

Love Your Belly Cycle Chart

Use this chart to track your cycle. You will see your unique pattern emerge as you record your flow and feelings over the months ahead.

Day 1 is the first day of your bleed.

The ring around the outside is for charting the moon

There is also space for

The date

Your mucus and menstrual flow

On the rest of your chart you can include...

Feelings

General mood

Thoughts (Is your critic talking to you?)

Energy levels

You may also want to include...

Physical reactions - e.g. bowel clear out or headache after an event, treatment or experience.

