

## MENSTRUAL CYCLE TRACKING CHART

Did you know that the menstrual cycle is made up of hormonally triggered phases that influence a woman's body, and sometimes her emotions, throughout the month?

**Pre-ovulation**, when an egg is maturing in an ovary and the uterus builds a nutrient-rich lining

**Ovulation**, when a mature egg, which may or may not be fertilized, is released from an ovary

**Pre-menstruation**, when an unfertilized egg fades away and the nutrient-rich uterine lining detaches from the uterine walls

**Menstruation**, (your period), when the nutrient-rich uterine lining breaks down and is released through the vagina

By tracking their menstrual cycle day by day, many women have learned to predict with confidence when their next period will begin. They have also learned to recognize when they are in each phase and the changes it generates in their body and emotions. We invite you to do the same!

**Day 1 of the menstrual cycle is the day your period begins, the first day of bleeding.** Begin to chart your menstrual cycle on the first day of your period by making a mark in the Day 1 segment. On the next day, make a mark in the Day 2 segment and continue around the chart until you get your next period; then begin again at Day 1 on a new chart. The average cycle length is 28 days, but everyone's cycle is different. By charting and counting your days, you will soon see what is average for you.

## SUGGESTIONS FOR USE

### Simple tracking

Place a marker—a sticker, stone, or other object—on Day 1. Move the marker to Day 2 on the second day of your period, and continue around the chart until you bleed again. You can reuse the chart, as the marker is not permanent.

### Emotional tracking

Starting with Day 1, note down your emotions, thoughts, feelings or general state of being each day, using words, sentences, or a color. Continue all around the chart as you move through your cycle; over a few months, you may begin to notice certain patterns that repeat themselves.

### Body tracking

Starting with Day 1, note how your body feels: bloated, heavy, light, tired, sleepy, energetic, painful belly, etc. By observing changes in your body, you create opportunities for yourself to give your body whatever it may need that day. You can also note the type of bleeding you have each day of your period, and any other discharge throughout your cycle.

### Dream tracking

Starting with Day 1, note down any dreams you had the night before and how vivid they were. If you do not remember a dream, note that as well and keep following your cycle around the chart.

### Moon charting

In addition to any of the tracking methods, or on its own, you can note down the phase of the moon for each day of your cycle, starting with Day 1.

# MENSTRUAL CYCLE TRACKING CHART

Copy this blank chart as many times as you like or download it from [www.ellecup.org](http://www.ellecup.org)

A circular chart designed for tracking a 30-day menstrual cycle. The chart is divided into 30 equal segments, each representing a day. The segments are arranged in a circle, with the outer edge of each segment labeled 'DAY 1' through 'DAY 30' in a clockwise direction starting from the top. Inside each segment, there is a 'Date:' label. The chart has a decorative scalloped outer edge.

## NOTES

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