store >](#)

# 2

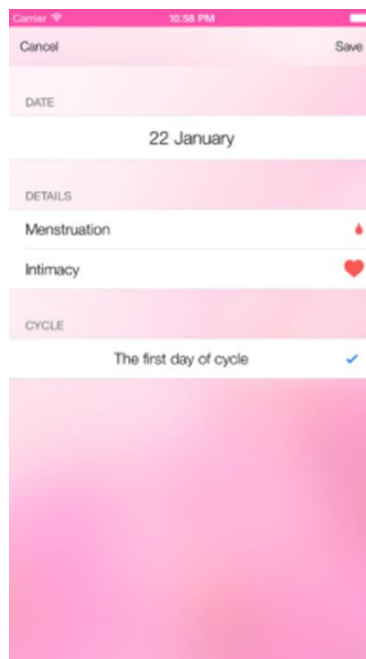
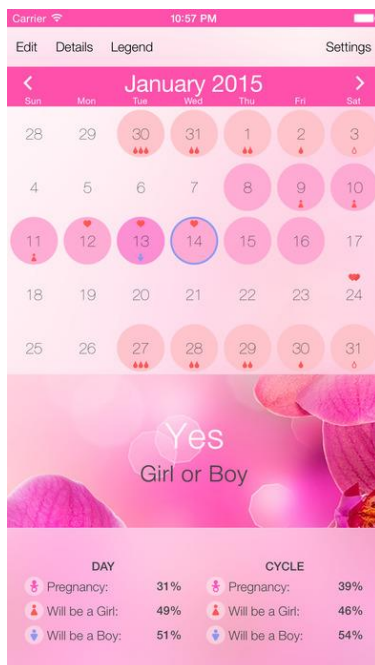
## Ovulation Calculator & Fertility Tracker

This app helps you determine your most fertile days of the month, so you can either achieve or avoid pregnancy. The calendar has a just-for-fun sex of the baby predictor, telling you the best days to conceive a boy or a girl on, your ovulation day, and the date of your last period and the next period date.

**Available on:** iPhone & iPad

**Cost:** Free

**Best Feature:** Predicts the baby's sex



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# 3

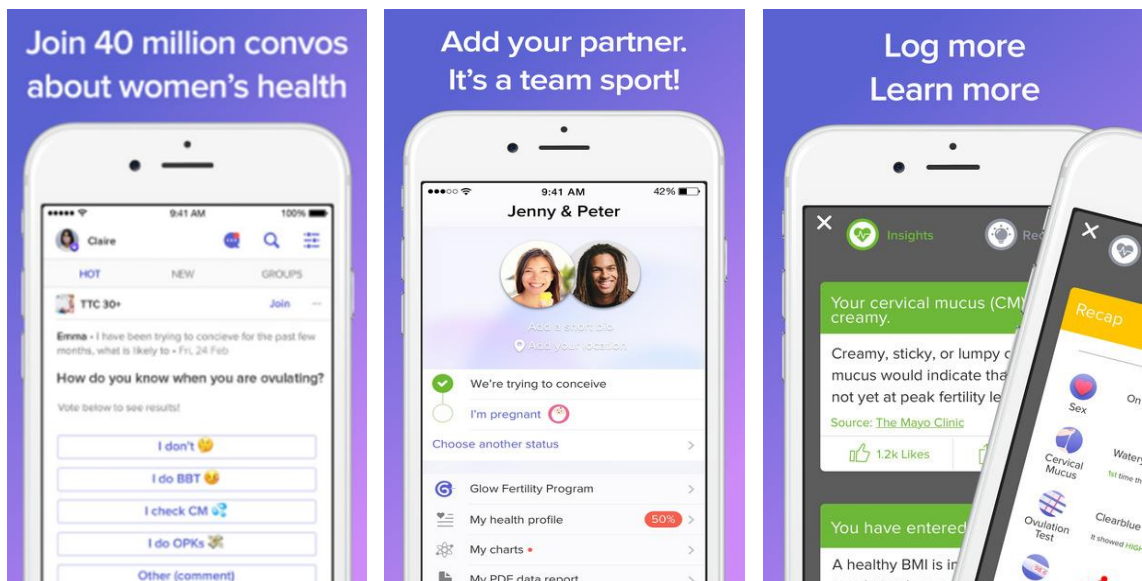
## Glow Ovulation & Fertility Tracker, Period Diary

This menstrual and ovulation calculator helps women learn about their fertility, whether attempting or avoiding pregnancy. It records your periods, mood, symptoms, when you have sex and any medication you might be taking. It also assists those undergoing fertility treatments like IVF and IUI. Glow allows you to email yourself a PDF of your ovulation results and other health data. You can add your partner to the app too, so you can both make use of its features!

**Available on:** iPhone & iPad

**Cost:** Free

**Best Feature:** Fertility treatment support for IVF or IUI patients



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# 4

## Eve: Period Diary, PMS alerts, Sex Tracker

Eve is a hive of useful information on periods, fertility, sex, hormones and general lifestyle and relationships. It's super easy to use and allows for a quick and simple way to track your period. It gives you trusted information on birth control and sex and gives you the chance to chat all things period, pregnancy and sex with a community of other Eve users.

**Available on:** Android, iPhone & iPad

**Cost:** Free. Premium available for £3.99 a month

**Best Feature:** Daily Quizzes

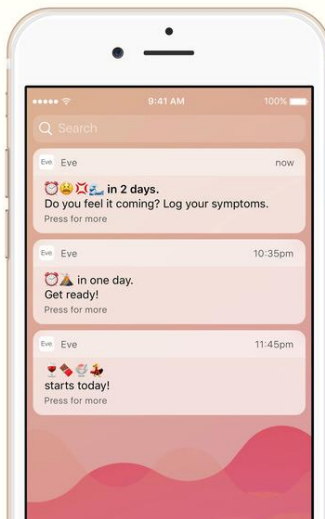
### Track your period

Know when it's coming



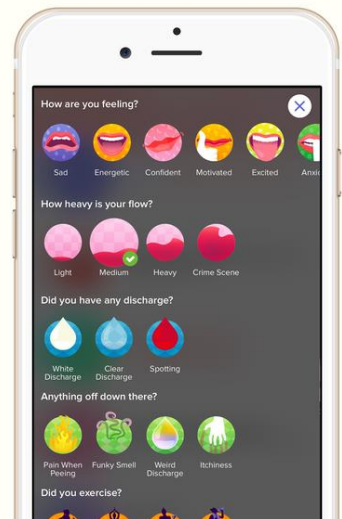
### Get period reminders

Save your undies



### Log moods & symptoms

Find cycle patterns



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# 5

## Baby Size

This app compares the size of your foetus with the size of different fruits! It also tracks your mood, pregnancy symptoms and allows you to fill your diary with feelings, thoughts and photos during your baby journey.

**Available on:** iPhone & iPad

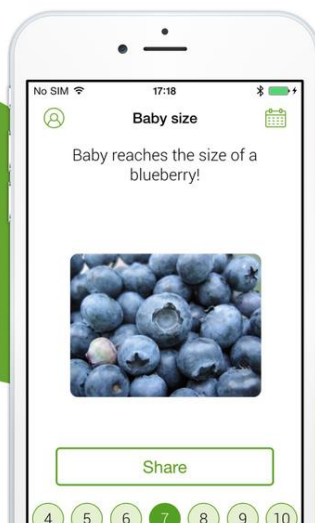
**Cost:** Free

**Best Feature:** Pregnancy tracker, mood tracker

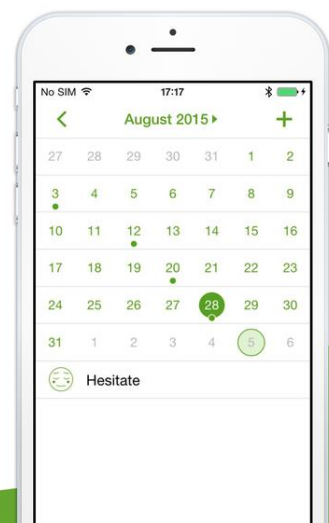
### HOW BIG IS YOUR BABY?



### COMPARE THE SIZE



### PERSONAL DIARY WITH NOTIFICATIONS



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# 6

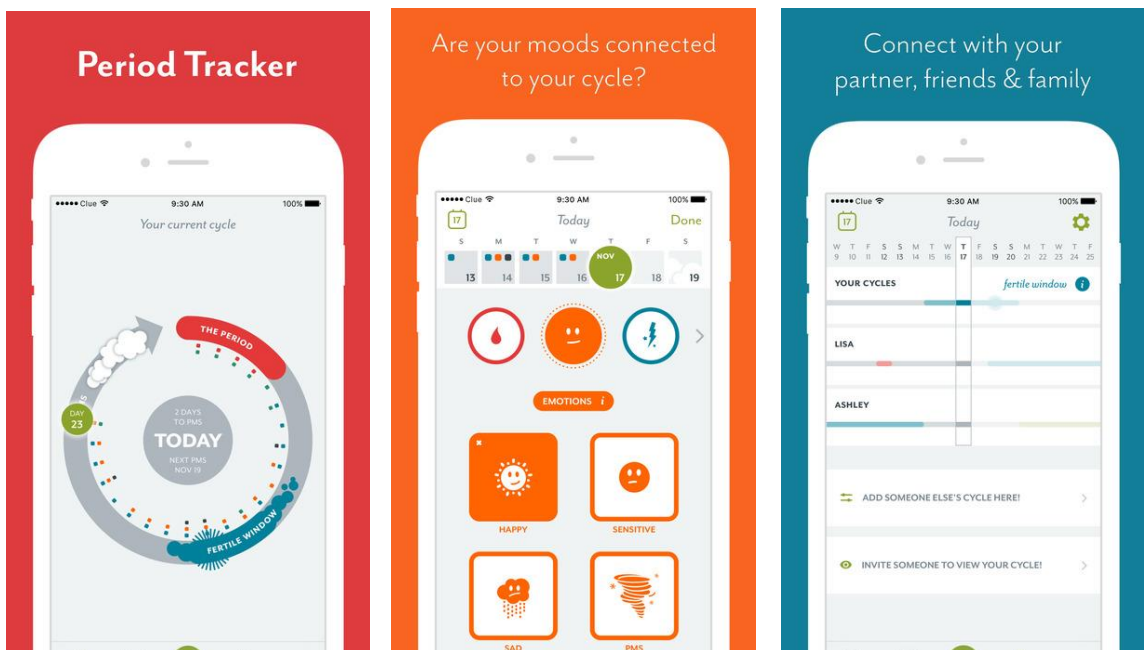
## Clue Period Tracker

This app uses science and data to help you discover the unique patterns in your menstrual cycle. Use Clue to remind you about your ovulation, most fertile days, period and PMS. Clue allows you to track your health in many different ways – birth control, ovulation, cramps, emotions, skin, hair, sleep, exercise and lots more!

**Available on:** Android and iPhone

**Cost:** Free

**Best Feature:** Track sex, pain, moods, cervical fluid



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# 7

## Kindara: Fertility & Ovulation Tracker, Pregnancy

Use Kindara to get pregnant quicker, avoid pregnancy naturally or to track your cycle more accurately. This app has featured in Huffington Post, FitPregnancy, NYTimes, CNN, Forbes and BuzzFeed. 1.2 million women currently use Kindara to take control of their fertility – connect with thousands of women who share your fertility goal.

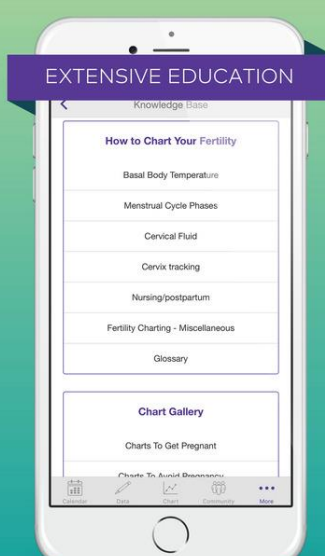
**Available on:** Android, iPhone & iPad

**Cost:** Free

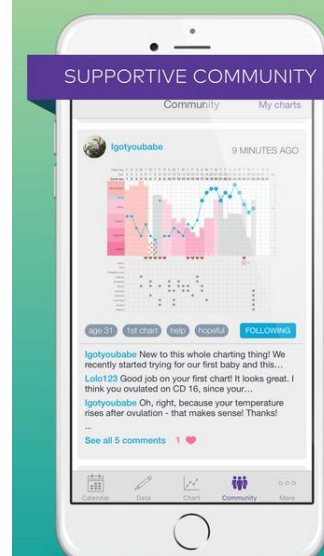
**Best Feature:** The only app that has Wink, a wireless Basal Body Temperature (BBT) Thermometer



Quick & Easy  
Track 50+ Custom Fields



Get Your Questions  
Answered



Share & Learn  
with other women

View in the app store >



# 8

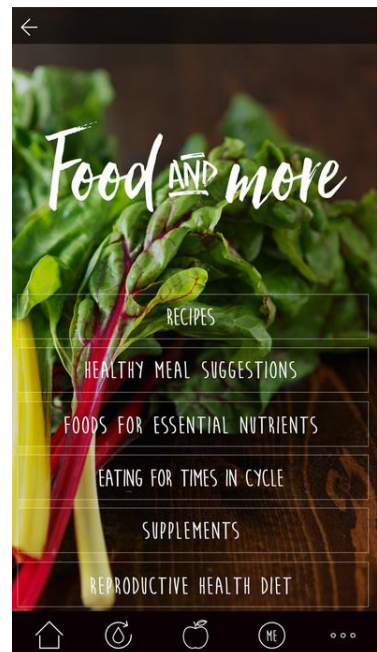
## Seed

Seed is a period tracker that gives natural tips to improve symptoms, provides delicious recipes and a hormonal health quiz and conception advice. Unlike many fertility apps, Seed gives you naturopathic and nutritional advice and supports your need for hormonal health, better periods or preconception.

**Available on:** iPhone & iPad

**Cost:** £3.99

**Best Feature:** Healthy recipes and supplement information



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