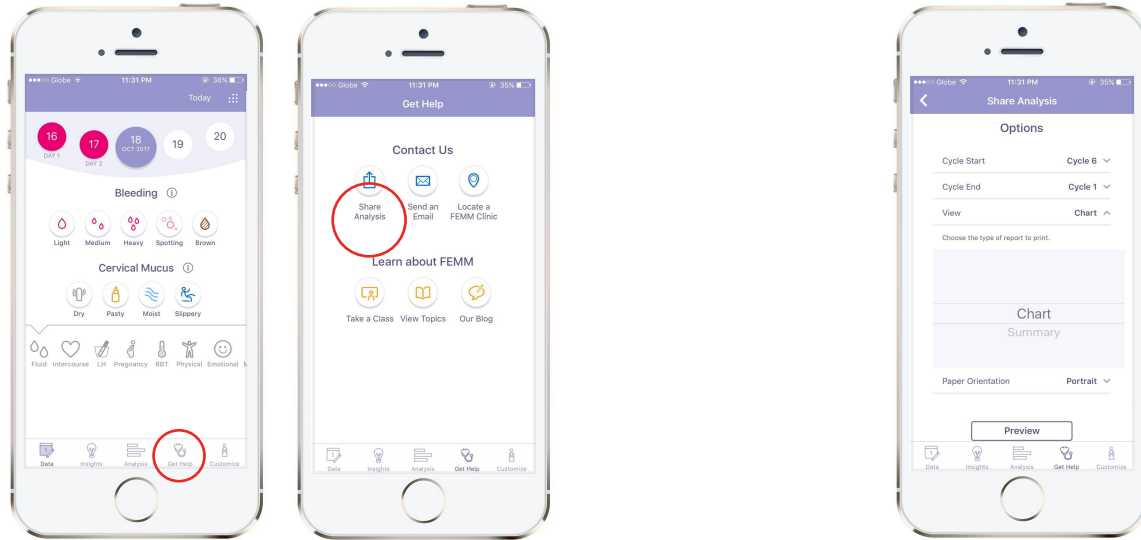


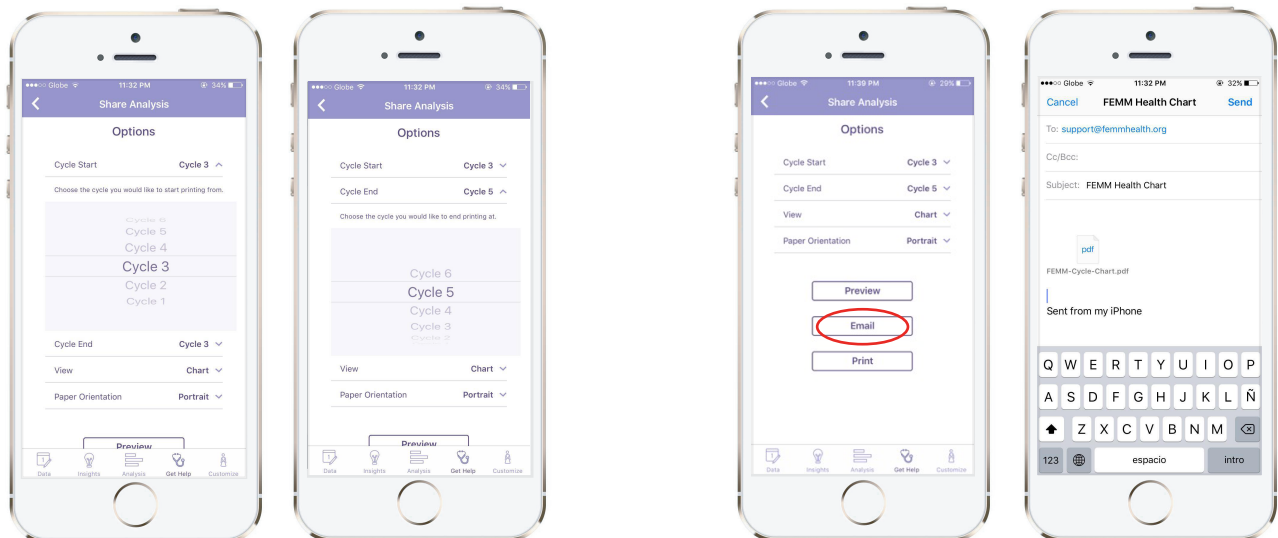
# FEMM™

## iPhone App: Export Instructions



1. Click on the **Get Help** tab.
2. Choose **Share Analysis**.

3. Under View, scroll to select which type of report you would like to print: **Chart** (this includes only your charting data per day) or **Summary** (this includes your observation summary - symptoms, notes, medication etc.)

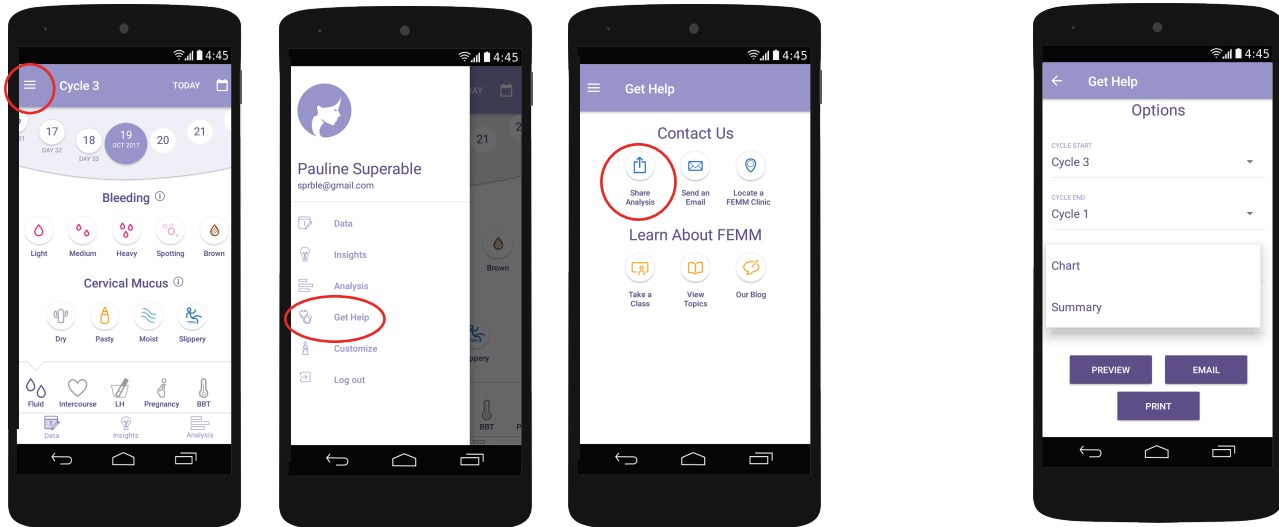


4. Scroll through **Cycle Start** and **Cycle End** to select the cycle range for which to export this data. (Cycle 1 is your first entered cycle)

5. Select the **"Email"** option, and email the exported PDF. The email will be sent via your iPhone's default email application.

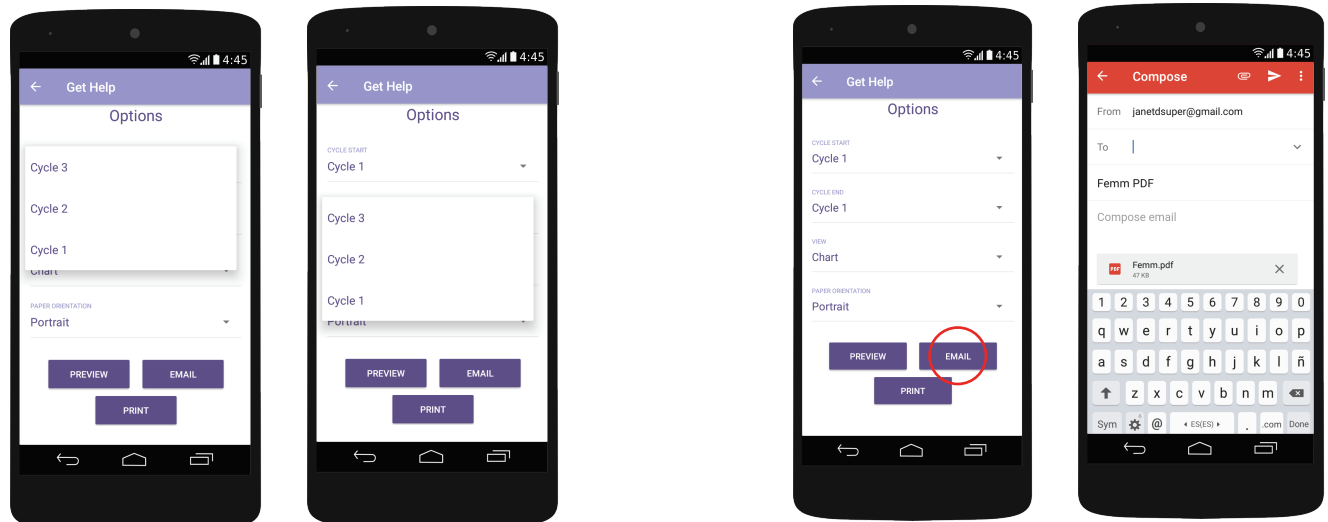
# FEMM™

## Android App: Export Instructions



1. Click on the **Hamburger Icon** on the left-hand side of the screen
2. Choose **Get Help**.
3. Click **Share Analysis**.

3. Under View, scroll to select which type of report you would like to print: **Chart** (this includes only your charting data per day) or **Summary** (this includes your observation summary - symptoms, notes, medication etc.)



4. Scroll through **Cycle Start** and **Cycle End** to select the cycle range for which to export this data. (Cycle 1 is your first entered cycle)

5. Select the **“Email”** option, and email the exported PDF. The email will be sent via your phone's default email application.