



First Cycle

CHART

A page to fill in together, mother and daughter

NAME _____ DATE _____

Your body just did something amazing — this is your very first cycle. It's a sign that your body is healthy and doing exactly what God designed it to do, right on time. Doctors watch it as closely as a heartbeat. This chart is for marking that first one. Fill it in together, notice how you feel, and keep it — it's the start of learning to read a rhythm God built into you on purpose.

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

DAY 1 The first day of real flow — not the spotting before it.	CALENDAR DATE _____
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REFLECT TOGETHER	
DAUGHTER	What did my body tell me this week — my energy, my mood, anything that surprised me? _____
MOTHER	The one thing I wish someone had told me about my body at her age... _____
TOGETHER	Name one good thing about how God designed the female body that we're grateful for. _____