






























# Cycle Tracker




CYCLE MONTH \_\_\_\_\_  
CYCLE LENGTH \_\_\_\_\_

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EVENTS							
FAM							
CH+MUCUS							
DESIRE							
CHECK IN							
EVENTS							
FAM							
CH+MUCUS							
DESIRE							
CHECK IN							
EVENTS							
FAM							
CH+MUCUS							
DESIRE							
CHECK IN							

 LIGHT BLEED  
 MEDIUM BLEED  
 HEAVY BLEED  
 SPOTTING

 NEW MOON  
 WANING MOON  
 FULL MOON  
 WAXING MOON

\*CH= CERVICAL HEIGHT

MENSTRUAL PHASE		INNER WINTER	3-7 DAYS IN LENGTH
FOLLICULAR PHASE		INNER SPRING	7-10 DAYS IN LENGTH
OVULATORY PHASE		INNER SUMMER	3-4 DAYS IN LENGTH
LUTEAL PHASE		INNER FALL	10-14 DAYS IN LENGTH

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EVENTS							
FAM							
CH+MUCUS							
DESIRE							
CHECK IN							
EVENTS							
FAM							
CH+MUCUS							
DESIRE							
CHECK IN							
EVENTS							
FAM							
CH+MUCUS							
DESIRE							
CHECK IN							

HOW TO CHECK IN EACH DAY:

- PHYSICALLY - HOW AM I FEELING IN MY BODY? HOW AM I SUPPORTING THIS?
- EMOTIONALLY/ENERGETICALLY - HOW DOES MY SPIRIT, SOUL, MIND FEEL? HOW AM I SUPPORTING THIS?
- NUTRITIONALLY - WHAT IS MY BODY NEEDING? CRAVING? HOW AM I SUPPORTING THIS?

- SLEEP - HOW MANY HRS & QUALITY
- ENERGY
- MENSTRUAL QUALITY, BLOOD, DURATION, WEIGHT, TEXTURE
- CYCLE SIGNS