

# Menstrual Cycle Chart

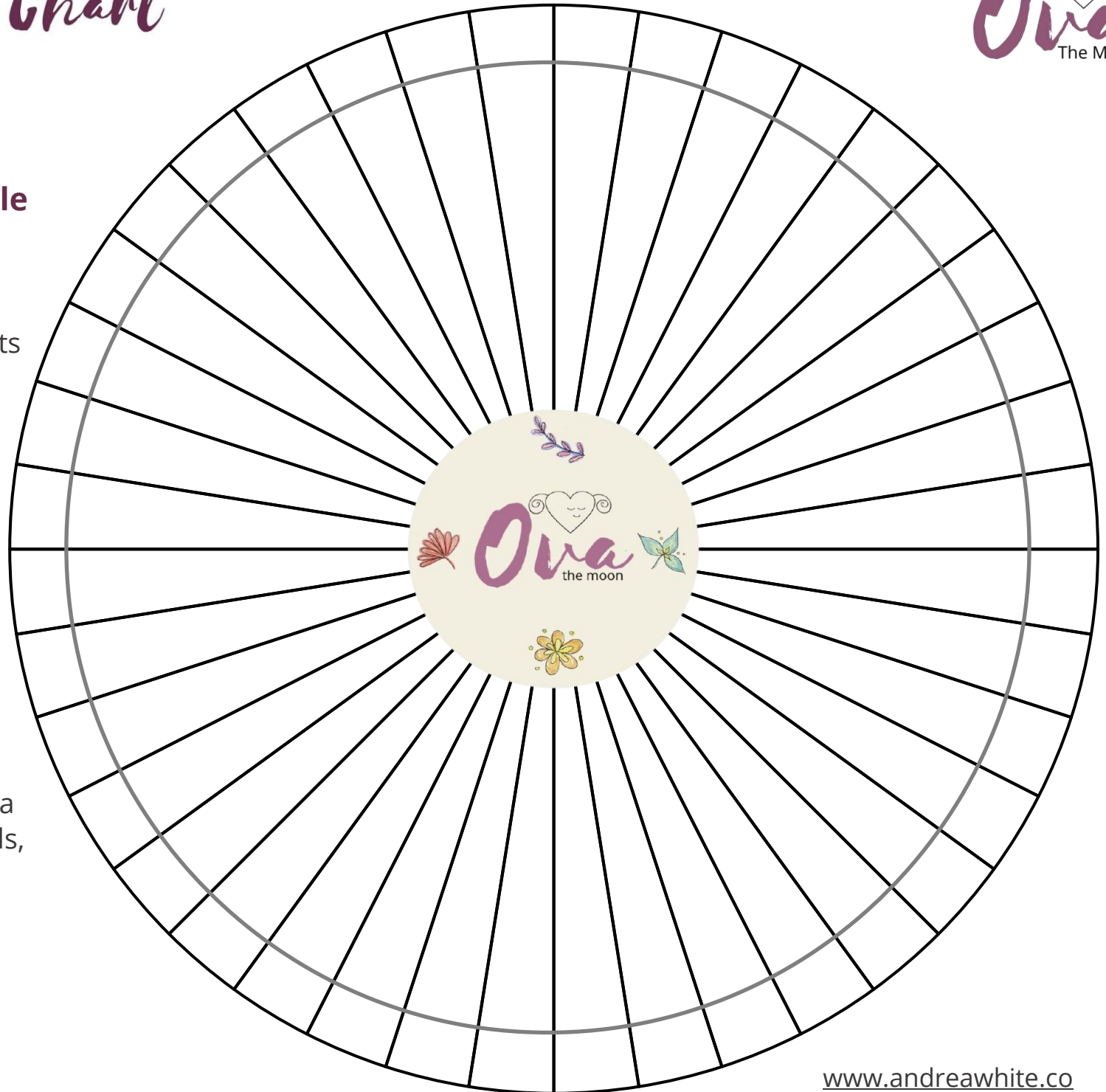
For 30-40 Days  
cycles

## Day 1 is the start of a new cycle

- It is the first day of your bleed (full flow, not spotting)
- Print out this chart and each day record the main theme and insights of your day.
- Keep them to gather & records patterns and wisdom emerging.

## Things to note-

- Feelings
- Moods
- Energy levels
- Mental focus
- Dreams & Ideas
- Motivations
- Discomfort & Uneasy moment
- As the space is quite small, keep a dedicated journal for more details, or use the attached daily diary.
- It is good to keep a note of any observations of any ideas or activities you did and how that made you feel?



# How to Chart Your Menstrual Cycle

For Wellness, Creativity and Spirituality



Cycle Day

Word of the day

Date

Flow

Cervix

Sexual Energy

Mental Focus & Creative Ideas

Physical Feelings, Energy Awareness

Ideas, Note & Dreams

Emotions & Feelings, Revelations

Spiritual Awareness or Inner Wisdom