

| My Menstrual Chart: Monthly Map of My Cyclic Nature | | | | | | | | | | | | | | | | | Month & Year: | | | | | | | | | | Outer Season: | | | | | | | | | |
|--|--------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---------------|----|----|----|----|----|----|----|----|----|---------------|----|----|----|----|------|--|--|--|--|
| Inner Season: | Inner Winter | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cycle Day: | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | | | | |
| Day: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Date: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Moon Phase: | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | | | | |
| Energy / Mood: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Menstrual Blood / Cervical Mucus: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cervix Position: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| BBT (°F): | 98.9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 98.9 | | | | |
| | 98.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 98.8 | | | | |
| | 98.7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 98.7 | | | | |
| | 98.6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 98.6 | | | | |
| | 98.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 98.5 | | | | |
| | 98.4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 98.4 | | | | |
| | 98.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 98.3 | | | | |
| | 98.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 98.2 | | | | |
| | 98.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 98.1 | | | | |
| | 98.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 98.0 | | | | |
| | 97.9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 97.9 | | | | |
| | 97.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 97.8 | | | | |
| | 97.7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 97.7 | | | | |
| | 97.6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 97.6 | | | | |
| | 97.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 97.5 | | | | |
| | 97.4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 97.4 | | | | |
| | 97.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 97.3 | | | | |
| | 97.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 97.2 | | | | |
| | 97.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 97.1 | | | | |
| | 97.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 97.0 | | | | |
| | 96.9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 96.9 | | | | |
| | 96.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 96.8 | | | | |
| | 96.7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 96.7 | | | | |
| | 96.6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 96.6 | | | | |
| | 96.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 96.5 | | | | |
| Luteal Phase #: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Other Cycle-Related Observations: (health, relationships etc.) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

