



My Cycle

THIS MONTH

A page to fill in on your own, month by month

NAME _____ DATE _____

Every cycle has its own rhythm. Use this page to mark this month's — track the days, notice how you feel, and get to know the pattern God built into you. The more months you chart, the more you'll start to see what's normal for you — that's worth paying attention to.

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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THIS MONTH	
MY BODY	My energy, my mood, and anything else I noticed this month... _____
MY QUESTION	Something I want to ask Mom or my doctor about... _____