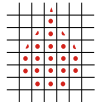


# 32 DAY MENSTRUAL CYCLE CHART

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: \_\_\_\_\_

The chart is a large circle divided into 32 equal segments, each labeled from 'Day 1' to 'Day 32' in a clockwise direction starting from the top. At the center of the circle is a smaller circle containing a red blood drop icon and the text 'Libby cup'. The outer edge of the chart has a 'Date:' label with a blank space for writing.