

# Toolkit Quick Links

## Period Tracking Apps

- Clue  
<https://helloclue.com>
- Eve  
<https://glowing.com/apps#eve>
- Flo  
<https://flo.health/>
- Period Tracker Period Calendar
  - Apple Store  
<https://apps.apple.com/us/app/period-tracker-period-calendar/id896501514>
  - Google Play  
<https://play.google.com/store/apps/details?id=com.popularapp.periodcalendar>
- Spot On  
<https://www.plannedparenthood.org/get-care/spot-on-period-tracker>

## Federal Trade Commission: Guidance on Health Apps

[https://www.ftc.gov/sites/default/files/u544718/flo\\_health\\_app\\_infographic\\_11022020\\_en\\_508\\_0.jpg](https://www.ftc.gov/sites/default/files/u544718/flo_health_app_infographic_11022020_en_508_0.jpg)