My Menstrual Chart

Monthly Map of My Cyclic Nature

Month + Year:	
Outer Season:	

Inner Winter
Day 2 Day 3
$\begin{array}{c ccccccccccccccccccccccccccccccccccc$
Day 32 O O Day 5
Day 6
Day 10
97 Are 97
Day 26
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Outer to Inner Chart Sections:

Inner Seasons

Cycle Day (Day 1 is first day of menstruation)

Day + Date

Moon Phase

Energy / Mood Keyword(s) for the Day

Menses / Cervical Mucus (words or symbols)

Notes: Health, Relationship Dynamics etc. (words or symbols)

Brendon Ryon HEART SPACE

brendaryan.com/menstrual-cycle