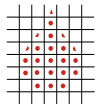


# 30 DAY MENSTRUAL CYCLE CHART

Use a new chart for every cycle, starting on day one.



Day one is the first day that you get blood, not including spotting.



Collect the charts at the end of each month so that you can look back at patterns forming.



Pay attention to your mood, your energy levels, your willingness and desire to socialise with others, your food cravings... anything that you fancy tracking!

Date: \_\_\_\_\_

Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7 Day 8 Day 9 Day 10 Day 11 Day 12 Day 13 Day 14 Day 15 Day 16 Day 17 Day 18 Day 19 Day 20 Day 21 Day 22 Day 23 Day 24 Day 25 Day 26 Day 27 Day 28 Day 29 Day 30

Libby cup