FolarraStudio

Cycle Tracker

notice · track · care

UNDATED · PRINTABLE · PERIOD, MOOD & SYMPTOMS

This Planner Belongs To

know your body, month by month

NAME _____

STARTED ON _____

AVERAGE CYCLE LENGTH _____

DOCTOR _____

NOTES _____

How to use this tracker

- Print the whole planner once, then print extra copies of the pages you use most, such as the Monthly Cycle pages.
- Print at 100% / Actual size on A4 or US Letter paper. The printable pages have a white background to save ink.
- Hole-punch the pages and keep them in a binder, so you can add pages any time.
- Every page is undated, so you can start in any month of any year.
- Shade the days of your period on the Year at a Glance and note how you feel each day.
- Digital planner: open the hyperlinked PDF in any PDF annotation app and tap the tabs to jump between sections.

My self care word

Why I track my cycle

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Year at a Glance

shade the days of your period

YEAR _____ COLOR KEY _____

MONTH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Jan																															
Feb																															
Mar																															
Apr																															
May																															
Jun																															
Jul																															
Aug																															
Sep																															
Oct																															
Nov																															
Dec																															

Monthly Cycle

one line a day



MONTH _____ CYCLE DAY 1 _____

DAY	FLOW	MOOD	ENERGY	SYMPTOMS	SELF CARE
1					
2					
3					
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30					
31					

Cycle Log

start, end and length

START DATE	END DATE	PERIOD LENGTH	CYCLE LENGTH	NOTES

Symptom Tracker

tick what you notice

MONTH _____ NOTES _____

DAY	CRAMPS	HEADACHE	BLOATING	TIRED	SKIN	CRAVINGS	NOTES
1	☐	☐	☐	☐	☐	☐	
2	☐	☐	☐	☐	☐	☐	
3	☐	☐	☐	☐	☐	☐	
4	☐	☐	☐	☐	☐	☐	
5	☐	☐	☐	☐	☐	☐	
6	☐	☐	☐	☐	☐	☐	
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8	☐	☐	☐	☐	☐	☐	
9	☐	☐	☐	☐	☐	☐	
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28	☐	☐	☐	☐	☐	☐	
29	☐	☐	☐	☐	☐	☐	
30	☐	☐	☐	☐	☐	☐	
31	☐	☐	☐	☐	☐	☐	

Self Care Ideas

what helps you feel good

1 ☐ Warm bath	2 ☐ Heat pad	3 ☐ Early night	4 ☐ Gentle walk
5 ☐ Stretching	6 ☐ Herbal tea	7 ☐ Cozy film	8 ☐ Journal
9 ☐ Favorite snack	10 ☐ Rest day	11 ☐ Call a friend	12 ☐ Your idea!

Notes for Appointments

take them to the doctor

APPOINTMENT _____ DATE _____

Questions

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Patterns I notice

Monthly Review

patterns and kindness

MONTH _____ CYCLE LENGTH _____

Patterns I noticed

What helped

Energy highs

Next month I will

- [ ]
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Notes



FolarraStudio

Thank you!

Thank you for choosing FolarraStudio. I hope this tracker helps you understand and care for your body. If you enjoy it, tell a friend about folarrastudio.com.

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