Reflexive Thematic Analysis: Thematic Structure

(SUB)THEME	REPRESENTATIVE CODES
T1. With motivation and interests come expectations.	
T1.1 Relatedness as motivation: It is for and about me.	"I delightfully joined the research also because I'm interested in not only in sports but women in sports." (D3) "It is very cool, most sports research is for men. But, with the menstrual cycle performance does change, so it is very interesting" (D18) "I have noticed changes on those days, exercise feels easier and I wonder" (D16)
T1.2 Solidarity as motivation: I want to help others.	"I feel motivated to help research and like other athletes and other women to deal with these topics." (D4) "In the first moment, I was just emphatic with someone who is trying to learn about sports" (D3) "I've seen around me the effects of maybe training so much that people lose their periods" (D12)
T1.3 Familiarity as motivation: I'm part of it (already).	"Well, it's also because, well, we just can see you now and know you are." (D17) "Well, a friend contacted me, we have done a few triathlons together, and I thought it was a cool project." (D9) "First, sports, second, woman, and third, a person that is close to me asked me, so why not help?" (D3)
T2. This is new and it feels different.	
T2.1. It starts blindly.	"I saw in the beginning like the folders it has so many things so many like in the zip. There are so many folders that I was like OK, this is too much to see." (D5) "No, [I did not open the file] because it was a really large file. There were so many MBs, I was scared" (D12) "No, [I did not open the file] because I saw a million folders and I was like, nope, no idea" (D9)
T2.2. It is uncomfortable.	"This is kind of different I have donated or given my personal data, my address, my credit card, like so many things that I don't have anymore the total track. But it is the first time that somebody asked about my cycles" (D3) "I think one might have some fear that the data collected about me will be misused." (D20) "Sure, doubt, uncertainty, fear, are there. Especially nowadays." (D16)
T2.3. The more the better	"I think the best, like more time it's better for you to make better

(for you!).	choices and have more insights. So that's why I just choose like six months and like everything like that." (D2)
	"Well, because I think that the longer there is data, the more trends and patterns you will be able to find." (D9)
	"Well, because I believe the more tools you have for the research the better. Besides, not including more data does not affect me." (D14)
T3. My menstruating and athletic self.	
T3.1 The role of data.	"I'll just take a look. I'm not focused on that [the data], but I think it really helps like to understand what is happening with your body" (D2)
	"Not really [I don't look back at the data], I just look for PRs." (D3)
	"My coach is the one who accesses my data." (D7)
T3.2 The physical factors.	"Rest is different, I feel my sleep is heavier." (D2)
	"My period was back six months ago." (D4)
	"It's so unfair like I could run faster, or I could do better if it wasn't because of this [menstruation]." (D5)
T3.3. The mental factors.	"My confidence is more related, for example, to my appearance, like I know my face is looking a bit messy and I know I'm bloated." (D8)
	"Mentally, It's just frustrating and nothing really works." (D17)
	"Running up to the period I always have more psychological symptoms, I think before rather than during" (D12)
T3.4 The other factors.	"For me, it is also difficult, it is not that easy to swim with the period, compared with when I do not have my period." (D3)
	"I don't know, but I think most women, we don't want to go outside like that." (D2)
	"It is a bit uncomfortable, more because of clothes, you are always self-conscious, and you don't want any leaking." (D14)