Mood & Moon | 3 Month Menstrual Cycle Tracker

Full Moon · Waxing Gibbous · First Quarter · Waxing Crescent · New Moon · Waning Crescent · Third Quarter · Waning Gibbous

Symbols Key

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

Example:
Low Mood

Learn More:

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	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34

Menstrual Phase (Days 1-5) · *Follicular Phase (Days 6-14)* · *Ovulation (Days 14-16)* · *Divorce Day (Days 17-19)* · *Luteal Phase (Days 20-28+)*

Month 1 (Cont.)

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

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	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34

Menstrual Phase (Days 1-5) · *Follicular Phase (Days 6-14)* · *Ovulation (Days 14-16)* · *Divorce Day (Days 17-19)* · *Luteal Phase (Days 20-28+)*

Month 2 (Cont.)

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

Month 3 Start Date: _____

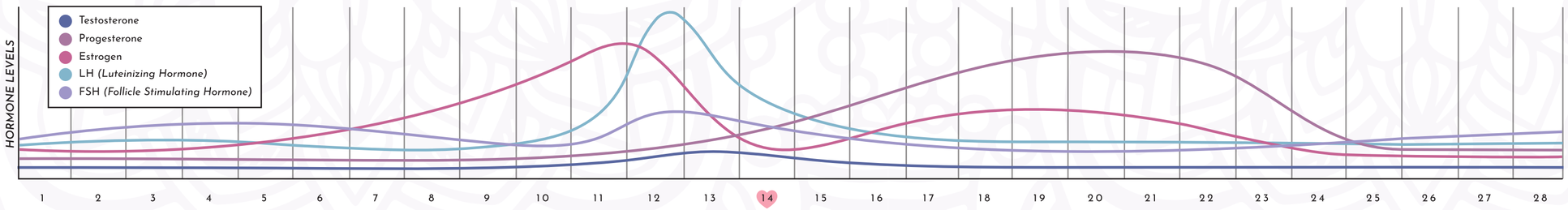
Cycle Days (Starting with Day 1 = First Day of Your Period)

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34

Menstrual Phase (Days 1-5) · *Follicular Phase (Days 6-14)* · *Ovulation (Days 14-16)* · *Divorce Day (Days 17-19)* · *Luteal Phase (Days 20-28+)*

Month 3(Cont.)

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



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.