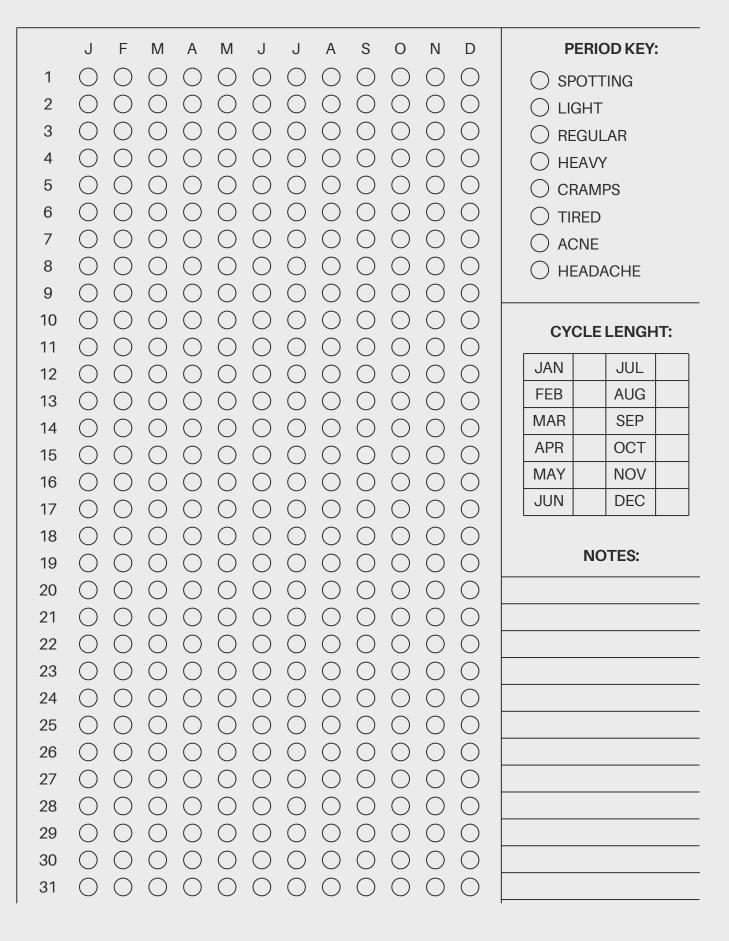
## Period Tracker

## YEAR:



CYCLE DAY:	
Low High	Low High
Low High	Low High
Low High	Blowting Cramps Light Energetic Social Relaxed OTHER
3 THINGS I AM GRATEFUL FOR TODAY	WHAT ARE THREE THINGS I LOVE ABOUT MYSELF?
MY NEW HABBITS	

CYCLE DAY:	
Low High	Low High
Low High	Low High
Low High	Blowting Cramps Light Energetic Social Relaxed OTHER
3 THINGS I AM GRATEFUL FOR TODAY	WHAT MAKES ME FEEL EMPOWERED?
MY NEW HABBITS SMTWTFS	

CYCLE DAY:	Low High
MOOD Low       High LIBIDO	Low High ENERCY
Low High	Blowting Cramps Light Energetic Social Relaxed
3 THINGS I AM GRATEFUL FOR TODAY	WHAT ARE MY BICGEST STRENGTHS?

CYCLE DAY:	
Low High	Low High
Low High	Low High
Low High	Blowting Cramps Light Energetic Social Relaxed OTHER
3 THINGS I AM GRATEFUL FOR TODAY	
MY NEW HABBITS SMTWTFS	

CYCLE DAY:	
Low High	Low High HUNGER
Low High	Low High ENERGY Blowting Cramps Light
SKIN/ HAIR	Energetic Social Relaxed OTHER
3 THINGS I AM GRATEFUL FOR TODAY	WHAT KIND OF WOMAN DO I WANT TO BE IN THE NEXT FIVE YEARS?
MY NEW HABBITS SMTWTFS	

CYCLE DAY:	
Low High	Low High
LIBIDO	ENERGY Blowting Cramps Light Energetic Social Relaxed OTHER
HAIR O 3 THINGS I AM GRATEFUL	OTHER O WHAT BRINGS ME JOY, AND HOW CAN I
FOR TODAY	INCORPORATE MORE OF IT INTO MY DAILY LIFE?
MY NEW HABBITS SMTWTFS	

CYCLE DAY:	
Low High	Low High
Low High	Low High
Low High	Blowting Cramps Light Energetic Social Relaxed OTHER
3 THINGS I AM GRATEFUL FOR TODAY	HOW DO I FEEL PHYSICALLY TODAY?
MY NEW HABBITS SMTWTFS	

CYCLE DAY:	
Low High	Low High
Low High	Low High
Low High	Blowting Cramps Light Energetic Social Relaxed
3 THINGS I AM GRATEFUL FOR TODAY	
MY NEW HABBITS    S  M  T  W  T  F  S    Image: I	

CYCLE DAY:	
Low High	Low High
Low High	Low High
Low High	Blowting Cramps Light Energetic Social Relaxed OTHER
3 THINGS I AM GRATEFUL FOR TODAY	
MY NEW HABBITS	

CYCLE DAY:	
Low High	Low High
Low High	Low High
Low High	Blowting Cramps Light Energetic Social Relaxed OTHER
3 THINGS I AM GRATEFUL FOR TODAY	WHAT IS SOMETHING I NEED TO LET GO OF?
MY NEW HABBITS    S  M  T  W  T  F  S	

CYCLE DAY:	
Low High	Low High
Low High	ENERGY Blowting Cramps Light
SKIN/ HAIR	Energetic Social Relaxed
3 THINGS I AM GRATEFUL FOR TODAY	WHAT DID I ACCOMPLISH TODAY THAT I'M PROUD OF?
MY NEW HABBITS SMTWTFS	

CYCLE DAY:	
Low High	Low High
Low High	Low High ENERGY
Low High	Blowting Cramps Light Energetic Social Relaxed OTHER
3 THINGS I AM GRATEFUL FOR TODAY	WHAT DO I NEED MORE OF IN MY LIFE RIGHT NOW?
MY NEW HABBITS	

CYCLE DAY:	
Low High	Low High HUNGER
LIBIDO Low High	ENERGY Blowting Cramps Light
SKIN/ HAIR	Energetic Social Relaxed OTHER
3 THINGS I AM GRATEFUL FOR TODAY	HOW CAN I SHOW MYSELF MORE COMPASSION TODAY?
MY NEW HABBITS S M T W T F S	

CYCLE DAY:	
Low High	Low High
Low High	Low High
Low High	Blowting Cramps Light Energetic Social Relaxed
3 THINGS I AM GRATEFUL FOR TODAY	WHAT GOALS OR PROJECTS AM I EXCITED TO WORK ON THIS WEEK?
MY NEW HABBITS	

CYCLE DAY:	
Low High	Low High
Low High	Low High ENERGY
Low High	Blowting Cramps Light Energetic Social Relaxed OTHER
3 THINGS I AM GRATEFUL FOR TODAY	WHAT FEELS LIKE MY "SUPERPOWER" TODAY?
MY NEW HABBITS	

CYCLE DAY:	
Low High	Low High
Low High	Low High
Low High	Blowting Cramps Light Energetic Social Relaxed
3 THINGS I AM GRATEFUL FOR TODAY	HOW DID I CONNECT WITH OTHERS TODAY?
MY NEW HABBITS S M T W T F S	

CYCLE DAY:	
Low High	Low High
Low High	Low High
Low High	Blowting Cramps Light Energetic Social Relaxed
3 THINGS I AM GRATEFUL FOR TODAY	HOW DID I CONNECT WITH OTHERS TODAY?
MY NEW HABBITS S M T W T F S	

CYCLE DAY:	
Low High	Low High
Low High	Low High
Low High	Blowting Cramps Light Energetic Social Relaxed OTHER
3 THINGS I AM GRATEFUL FOR TODAY	WHAT IS ONE AREA OF MY LIFE THAT NEEDS MORE ATTENTION?
MY NEW HABBITS	

CYCLE DAY:	
Low High	Low High
Low High	Blowting Cramps Light
SKIN/ HAIR	Energetic Social Relaxed
3 THINGS I AM GRATEFUL FOR TODAY	WHAT IS MY BODY TELLING ME TODAY, AND HOW CAN I HONOR IT?
MY NEW HABBITS SMTWTFS	

Low High
Low High ENERGY
Blowting Cramps Light Energetic Social Relaxed
WHAT THOUGHTS OR BELIEFS ARE HOLDING ME BACK RIGHT NOW?

CYCLE DAY:	
Low High	Low High
Low High	Low High
Low High	Blowting Cramps Light Energetic Social Relaxed OTHER
3 THINGS I AM GRATEFUL FOR TODAY	WHAT DO I FEEL MOST ENERCIZED TO DO TODAY?
MY NEW HABBITS    S  M  T  W  T  S    I  I  I  I  I  I  I    I  I  I  I  I  I  I  I    I  I  I  I  I  I  I  I  I    I  I  I  I  I  I  I  I  I  I    I	

CYCLE DAY:	
Low High	Low High
Low High	Low High ENERGY Blowting Cramps Light
SKIN/ HAIR	Blowting Cramps Light Energetic Social Relaxed
3 THINGS I AM GRATEFUL FOR TODAY	HOW CAN I CELEBRATE MY ACHIEVEMENTS, BIG OR SMALL, TODAY?
MY NEW HABBITS SMTWTFS	

CYCLE DAY:	
Low High	Low High HUNGER
LIBIDO	Blowting Cramps Light Energetic Social Relaxed OTHER
3 THINGS I AM GRATEFUL FOR TODAY	WHAT RELATIONSHIPS OR CONNECTIONS ARE MOST FULFILLING FOR ME RIGHT NOW?
MY NEW HABBITS	

CYCLE DAY:	Low High
MOOD Low High	Low High ENERGY
Low High	Blowting Cramps Light Energetic Social Relaxed OTHER
3 THINGS I AM GRATEFUL FOR TODAY	WHAT DID I LEARN ABOUT MYSELF THIS WEEK?
MY NEW HABBITS    S  M  T  W  T  S    Image: S  M  T  W  T  F  S    Image: S  M  T  M  T  T  S  T  T  S  T  T  S  T  T  S  T  T  S  T  T  S  T  T  S  T <td< td=""><td></td></td<>	

CYCLE DAY:	Low High
Low High	Low High ENERGY
Low High	Blowting Cramps Light Energetic Social Relaxed OTHER
3 THINGS I AM GRATEFUL FOR TODAY	HOW DO I WANT TO APPROACH THE NEXT PHASE OF MY CYCLE?
MY NEW HABBITS    S  M  T  W  T  F  S    Image: I	

Low High
Low High
Blowting Cramps Light Energetic Social Relaxed

CYCLE DAY:	
Low High	Low High HUNGER
LIBIDO	ENERGY Blowting Cramps Light Energetic Social Relaxed OTHER
•	0
3 THINGS I AM GRATEFUL FOR TODAY	HOW CAN I SET HEALTHY BOUNDARIES IN MY LIFE THIS WEEK?
MY NEW HABBITS SMTWTFS	

CYCLE DAY:	
Low High	Low High HUNGER
LIBIDO	Blowting Cramps Light Energetic Social Relaxed OTHER
3 THINGS I AM GRATEFUL FOR TODAY	WHAT LEGACY DO I WANT TO LEAVE BEHIND?
MY NEW HABBITS    S  M  T  W  T  F  S    Image: I	

CYCLE DAY:	Low High
Low High	Low Hunger
LIBIDO	Blowting Cramps Light Energetic Social Relaxed OTHER
3 THINGS I AM GRATEFUL FOR TODAY	HOW DO I MANAGE FAILURE, AND WHAT CAN I LEARN FROM IT?
MY NEW HABBITS    S  M  T  W  T  F  S    Image: I	

CYCLE DAY:	
Low High	Low High
Low High	Low High ENERGY
Low High	Blowting Cramps Light Energetic Social Relaxed OTHER
3 THINGS I AM GRATEFUL FOR TODAY	WHAT ARE THREE THINGS I WOULD TELL MY YOUNGER SELF?
MY NEW HABBITS SMTWTFS	

CYCLE DAY:	
Low High	Low High
LIBIDO	ENERGY Blowting Cramps Light
SKIN/ HAIR O 3 THINGS I AM GRATEFUL	Energetic Social Relaxed OTHER WHAT DOES MY IDEAL DAY LOOK LIKE, AND
FOR TODAY	HOW CAN I CREATE IT?
MY NEW HABBITS SMTWTFS	