

Menstrual Tracker

Focusing on the Basics



How To Use This Tracker

Turns out that every cell in our bodies are affected by estrogens and progesterone (two androgen hormones) – not just our uterus! And as it turns out, there's more to the menstrual cycle than blood coming out of the uterus and a list of pains and cramps. Who knew? 😊

Sadly, most of us were never taught about all the amazing effects of the androgen hormones. While the focus is often on the "pains" there are also times in our cycle where we feel energized, confident and ready to take on the world. Ya! Let's track that!

For best results, fill it in everyday. While this is obvious, it means you want to keep the tracker somewhere where you will see it, have a pen and have time to fill it out. If you associate completing it with another activity you already do daily, then you are more likely to remember to use it. For example, keeping by your bedside (you go to bed and wake up every day) or in the bathroom (you brush your teeth daily), or perhaps in your home office with your pens (since you grab a pen daily).

There are 2 version here. Use the one that best suits you.

I have a wearable that tracks some of this, can I use it?

Yes you can use those stats. Just make sure you use the average number given and not the lowest or highest value given. There's also an Advanced Tracker with Wearables, let me know if you want to use it.

Ratings 0-3, what does that mean?

These ratings are subjective. Since you're the only one completing the tracker, you can decide what 3/3 means. We are not comparing your 2/3 to someone else's. If it helps, feel free to write on the back of the tracker what your personal definitions of each number/level mean.





You may not experience all of, or any of the feelings on this tracker. That's ok. Every person is different. Just keep tracking what does come up.










Tracking Your Monthly Cycle

Month: _____

	Bleeding ?	Bloated ?	Sore breasts?	Cramps ?	Head ache?	How Do You Feel?	Libido? 0-3 3 is highest	Cravings?
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
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19								
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21								
22								
23								
24								
25								
26								
27								
28								
29								
30								
31								

KEY - Bleeding	
Colour in the square accordingly	
Flow	Example
Spotting	
Light	
Medium	
Heavy	

KEY - How Do You Feel? & Cravings	
Confident or social	
Irritable, sad	
Want to clean or organize	
Creative	
Chocolate	
Carbs, bread	
Veggies, salad	

Cycle Length		
Month	Period start date	# days since last period
JAN		
FEB		
MAR		
APR		
MAY		
JUN		
JUL		
AUG		
SEPT		
OCT		
NOV		
DEC		

