



Symbols Key

Create symbols or colors to represent your symptoms, patterns & moods.

Example: Low Mood



Month 1 Start Date: _____

Cycle Days (Starting with Day 1 = First Day of Your Period)

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Menstrual Phase (Days 1-7)							Follicular Phase (Days 1-14)					Ovulation (Days 13-15)			

Month 2 Start Date: _____

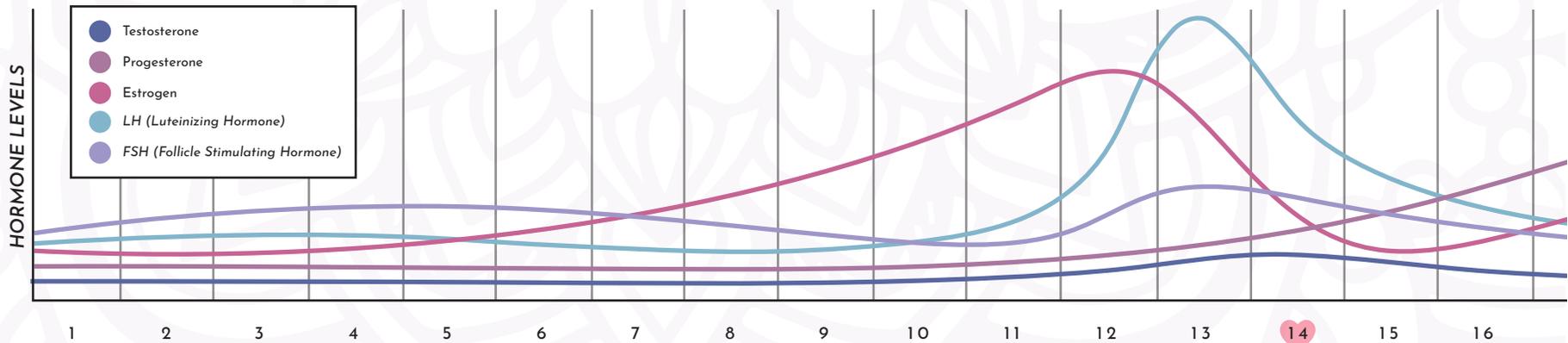
Cycle Days (Starting with Day 1 = First Day of Your Period)

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Menstrual Phase (Days 1-7)							Follicular Phase (Days 1-14)					Ovulation (Days 13-15)			

Month 3 Start Date: _____

Cycle Days (Starting with Day 1 = First Day of Your Period)

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Menstrual Phase (Days 1-7)							Follicular Phase (Days 1-14)					Ovulation (Days 13-15)			





Month 1 (Cont.)

Cycle Days (Starting with Day 1 = First Day of Your Period)

17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Divorce Day (Days 16-20)				Luteal Phase (Days 15-28+)													

Month 2 (Cont.)

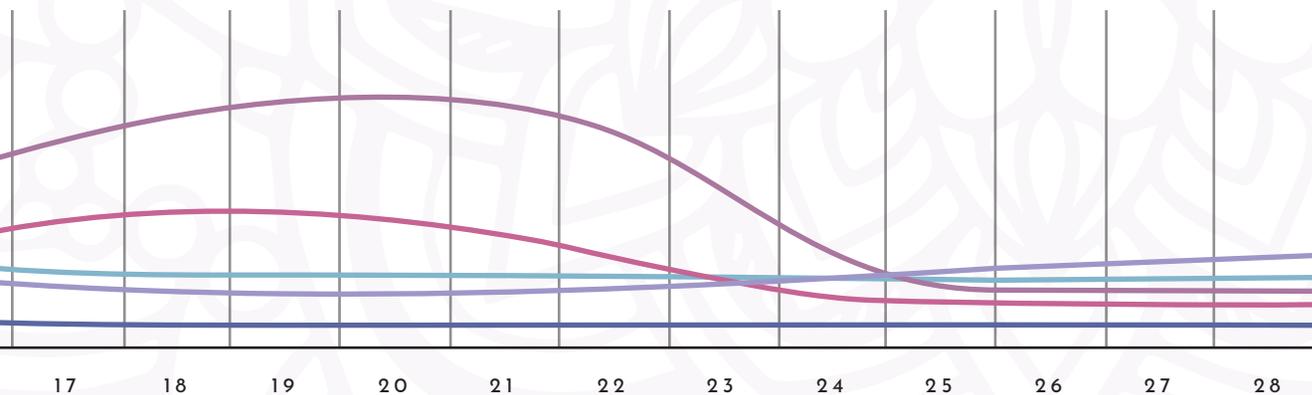
Cycle Days (Starting with Day 1 = First Day of Your Period)

17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Divorce Day (Days 16-20)				Luteal Phase (Days 15-28+)													

Month 3(Cont.)

Cycle Days (Starting with Day 1 = First Day of Your Period)

17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Divorce Day (Days 16-20)				Luteal Phase (Days 15-28+)													



How to Use This Tracker

Create Your Key: In the left column, create symbols or colors to represent your symptoms, patterns & moods to track.

Start at Day 1: Write your Start Date (first day of menstrual bleeding – not the calendar month).

Track Daily: Move left to right, filling one box per Cycle Day with the symbols from your key as they occur.

Follow the Phases: Colored sections show each phase: Menstrual, Follicular, Ovulation, Luteal.

Notice Patterns: Reflect on how your mood, body, and the moon shift through each cycle.