

**What is the practical approach to good menstrual tracking in elite sport and how do we use this to inform individual diets?**

The processes by which menstrual cycles are “tracked” have been the subject of much debate and often discord. The field is split into; 1) those using app-based technology to estimate distinct menstrual cycle phases based solely on the occurrence of menses and 2) those using objective measurements (e.g., biochemical markers) to establish each phase based on the fluctuations in oestrogen and progesterone. Moreover, current app-based technologies provide users with training and nutrition advice, which is not based on sufficient high-quality evidence and is therefore not considered to be evidence based. During this presentation, the current gold-standard methodologies for menstrual cycle tracking (i.e., establishing the key menstrual cycle phases) will be presented, alongside the rationale for using these approaches. Moreover, the application of these methods within an elite sporting environment will be discussed, in addition to how the resultant data can be used to guide individual diets.