

Hannah's app recommendations

One of my least favorite things about all of the apps out there is they all have very specific categories for cervical fluid that don't mean much (commonly these are sticky, creamy, and eggwhite).

There are no apps that use peak and non-peak as the categories :(That's because people learn cervical fluid in really weird and unintuitive ways. Luckily, you've got an awesome education in cervical fluid now, but you have to use an app that might not have a great system to put it in.

Despite that drawback, apps can be a handy tool if you always have your phone around and don't want to use paper to chart.

So which ones are best? Here are my top picks:

Groove ([iOS](#)):

Clean, simple design. Not pink. No predictions.

Kindara ([iOS](#), [Android](#)):

Also a nice design and doesn't predict (make sure you indicate your goal is trying to avoid pregnancy if that is the case for you)

Sympto ([iOS](#), [Android](#), [Windows](#)):

No predictions and tends to be better than other apps at actually applying the rules correctly (I would ignore the rules on apps because oftentimes they are bad, though).