

## Communication: About the Project

*The exact phrasing we used to communicate with potential donors:*

This project is all about participation and representation in sports research. Specifically, menstruation, or the absence of menstruation, and its physical and psychological impact on training, and competition. How can we understand this impact considering diverse menstrual experiences? Participate in our research and help us understand!

We aim to translate this understanding into metrics that can inform the holistic design of training technologies that encompass menstruation, often disregarded.