

Menstrual Cycle Chart 2

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

Date							
Day of Cycle	1	2	3	4	5	6	7
Menstrual Flow & Cervical Flow							
Emotions							
Inner mood, energy, tone							
Energy levels							
General Health							
Appetite							
Sleep pattern, needs							
Sexual feelings and Body Awareness							
Creativity							
Activities to support self							
Need or desire for							
Life events							

Date							
Day of Cycle	8	9	10	11	12	13	14
Menstrual Flow & Cervical Flow							
Emotions							
Inner mood, energy, tone							
Energy levels							
General Health							
Appetite							
Sleep pattern, needs							
Sexual feelings and Body Awareness							
Creativity							
Activities to support self							
Need or desire for							
Life events							

Date							
Day of Cycle	15	16	17	18	19	20	21
Menstrual Flow & Cervical Flow							
Emotions							
Inner mood, energy, tone							
Energy levels							
General Health							
Appetite							
Sleep pattern, needs							
Sexual feelings and Body Awareness							
Creativity							
Activities to support self							
Need or desire for							
Life events							

Date							
Day of Cycle	22	23	24	25	26	27	28
Menstrual Flow & Cervical Flow							
Emotions							
Inner mood, energy, tone							
Energy levels							
General Health							
Appetite							
Sleep pattern, needs							
Sexual feelings and Body Awareness							
Creativity							
Activities to support self							
Need or desire for							
Life events							

