



Menstrual Cycle Tracker.



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29	Day 32	Day 33	Day 34	Day 35		
BBT																																			
36.8																																			
36.6																																			
36.4																																			
36.2																																			
36																																			
35.8																																			
35.6																																			
35.4																																			

- Bloating?
- Illness?
- Headache?.
- Mood changes?
- Acne?
- Insomnia?

When Day

- Period Poo's
- Constipated
 - Smelly
 - Painful
 - Diarrhoea

When Day

- Period
- Pain
 - Spotting
 - Clots
 - Nausea
 - Vomitting
 - Headaches
 - Bloating

When Day

- Cervical Mucus
- Dry -
 - Sticky
 - Glide - egg white

When Day.

Mood



S	M	T	W	T	F	S
		●	●	●	●	●
●	●					

- First day of bleeding mark as day one on the tracker with a **P** or a different coloured marker.
- Locate the temperature on the sidebar and mark your temperature each day.
- If Cervical mucus is detected - make a note of when.
- Any Period symptoms - mark when - day - before or after .



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