CYCLE TRACKER

track your cycle, moods, hunger, cravings, digestion, and symptoms with this easy to use tracker to gain a better understanding of you and your cycle.

by meg doll

WHY TRACK YOUR CYCLE?

You begin a new cycle on the first day of your period. Each cycle can be seen as a monthly "report card", giving us a deeper understanding of what is working for us, what isn't, and where adjustments can be made.

By tracking your cycle, you will be able to gain a better understanding of you and your body as tracking will allow you to notice the trends and or changes that occur with each cycle.

Tracking your cycle doesn't have to be meticulous or an additional task that feels overwhelming.

I invite you to set aside a few minutes each day for yourself to note a few key points about how you're feeling on that given day.

how to

On the first day of your period, label your tracking sheet as "day one" as the first day of your period is also the first day of a new cycle.

Each day, note how your feeling, which can include...

- ☐ Emotional health/mood

- ☐ Energy levels

- ☐ Hunger levels/cravings

- ☐ Cervical mucus (egg white, creamy, none, etc.)

- ☐ Cramping

- ☐ Digestion, bowel movements, etc.

- ☐ Acne

- ☐ Any other symptoms or notes you'd like to include

There are several tracking sheets to get you started, but continue to print off more copies as needed.

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TRACKER

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