

woman*kind* 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 full flow in your bleed.
- The ring around the outside is for charting the moon phases.
- There is also space for the date and your mucus and menstrual flow.

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

- feelings
- general mood
- thoughts (is your critic talking?)
- energy levels

You may also want to include...

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

