




# Menstrual Cycle Tracker - Perimenopause

Name: \_\_\_\_\_ Month / Year: \_\_\_\_\_ / \_\_\_\_\_

Period	Scale: L = Light /  M = Medium /  H = Heavy / 																															
	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	

Rest and energy	Scale: 1 = Good / Restful 2 = Moderate / OK 3 = Low / Bad																															
	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	
Energy																																
Sleep																																

Symptoms	Scale: 1 = Mild / Occasional 2 = Moderate / Regular 3 = Severe / Persistent																														
	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
Mood swings																															
Anxiety																															
Headaches																															
Migraines																															
Insomnia																															
Night waking																															
Bloating																															
Loose stools																															
Allergies																															

Cycle Season	Luteal Phase – Oestrogen dominates – Energy moves up & out	Follicular Phase – Progesterone dominates – Energy moves down & in
Colour coding helps to see patterns	Winter starts at the first day of your period/menstruation	Summer is the short time of ovulation and lasts approximately 24 hours
	Spring starts when your period is over and varies in length	Autumn is the time between ovulation and your period – lasts 12-16 days

## Notes – complete a new sheet for each calendar month

Tracking your cycle is an easy and free one-minute-a-day habit that helps you notice how you feel and keep track of your health and wellbeing. It helps you recognise monthly patterns of feeling good or not so good, when you have most energy and when you need more rest. It is a simple way of getting to know yourself better, improving your ability to read your body. It is a great way of caring for yourself and identifying your most productive times in the month, when you need to slow down or ask for help.

In a nutshell, it is the best way to identify your strengths and struggles, offering a blue print to organise your life around your personal monthly patterns, powers and challenges that helps you succeed and feel your best every month.

Get into a daily habit and keep it simple – there are NO rules:

- Each day just write down **a few words** or **one or two sentences** to describe your cycle experience.
- Describe both your physical and emotional experience.
- Some days are one-word days and other days you might want to write an essay.

It can be fascinating what you discover about yourself and your body during cycle tracking:

- After 2-4 months you get to know the different seasons in your cycle.
- Your state of mind during specific days or seasons of the cycle – calm, empowered, energetic, anxious, depressed, overwhelmed, self-esteem.
- Physical signs – breast tenderness, cramps, bloating, nausea, headaches. These are often an indication of an underlying condition or a hormone imbalance.
- Energy levels – high, low and everything in between.

A better awareness of what is going on in your body and mind will help you to make adjustments to better suit your work and social life. Even if that is not possible, you will be aware what is happening and just that awareness allows you to take better care of yourself in any situation:

- Reschedule challenging meetings or events if possible.
- Build in extra rest or breaks before and after a challenging situation/day.
- Prepare good hydration and nutrient dense foods.
- Wear clothes that make you feel good.
- Be kind to yourself and take pride in any effort you make in both your personal and professional life.

Decide **why** you are tracking your cycle, why is tracking your cycle important to you? (Understand how your overall/mental/physical health is affected by hormones?)

Why am I doing this? \_\_\_\_\_

**Tracking is a good first step on the way to improve your quality of life, capitalise on when you have most energy and manage the challenging times to your advantage.**

# Observations – a word, sentence or whatever feels right for you...

Name: \_\_\_\_\_ Month / Year: \_\_\_\_\_ / \_\_\_\_\_

Note down your Emotions / Needs / Cravings / Enjoyment / Feeling proud about... / Being kind to yourself...

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