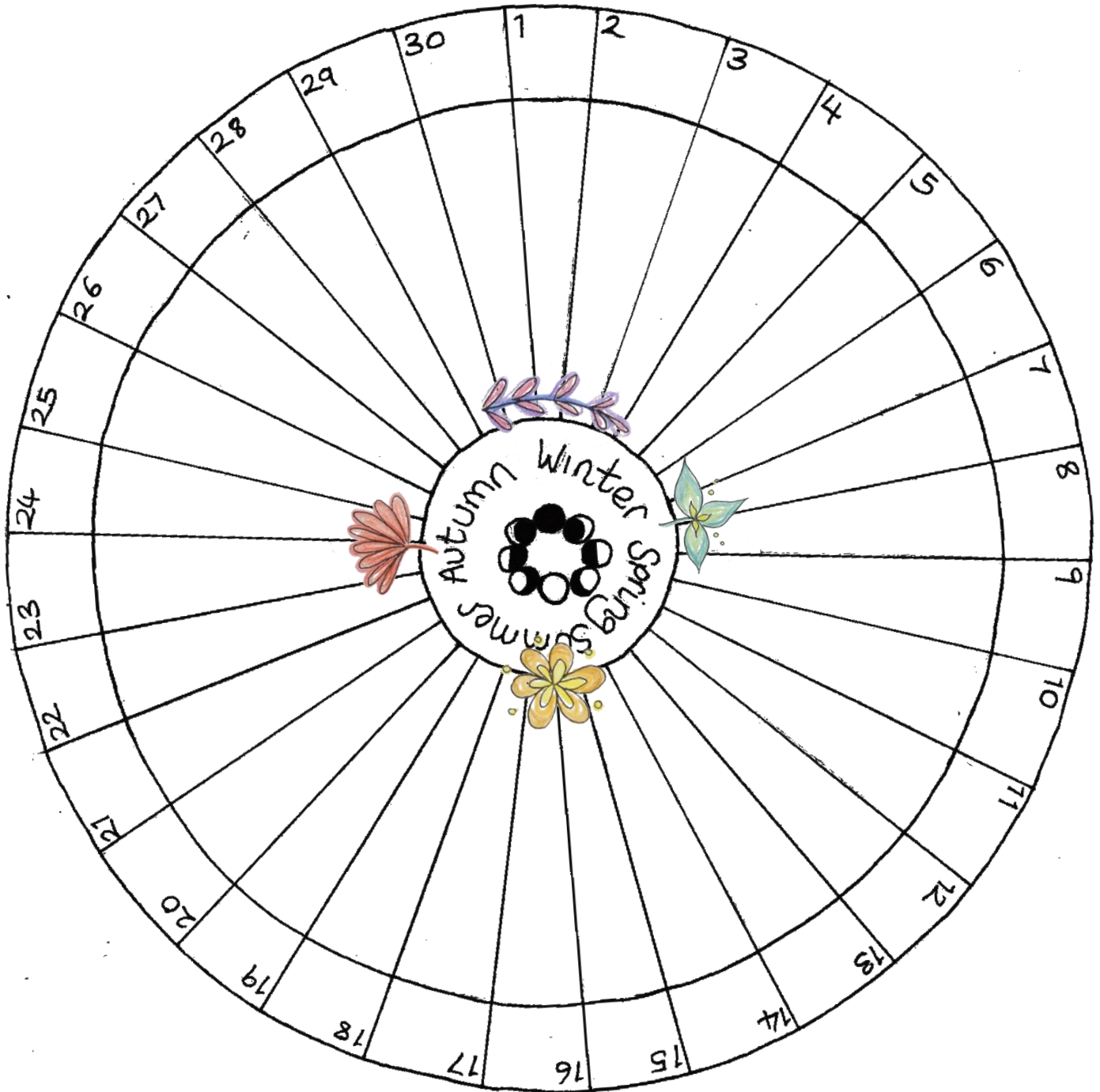




Andrea White

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Menstrual Cycle Awareness Chart

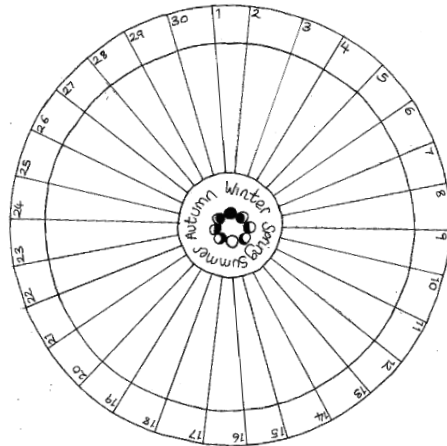


How to Chart your Menstrual Cycle.

Equipment-



- a notebook
- pens and colours
- a calendar
- a chart (downloaded or make your own)



Basic knowledge before you start-



- Day 1 is the first day of your bleed (full flow not spotting)
- Ovulation may happen between 12-14 days before your next period starts
- This is not a system of FAMS to prevent or enhance chances of conception. Although can be used in conjunction with fertility awareness methods.
- You will forget to chart especially around summer, don't worry just pick up where ever you are in your cycle and keep going. Even missing blanks are info!
- Learn about the seasons of your cycle.. but remember your experience overwrites anything anyone else says, there is no right or wrong way to experience the cycles, just your way.

How to chart-



Print out this chart and each day record the main theme of your day.

Things to note- Feelings, mood, energy level, where your head is, dreams, idea, discomfort etc.

As the space is quite small, keep a dedicated journal for more details. It is good to keep a note of any observations of how you are every day, how you interact with people, your main themes and insights, any ideas or activities you did and how that made you feel?

Don't have a regular cycle or bleed.. no problem, just sync in with phases of the moon and chart what you notice. (day 1 then becomes the New Moon)



Still a bit confused and not sure what to do with all your charts..? Learn how to chart and understand your cycle with Andrea; andrea@andreawhite.co or call 0726381883 to book (receive a free 20 min consultation)



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Date

Cycle Day

Word of the Day

Lunar Day/Moon Phase

Mental Focus



What did I do to look after myself today?

Emotions or Mood



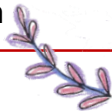
What activities/ interactions did I do today?

Physically feeling



Other Notes or Doodles

Spiritual awareness or inner wisdom



Sexual energy

Dreams or Ideas