



Menstrual Cycle Tracker

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Day 1: First day of bleeding (not spotting) or New Moon if not naturally cycling.

If not naturally cycling ovulation would be the equivalent of the Full Moon. You can find the moon phases easily with a quick search online.

Experience	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Cervical Fluid																															
Basal Body Temp (BBT)																															
Cervix Position																															
Mood																															
Cognitive Function																															
Energy																															
Libido																															
Sleep																															
Work																															
Play																															
Appetite																															

Mark an X in boxes where the symptoms were present.

Feel free to adapt this to capture the data that you want to record to learn more about the strengths & shadows of each phase of your cycle.