

# FREE PRINTABLE PERIOD TRACKER

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+ Tips & Tricks  
For Healthy  
Hormones

[www.AndyND.com](http://www.AndyND.com)





# HELLO FRIEND!

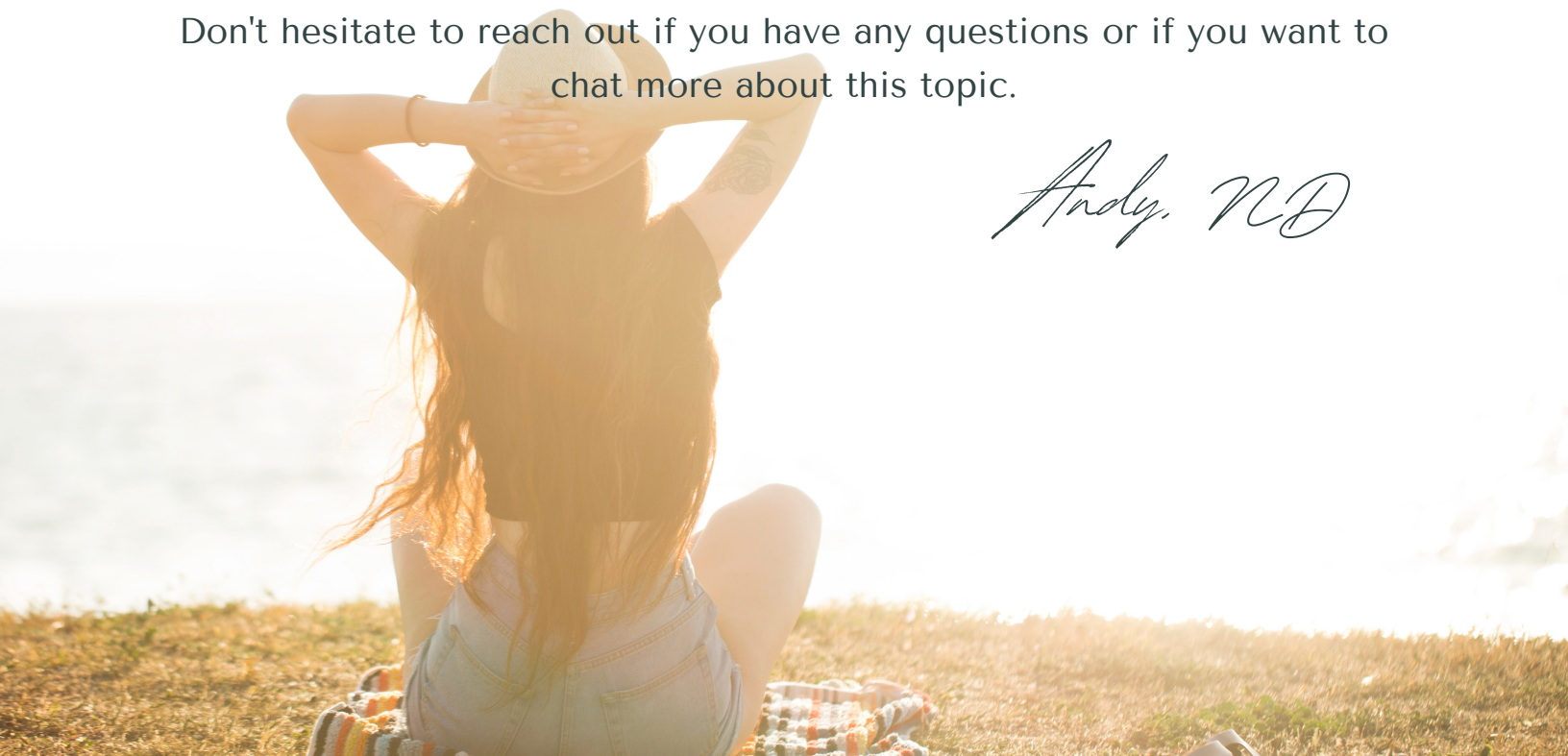
I want to share with you how tracking your hormones can be a powerful tool to help you better understand your body and take control of your health. By keeping track of your menstrual cycle and hormone symptoms, you can identify patterns and changes in your body over time, which can help you make informed decisions about your health and wellbeing.

This is particularly important for us women, as fluctuations in hormone levels can cause a range of symptoms, from mood swings and fatigue to weight gain and sleep disturbances. When you track your hormone symptoms, you can also get a better understanding of your menstrual cycle, including how regular your period is and when your fertile window is. This information can be helpful if you're trying to conceive or want to avoid pregnancy.

You deserve to feel your best, and tracking your hormones is one way you can make that happen.

Don't hesitate to reach out if you have any questions or if you want to chat more about this topic.

*Andy, ND*





# HOW TO TRACK YOUR CYCLE

Tracking your menstrual cycle can help you to better understand your body and identify any irregularities that may need to be addressed by a healthcare provider. It can also help you to plan for events or activities that may be impacted by your menstrual cycle, such as vacations or athletic events.













The following pages can be printed and used to help you easily track your menstrual cycle and hormone symptoms.

# YEARLY CYCLE TRACKER

YEAR: \_\_\_\_\_

	JAN	FEB	MAR	APRIL	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
1												
2												
3												
4												
5												
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33												
34												
35												
36												

## Key

		
Light	Medium	Heavy
		
Spotting	Cramps	Headache
		
Fatigue	Acne	Ovulation
		
Orgasm	_____	_____

## Cycle Length

J F M A M J J A S O N D

\_\_\_\_\_

## Appointments

Well Woman Exam: \_\_\_\_\_  
 PAP: \_\_\_\_\_  
 IUD Insert/Remove: \_\_\_\_\_  
 STI Testing: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

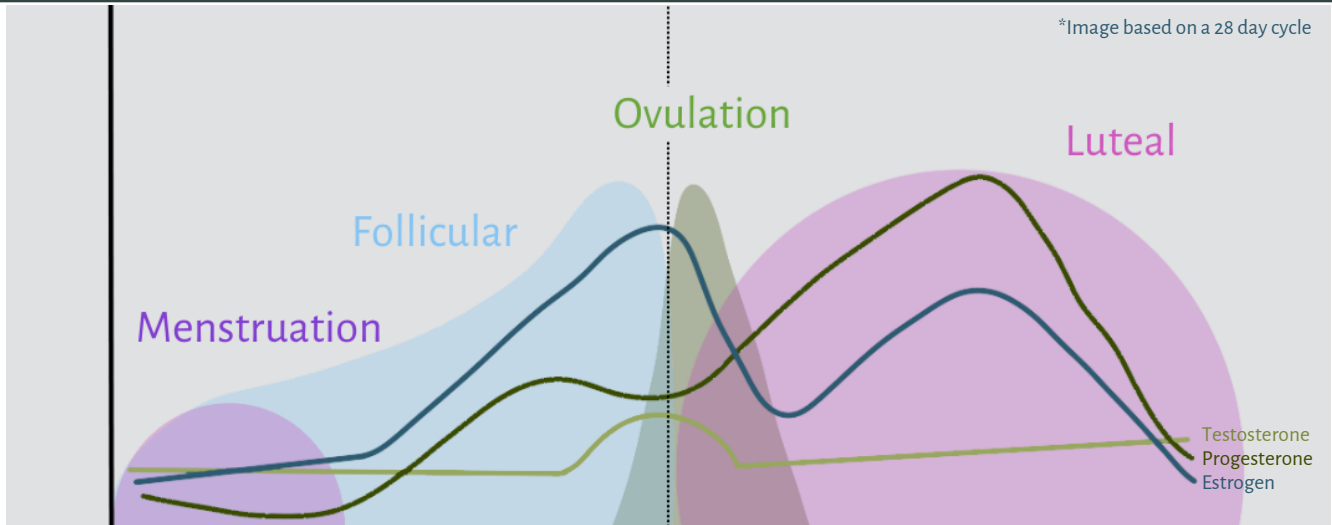
Year Goals:



# MONTHLY CYCLE TRACKER

MONTH:  

\*Image based on a 28 day cycle



Cycle 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		
Date																																	
Weekday																																	
Time																																	
Basal Body Temperature (BBT)	99	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
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Period																																	
CF																																	
OPK (+/-)																																	
Orgasm																																	

CF = Cervical Fluid: D = dry or not fluid | S = Sticky like paste | C = Creamy like yogurt | E = Stretchy like egg white | W = Watery; OPK = Ovulatory Predictor Kit

# DAILY TRACKER

DATE: \_\_\_\_\_

S M T W T F S

## Menstrual Phase

1-7 DAYS

BBT  
\_\_\_\_\_

CYCLE DAY: \_\_\_\_\_

### FLOW



Light.....Heavy

### MOOD:



### SYMPTOMS



- Acne
- Anxiety
- Anger
- Appetite
- Backache
- Bloating
- Breast Tenderness
- Constipation
- Cramps
- Decreased Libido
- Depression
- Diarrhea
- Difficulty Concentrating
- Difficulty Sleeping
- Fatigue
- Gas
- Headache
- Irritable
- Joint/Muscle Pain
- Migraine
- Nausea
- Night Sweats
- Ovarian pain

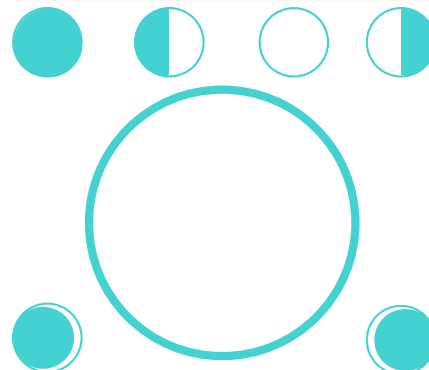
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### FOOD

- Warming foods
- Bone Broth
- Dark Berries
- Kale
- Flaxseed

BREAKFAST:	LUNCH:
DINNER:	SNACKS:

### MOON



### REFLECTIONS

- Release & Let go
- Set Intentions

### WATER



### HERBS

- Red Raspberry Leaf
- Nettle
- Red Clover
- Skullcap
- Lavender

### EXERCISE:

- Low Impact workouts
- Walking
- Gentle or Yin yoga
- Naps

TOTAL MINUTES: \_\_\_\_\_

TODAY I AM GRATEFUL FOR:





# DAILY TRACKER

DATE: \_\_\_\_\_

S M T W T F S

## Follicular Phase

11-27 DAYS

BBT  
\_\_\_\_\_

CYCLE DAY: \_\_\_\_\_

### CERVICAL FLUID

Drier.....Wetter  
Sticky | Gloppy | Creamy | Slippery

Low FERTILITY High

### MOOD:



### SYMPTOMS



- Acne
- Anxiety
- Anger
- Appetite
- Backache
- Bloating
- Breast Tenderness
- Constipation
- Cramps
- Decreased Libido
- Depression
- Diarrhea
- Difficulty Concentrating
- Difficulty Sleeping
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- Gas
- Headache
- Irritable
- Joint/Muscle Pain
- Migraine
- Nausea
- Night Sweats
- Ovarian pain

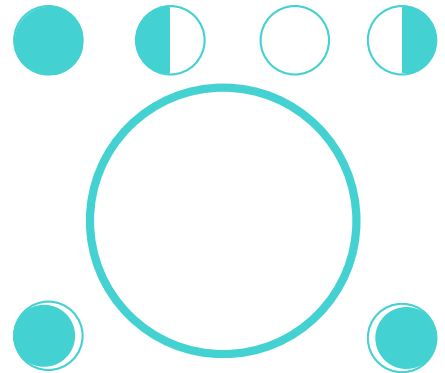
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### FOOD

- Fermented foods
- Salmon
- Eggs
- Dark Leafy Greens

BREAKFAST:	LUNCH:
DINNER:	SNACKS:

### MOON



### REFLECTIONS

- Create
- Renew

### WATER



### HERBS

- Maca
- Ashwagandha
- Black Cohosh
- Shatavari

### EXERCISE:

- Cardio
- Vinyasa Yoga
- Hiking
- Dancing

TOTAL MINUTES: \_\_\_\_\_

TODAY I AM GRATEFUL FOR:



# DAILY TRACKER

DATE:

S M T W T F S

## Ovulatory Phase

BBT  
\_\_\_\_\_

3-5 DAYS

CYCLE DAY: \_\_\_\_\_

### CERVICAL FLUID

Drier.....Wetter  
Sticky | Gloppy | Creamy | Slippery

Low FERTILITY High

### MOOD:



### SYMPTOMS



- Acne
- Anxiety
- Anger
- Appetite
- Backache
- Bloating
- Breast Tenderness
- Constipation
- Cramps
- Decreased Libido
- Depression
- Diarrhea
- Difficulty Concentrating
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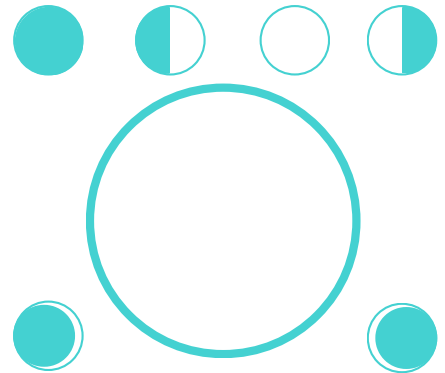
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### FOOD

- Whole fruits
- Berries
- Cruciferous Vegetables
- Almonds

BREAKFAST:	LUNCH:
DINNER:	SNACKS:

### MOON



### REFLECTIONS

- Sensual Creativity
- Express
- Connect

### WATER



### HERBS

- Dong Quai
- White Peony
- Chaste Berry
- Tribulus

### EXERCISE:

- HIIT
- Weightlifting
- Power Yoga
- Circuit Training

TOTAL MINUTES: \_\_\_\_\_

### TODAY I AM GRATEFUL FOR:





# DAILY TRACKER

DATE:

S M T W T F S

## Luteal Phase

11-17 DAYS

BBT  
\_\_\_\_\_

CYCLE DAY: \_\_\_\_\_

### CERVICAL FLUID

Drier.....Wetter  
Sticky | Gloppy | Creamy | Slippery

Low FERTILITY High

### MOOD:



### SYMPTOMS



- Acne
- Anxiety
- Anger
- Appetite
- Backache
- Bloating
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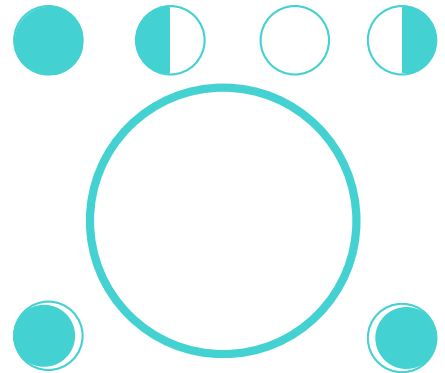
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### FOOD

- Grounding Foods
- Root Vegetables
- Chicken
- Legumes
- Brown Rice
- Pumpkin Seeds

BREAKFAST:	LUNCH:
DINNER:	SNACKS:

### MOON



### REFLECTIONS

Listen deeply  
Clarify your needs

### TODAY I AM GRATEFUL FOR:



### WATER



### HERBS

- Blue Cohosh
- Wild Yam
- Licorice
- Motherwort

### EXERCISE:

- Pilates
- Hatha Yoga
- Resistance Training

TOTAL MINUTES:  
\_\_\_\_\_





NEED MORE INSIGHT & SUPPORT?

# FEMPOWER

Fempower is a 28-day online program that takes a trauma-informed, holistic and integrated approach to empower women to achieve optimal health and vitality.

Our program focuses on yoga and naturopathic medicine to address common women's health and hormone conditions such as PMS, cramps, migraines, PCOS, endometriosis, fibroids, and more.

[SIGN UP NOW!](#)







*Questions?*

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