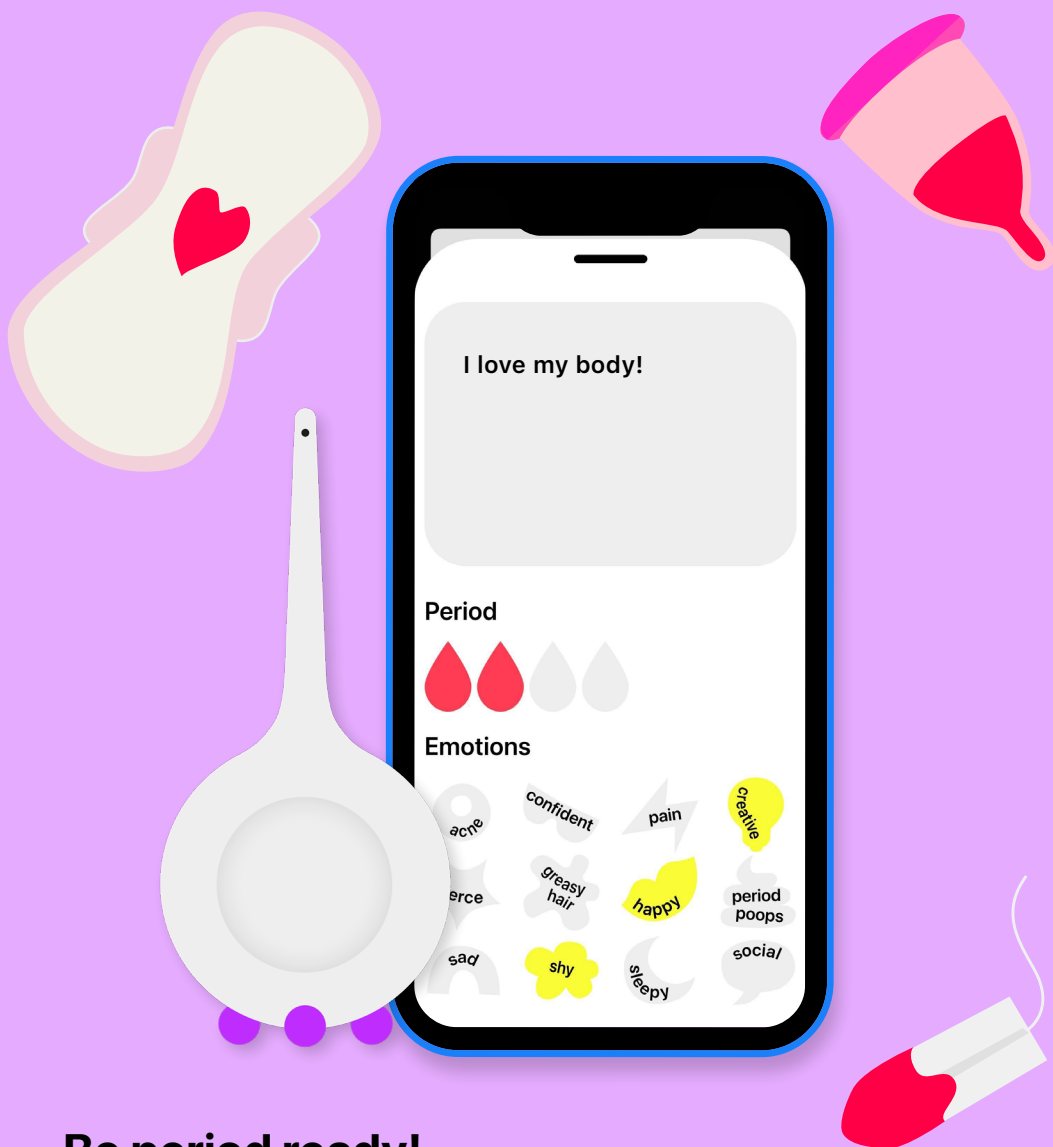


# Teena



**Be period ready!**  
**Period tracker & app for teens.**

## Imagine this:

A first period experience that is positive, exciting and anticipated. All of that anxiety and uncertainty around puberty, replaced by confidence and calm. What if you could accurately predict the moment you meet your superpower? Period. Puberty. Perfect.

Discovering the user's unique personal rhythm, Teena will accurately predict the next period's arrival. No more school or playground surprises. Our app takes a teen's hand, acting as their personal guide to periods, puberty and beyond.

This is period positive technology with health, strength and wellbeing in focus - delivering a fun, relatable approach to period tracking. Together we build life foundations through a positive period experience and body literacy.

Tweens and teens, we're here for you. Teena is your body's best friend and wants you to feel 100% period ready. We are all about connecting you to your mind and body - meeting you exactly as you are and exactly as you feel today. We present two guides to your period and puberty journey, always kind and understanding, in the form of a tracker and an app.

**The tracker:** a personal period tracker to learn the hormone cycle through basal body temperature. Where the knowledge source is always you.

**The app:** valuable knowledge on everything related to the changing body. Monitor your emotions. Track your symptoms and signs. Receive daily positive feedback. An animated Cycle Journey and in-app Magazine present expert-created information delivered in a big sister style to help you develop body literacy and menstrual cycle awareness.

This is an inside job and Teena is your translator. Switching fear for fizzy excitement, we are empowering young people in their first years of modern menstruation. Nurturing trust in the body and self-confidence.

**Say hello to your superpower. Join the period ready revolution.**



reddot winner 2022  
personal care brand

