

# Welcome to your Cycle tracker

This tracker helps you see what your cycle is actually doing, and what it's responding to. Not just where you are in the month, but how your energy, sleep, stress and mood move alongside it. Most of what you'll learn won't come from a single day. It comes from looking back after a few weeks and seeing the same thing arrive at the same point, twice.

## How to Use This Tracker:

- **Day & Date:** Day 1 is the first day of your bleed. Note the calendar date alongside it.
  - No period at the moment? Track with the moon instead. Take the new moon as Day 1 and count from there. You'll still see your patterns — energy, sleep, stress, mood — and you'll have a record ready for when your bleed returns.
- **EL, SL, SR** — three quick numbers
  - EL — Energy level, 1 to 10. How much did you have today?
  - Sleep — Sleep, 1 to 10. How well did you actually sleep, not how long.
  - SL — Stress level, 1 to 10. How much pressure were you under?
- **Feeling physically:** Anything your body did today. Tender breasts, cramps, headache, restlessness, heaviness, lightness.
- **Feeling mentally:** How clear or scattered was your thinking? Focused, foggy, procrastinating, sharp, distracted.
- **Feeling emotionally:** A few words for your mood. Calm, irritable, tearful, content, on edge, reflective.
- **Nutrition:** Cravings, appetite, what you reached for. Sweets, salt, no appetite, ate more than usual, forgot to eat.
- **Flow**
  - During your bleed: heavy, moderate, light, spotting, or none.
  - Optional, cervical mucus: dry (little or none), sticky (thick), creamy (lotion-like, oestrogen rising), egg white (clear and stretchy, your fertile window).

## Tips for Effective Tracking:

Fill it in at the same time each day. Evening works best for most women, you've got the whole day to report on. Don't try to be accurate. Try to be consistent. A rough number every day beats a precise one twice a week.

What to look for at the end of the month? This is the part most people skip, and it's where the value is. Look for: Days that repeat. Does the same low arrive around the same day each cycle? Stress and your cycle length. Compare the weeks with high SL numbers against when your bleed arrived. Early, late, or not at all? Sleep before symptoms. Look at your Sleep numbers in the three or four days before a difficult day. Often the pattern is there. Anything that surprises you.



Cycle Length: \_\_\_\_\_

## Menstrual Cycle Tracker

Month: \_\_\_\_\_

| Day  Date | EL   Sleep   Physically | SL   Feeling Mentally | Feeling Emotionally | Nutrition | Flow |
|-----------|-------------------------|-----------------------|---------------------|-----------|------|
| 1         |                         |                       |                     |           |      |
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| 30        |                         |                       |                     |           |      |



Cycle Length: \_\_\_\_\_

## Menstrual Cycle Tracker

Month: \_\_\_\_\_

| Day  Date | EL   Sleep   Physically | SL   Feeling Mentally | Feeling Emotionally | Nutrition | Flow |
|-----------|-------------------------|-----------------------|---------------------|-----------|------|
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| 35        |                         |                       |                     |           |      |

