Welcome to your Cyclical Journey!

Hello Sister,

Congratulations on starting your Cyclical Journey! This cycle tracker is designed to help you deepen your understanding of your menstrual cycle and connect with your body on a physical, emotional, and energetic level. By tracking daily patterns, you'll gain insights into how your cycle influences various aspects of your life, empowering you to make informed decisions about your (hormonal) health and wellbeing.

How to Use This Tracker:

1. **Day & Date:** Note the day of your cycle (e.g., Day 1 is the first day of your bleed) and the calendar date.
2. **Energy Level & Feeling Physical Feeling**:
   - Energy Level (EL) Use a scale from 1 to 10 to rate your overall energy levels
   - Physical: How energized or fatigued do you feel?
3. **Feeling Mental:** How clear or distracted is your thinking? (e.g. Procrastinating, calm, clear, focused, scattered, distracted)
4. **Feeling Emotional/Spiritual:** Write a few words to describe your mood or emotional state (e.g., calm, joyful, anxious, reflective).
5. **Nutritional:**
   - Document cravings, appetite, or dietary tendencies (e.g., craving sweets, hydrating more, eating lighter meals).
6. **Flow (Period and Cervical Mucus):**
   - For menstruation, note the flow type (e.g., heavy, moderate, light, spotting, or none).
   - *Optional:* You can use terms like: Dry (Little or no mucus.), Sticky (Thick and sticky, often during non-fertile phases), Creamy (Lotion-like and smooth, indicating rising estrogen levels), Egg White (Clear, stretchy, and slippery, often during your fertile window)

Tips for Effective Tracking:

- Fill out the tracker daily to capture the most accurate information. Use a consistent time each day to reflect on your cycle.
- Review your tracker at the end of the month to identify patterns and insights about your unique cycle.

By consistently tracking your cycle, you'll gain valuable knowledge about your body's rhythms, helping you align your lifestyle and self-care practices with your natural energy and needs.

Cycle Length: _____

Menstrual Cycle Tracker

Month: _____

Day	Date	EL | Feeling Physically	Feeling Mentally	Feeling Emotinally	Nutriotion	Flow
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Menstrual Cycle Tracker

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