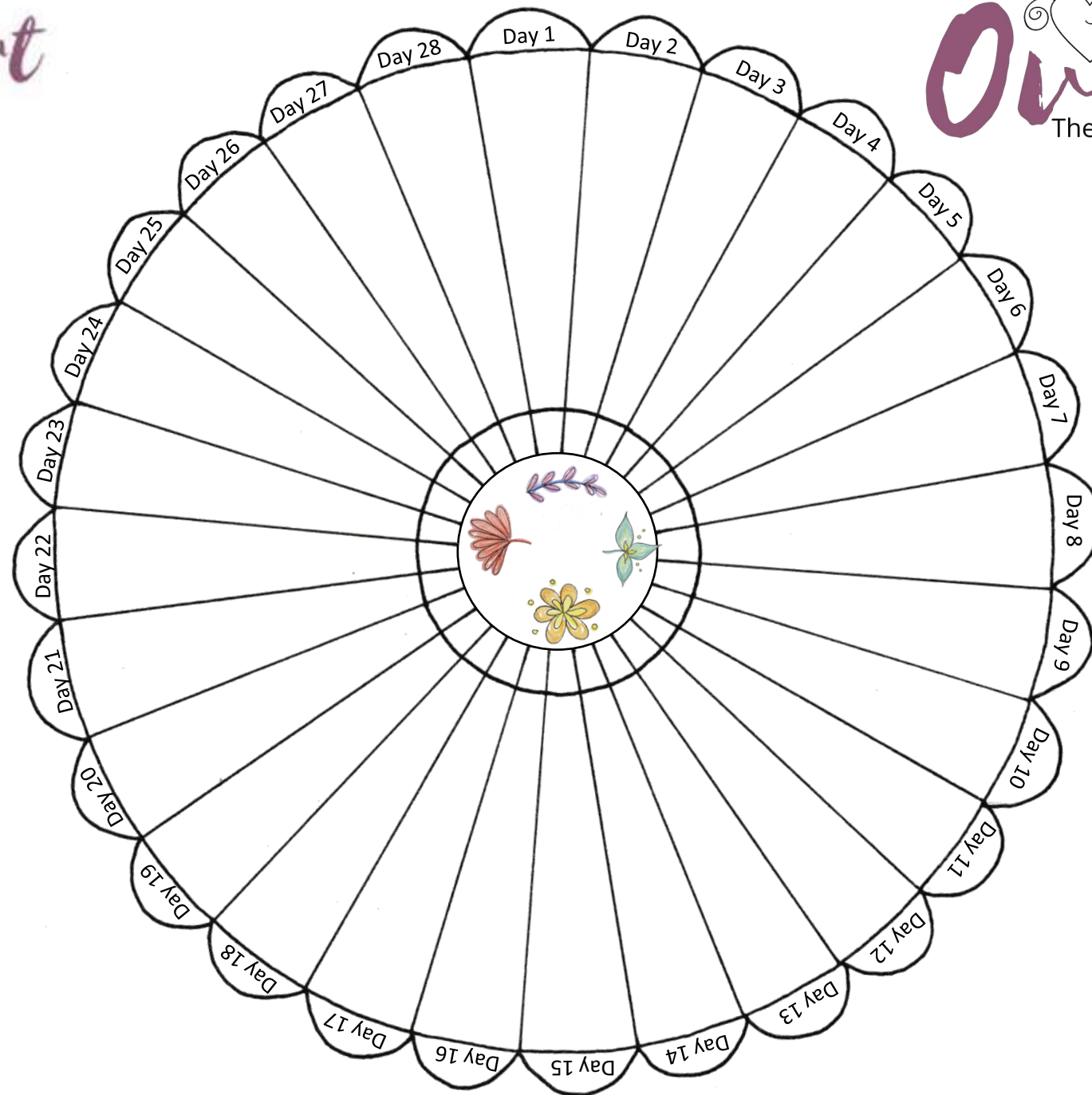


Menstrual Cycle Chart

28 Days



- **Day 1** 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.
- **Things to note-**
 - Feelings,
 - mood,
 - energy level,
 - where your head is
 - dreams,
 - idea,
 - discomfort
- As the space is quite small, keep a dedicated journal for more details.
- 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

Mental Focus & Ideas

Physical Energy or Awareness

Ideas, Note & Dreams

Emotions & Feelings

Spiritual Awareness or Inner Wisdom

