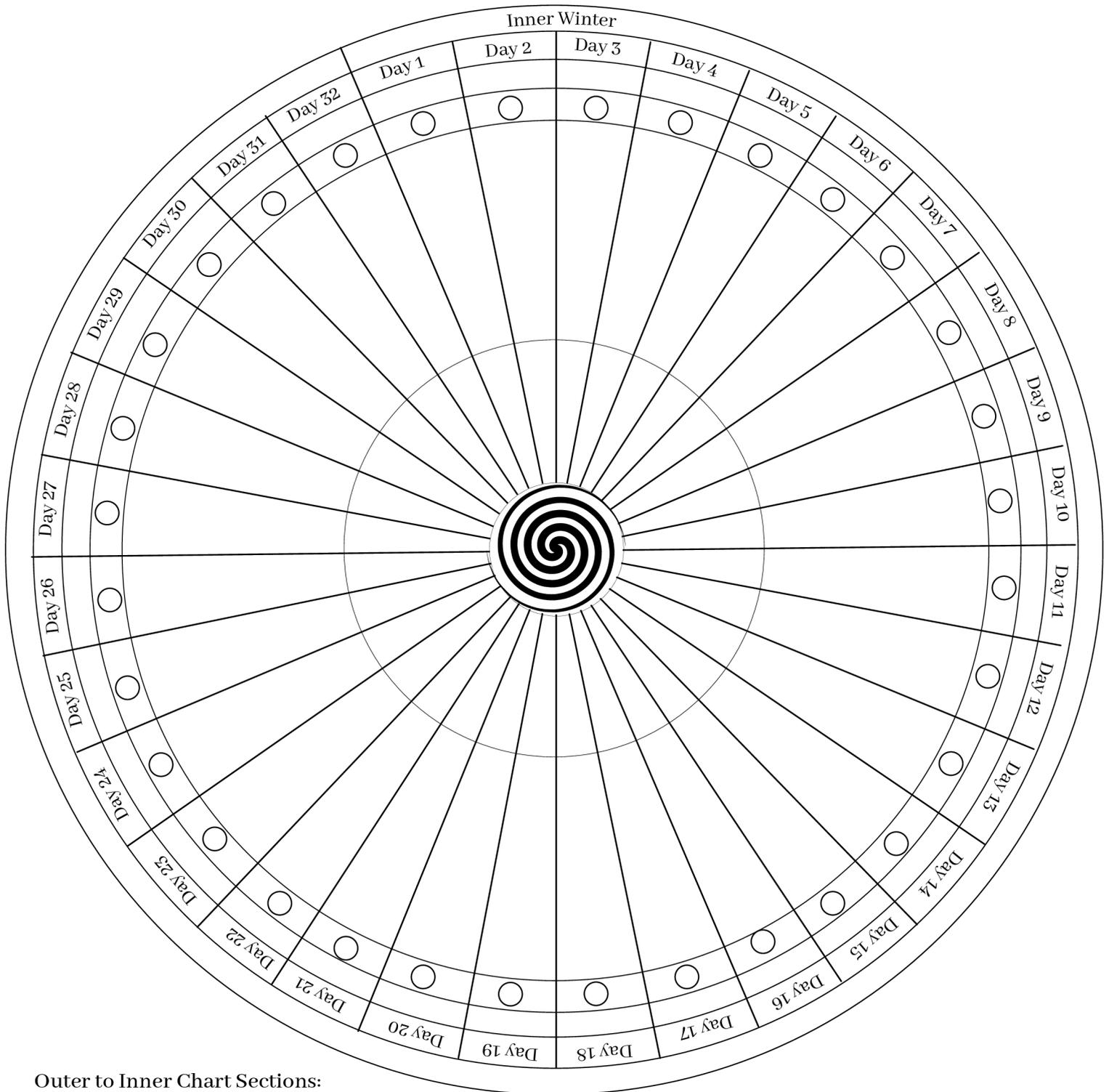


My Menstrual Chart

Monthly Map of My Cyclic Nature

Month & Year: _____

Outer Season: _____



Outer to Inner Chart Sections:

- Inner Seasons (mark your own transition between seasons)
- Cycle Day (Day 1 is the first day of menstruation)
- Day & Date
- Moon Phase
- Energy / Mood Observations for the day
- Physical / Body Observations for the day in either words or symbols:
Vaginal Discharge (menstrual blood, cervical mucus, or dry) & Other Physical Notes

Brenda Ryan
HEART SPACE

brendaryan.com/menstrual-cycle