



# Monthly Cycle Tracker

Understanding your body and its rhythms is one of the best gifts you can give yourself.

Day	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	
Bleeding (spotting, light, regular, heavy)																																
Discharge																																
Acne																																
Bloating																																
Cramping																																
Breast Soreness																																
Achy																																
Diarrhea																																
Nausea/Vomiting																																
Aroused																																
Happy/ Joyful																																
Sad/ Depressed																																
Fear / Anxiety																																
Foggy / Slow																																
Angry / Irritable																																
Calm / Content																																

Shade in, use colors or symbols, and simply have fun tracking! (There is no right/wrong way.)  
 Use the extra space to fill in any other things you want to track from symptoms, emotions, mental health, and even habits.



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