Health&Harmony

My Cycle Tracker

One cycle, days 1 to 35. Start on day 1, the first day of your period. One column a day.

Day 1 date: _____

Next period started: _____

My cycle length: _____ **days**

Cycle day	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	32	33	34	35
Date day of month																																			
Season you notice Wi · Sp · Su · Au																																			
Bleeding / flow 0 · S · 1 · 2 · 3																																			
Pain 0 · 1 · 2 · 3																																			
Energy L · M · H																																			
Mood L · M · H																																			
Focus L · M · H																																			
Sleep hours																																			
Stress 1 · 2 · 3																																			
Cravings tick ✓																																			
Movement W · Y · S · C · R																																			

Notes (e.g. headaches, bloating, what helped)

Quick key (full key overleaf)
Flow 0 none · S spotting · 1 light · 2 medium · 3 heavy
Pain 0 none to 3 severe · L low · M medium · H high
Stress 1 low to 3 high · Sleep in hours

Educational information only, not medical advice.

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How to use your tracker

Getting started

1. Start on day 1, the first day of your period.
2. Take a minute each evening to fill in that day's column.
3. Use a number, letter or tick. Leave a box blank if there is nothing to note.
4. When your next period starts, write your cycle length and start a new sheet.
5. Try to track for at least 2 cycles to spot your patterns.

Key

Flow	0 none · S spotting · 1 light · 2 medium · 3 heavy
Pain	0 none · 1 mild · 2 moderate · 3 severe (stops usual activities)
Energy, mood, focus	L low · M medium · H high
Sleep	Hours slept (e.g. 7)
Stress	1 low · 2 medium · 3 high
Cravings	✓ if you notice cravings
Movement	W walk · Y yoga or stretch · S strength · C cardio · R rest

Your 4 seasons

Write Wi, Sp, Su or Au (or colour the box) when you notice a change. Every cycle is different: 21 to 35 days is normal (NHS).

Wi · Winter
Menstrual phase
You may notice lower energy and want more rest.

Sp · Spring
Follicular phase
Oestrogen rises. You may notice energy and focus building.

Su · Summer
Ovulatory phase
You may notice energy and confidence at their highest.

Au · Autumn
Luteal phase
Progesterone rises. You may notice energy dip and cravings.

My patterns

When was my energy highest? And lowest?

When did my mood, focus or sleep change?

What helped me feel better?

One thing I'll try next cycle:

When to speak to your GP

- Period pain stops you doing your usual daily activities
- Very heavy bleeding: changing your pad or tampon every 1 to 2 hours, passing clots larger than about 2.5cm (a 10p coin), or bleeding through to your clothes
- Periods lasting more than 7 days
- Mood changes or other PMS symptoms before your period that affect your daily life
- Bleeding between periods or after sex
- Gaps between periods often shorter than 21 days or longer than 35 days

> **Get help sooner:** severe pain, worse than usual, that painkillers have not helped: ask for an urgent GP appointment or contact NHS 111. If you feel suicidal, call 999 or go to A&E.

Take this tracker with you to your appointment.

Source: NHS (nhs.uk): heavy periods, period pain, PMS and irregular periods pages.

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