

My Menstrual Cycle Tracker

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CYCLE LENGTH



CYCLE KEY

Spotting	Light
Medium	Heavy

PERIOD KEY

- Headache/back pain
- Low energy
- High energy
- Bloating
- Cramping
- High libido
- Glowing skin
- Oily skin

Use this menstrual cycle tracker to learn more about your body. Record your period by coloring in the cycle key and use the period key to track how you're feeling each day throughout your menstrual cycle.

Add your typical cycle length (e.g. 25-32 days) to the grid in the top right corner to get a better overview of how long your cycles are.

Use this legend to find out which menstrual phase you're currently in and master the art of cycle syncing:

PHASE	SYMPTOMS
Days 1-6: Menstrual	<ul style="list-style-type: none"> ■ Bleeding ■ Period symptoms like cramping or bloating ■ Low energy
Days 1-14: Follicular	<ul style="list-style-type: none"> ■ Rising energy levels ■ Glowing skin ■ Higher libido
Days 14-17: Ovulatory	<ul style="list-style-type: none"> ■ Confidence boost ■ High libido ■ High energy
Days 15-28: Luteal	<ul style="list-style-type: none"> ■ Oily skin ■ Decreasing energy levels ■ Pre-PMS symptoms like cramping or bloating

Printing instructions: Much like our periods, our journaling habits differ! That's why we created two versions of this tracker for you: Use the first version for your A5 sized bullet journal or print out page 2 if you prefer to journal in a US letter sized journal.









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