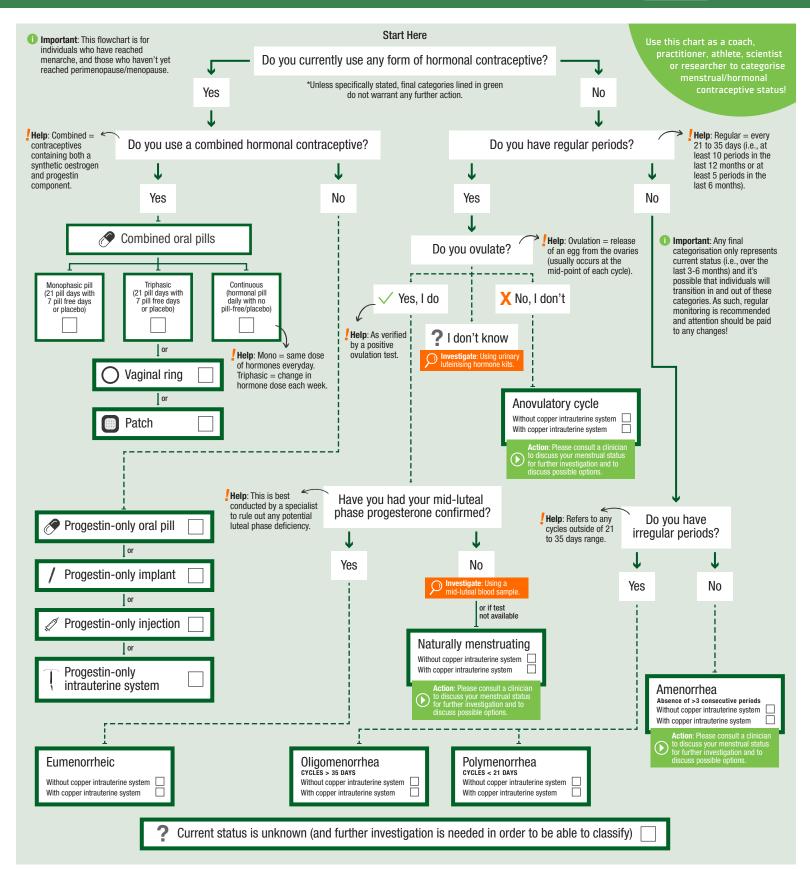


## MENSTRUAL CATEGORISATION SYSTEM

FOR MORE INFORMATION, SEE THE PAPER ON WHICH THIS INFOGRAPHIC IS BASED, FOUND IN THE FOLLOWING REFERENCE: Link to Full text



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Menstrual Categorisation System for use in practice and research. Adapted from Elliott-Sale et al. (2021), produced by author and used with permission

FUELING ATHLETIC PERFORMANCE