

# Menstrual Tracker

Advanced & Wearables



## 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).

### **What if I miss a day or don't have some info?**

If you don't have a piece of information, that's ok. There are many characteristics to watch for that will give you a picture at the end of your cycle.

### **Do I need a wearable like Apple watch or Whoop?**

No. Most of the data to track does not need external technology. However certain metrics such as HRV do require tech.

### **I don't have a wearable, what can I do instead?**

You can still note your resting heart rate (RHR) and body temperature – with various degrees of ease. Check out the "NUMBERS" section below with how-to's.



## How To Use This Tracker

### Ratings 0-3 or 0-5, what does that mean?

These ratings are subjective. Since you're the only one completing the tracker, you can decide what 3/3 or 5/5 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.

## NUMBERS

**HRV** – heart rate variability. Can only be measured with a wearable. Some wearables gather continuous HRV overnight, others will only measure HRV over 10-minutes if you ask it to. If you have access to an overnight average from your wearable, use this number. If not, take your HRV when you wake up in the morning, before an alarm. Or simply leave this blank.

**RHR** – resting heart rate. Use the overnight average from your wearable for the tracker. Alternatively, take your resting heart rate upon waking, before the alarm (as the stress of the alarm will increase your RHR). If you wake with an alarm, you can take your RHR after 5 minutes of relaxation.

**Body temp** – resting body temperature. Use the overnight average from your wearable for the tracker. Alternately your oral temperature upon waking.

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 - Wearables

Numbers & Physical								Cravings			Cervical Fluids			How Do You Feel?						Exercise Feel Good?				
	Bleed ?	HRV	Body temp	RHR	Jawline acne?	Bloated?	Breasts sore?	Chocolate?	Salads, veggies?	Carbs	Egg-white	Sticky	None	Confident?	Feel social?	Libido?	Up or down?	Want to clean, organize?	Energized?	Heavy weights	Long cardio?	Sore muscles?		
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