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		DAY															YEAR															
		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
MONTH																																
																																
																																
																																
																																
																																

# Cycle Tracker Instructions

This is a simplified beginner's chart for tracking your cycles. There are 3 markers to begin tracking. Simply start with marking your bleed days then add your mood as you observe and learn to take note of how you are feeling as you get used to tracking your cycle.

### Supplies needed:

#2 pencil  
Red colored pencil.  
Brown colored pencil.

The first row of drops is for coloring in the days when you experience **bleeding**.  
The row of squares below the drops is for marking **how much** bleeding.  
The last row is for **mood**.

When coloring the drops use Red for any bleeding days.  
Use Brown if you experience deep red or brownish colored discharge.

When marking the quantity of bleeding use these symbols:

H = heavy bleeding  
M = medium bleeding  
L = light bleeding  
VL = very light or spotting

It might take a little time to get to know your body's cycle and the difference between heavy or medium for example.

When marking your mood use a simple word or draw a simple emoji to express the most common feeling you felt this day. See some examples below.

Tracking can help you predict the next period so each month is not a surprise. It can help you see patterns or track issues in your cycle to help identify if there are any underlying issues to address. Seeing patterns of moods in particular can help you see not only where in your cycle you are at but also help understand why you feel a certain way at particular times. AND that if it feels like a horrible day it won't last! Understanding your cycles empowers you!

# Sample Cycle Tracker

[illegible]