






DAY OF CYCLE:	DATE:	MONTHLY CYCLE PHASE: <i>Menstr. Fol. Ov. Lut.</i>	LUNAR/MOON PHASE: <i>New Waxing Full Waning</i>
HOW WAS YOUR SLEEP LAST NIGHT: 1 2 3 4 5		HOW WAS YOUR ENERGY TODAY? 1 2 3 4 5 6 7 8 9 10	
NOTES:		NOTES:	
ANY SYMPTOMS IN YOUR BODY TO NOTE?			
<input type="checkbox"/> Backache	<input type="checkbox"/> Blemishes	<input type="checkbox"/> Bloating	<input type="checkbox"/> Constipation
<input type="checkbox"/> Cravings	<input type="checkbox"/> Diarrhoea	<input type="checkbox"/> Fatigue	<input type="checkbox"/> Headache
<input type="checkbox"/> Cramps	<input type="checkbox"/> Hot flushes	<input type="checkbox"/> Insomnia	<input type="checkbox"/> Low libido
<input type="checkbox"/> Mood swings	<input type="checkbox"/> Nausea	<input type="checkbox"/> Spotting	<input type="checkbox"/> Tender breasts
HOW ARE YOU DOING TODAY EMOTIONALLY?			
WHAT WENT REALLY GREAT TODAY?			
WHAT DIDN'T GO SO GREAT?			
WHAT DID YOU WORK ON TODAY? HOW DID THAT GO?			
WHAT ARE YOU GRATEFUL FOR TODAY?			
ANYTHING ELSE TO NOTE:			
TODAY I ...			
 <i>Ate healthy</i>	 <i>Drank water</i>	 <i>Moved</i>	 <i>Meditated</i>
		 <i>Got outside</i>	<i>Other: _____</i>

USE THE PHASES OF YOUR MONTHLY CYCLE TO NURTURE & FUEL YOUR MIND, BODY & SOUL:

<p><i>Menstruation</i></p> <p>REST, REPAIR, RENEWAL</p> <p>Proteins & fats. Low impact activities like yoga. Tapping into your intuition & evaluating.</p>	<p><i>Follicular</i></p> <p>EMERGE SLOWLY, DREAM, PLAY</p> <p>Sprouted & fermented foods. Cardio. Start new things.</p>	<p><i>Ovulation</i></p> <p>PLEASURE, GET STUFF DONE</p> <p>Raw fruits & veg. HIIT (High-intensity interval training). Communicating & socialising.</p>	<p><i>Luteal</i></p> <p>SAY NO, FINALISE THINGS</p> <p>Root vege, grains & greens. Strength training. Get things done on To-Do list.</p>
--	---	--	--