

Use this chart to track your cycle. You will see your unique pattern emerge as you record your menstrual flow and feelings over the months ahead. Day 1 is the first day of full flow in your menstrual bleed.

Aspects to record, observe and explore

Menstrual Flow

Heavy
Moderate
Light
Spotting (red)
Spotting (brown)

Cervical Flow

Sticky
Creamy
Egg-white
Dry
None

Menstrual aspects

Sleep pattern, needs
Headache
Migraine
Menstrual Cramps
Breast tenderness
Food cravings
Digestion

Energy Demands

Physical activity & exercise
Stressful event
Sick or unwell
Family events
Work demands
Skipped meals ?

Needs and desires

Company and connection
Space and quiet
Activity
Rest
Sociability and celebration
Nature connection
Intimacy with self
Intimacy with partner
Slower pace
Support and reassurance

Threshold Coaching