



My Cycle

PHASE BY PHASE

A page for tracking the full rhythm, not just the days of flow

NAME _____ DATE _____

Pair this with Cycle Awareness for Teens to know why. Here, track what you can actually observe day by day — bleeding, spotting, cramping, mood, slippery secretions — and use what you know about the phases to make sense of the pattern.

FILL IN THE DAYS

MONTH _____ YEAR _____

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				

- ☐ Flow day ☐ Spotting ☐ Cramping ☐ Mood shift ☐ Slippery secretions (cervical mucus)

DAY 1

The first day of real flow -- not the spotting before it.

CALENDAR DATE

THIS MONTH	
MY BODY	Energy, mood, and any signs I noticed moving through the phases this month...
MY PATTERN	How this month's rhythm compared to last month's -- and anything worth asking my doctor...