

JANUARY

DATE: _____

MENSTRUATION FOLLICULAR OVULATION LUTEAL

DID YOU TAKE YOUR SUPPLEMENTS TODAY? YES NO

MOOD SCALE

HOW ARE YOU
FEELING TODAY?

3 WAYS TO IMPROVE



SLEEP SCALE

HOW DID YOU SLEEP
LAST NIGHT?

3 WAYS TO IMPROVE



ENERGY SCALE

HOW IS YOUR
ENERGY LEVEL
TODAY?

3 WAYS TO IMPROVE



**MOTIVATION
SCALE**

HOW IS YOUR
MOTIVATION LEVEL
TODAY?

3 WAYS TO IMPROVE



**HANDLING FOOD
CRAVING SCALE**

HOW WELL DID YOU
HANDLE FOOD
CRAVINGS TODAY?

3 WAYS TO IMPROVE



**EXERCISE
SCALE**

HOW WAS YOUR
WORKOUT TODAY?

3 WAYS TO IMPROVE



HOW MANY BOWEL MOVEMENTS DID YOU HAVE TODAY _____

JANUARY

DID YOU TAKE SUPPLEMENTS CONSISTENTLY? YES NO

___ AVERAGE MOOD SCALE

___ AVERAGE SLEEP SCALE

___ AVERAGE ENERGY SCALE

___ AVERAGE MOTIVATION SCALE

___ AVERAGE HANDLING FOOD CRAVING SCALE

___ AVERAGE EXERCISE SCALE

___ AVERAGE BOWEL MOVEMENTS PER DAY

HOW DID YOU FEEL YOUR MENSTRUATION PHASE?

3 THINGS YOU CAN DO TO FEEL BETTER DURING MENSTRUATION PHASE

HOW DID YOU FEEL YOUR FOLLICULAR PHASE?

3 THINGS YOU CAN DO TO FEEL BETTER DURING FOLLICULAR PHASE

FEBRUARY

DATE: _____

MENSTRUATION FOLLICULAR OVULATION LUTEAL

DID YOU TAKE YOUR SUPPLEMENTS TODAY? YES NO

MOOD SCALE

HOW ARE YOU FEELING TODAY?

3 WAYS TO IMPROVE







SLEEP SCALE

HOW DID YOU SLEEP LAST NIGHT?

3 WAYS TO IMPROVE







ENERGY SCALE

HOW IS YOUR ENERGY LEVEL TODAY?

3 WAYS TO IMPROVE







MOTIVATION SCALE

HOW IS YOUR MOTIVATION LEVEL TODAY?

3 WAYS TO IMPROVE







HANDLING FOOD CRAVING SCALE

HOW WELL DID YOU HANDLE FOOD CRAVINGS TODAY?

3 WAYS TO IMPROVE







EXERCISE SCALE

HOW WAS YOUR WORKOUT TODAY?

3 WAYS TO IMPROVE







HOW MANY BOWEL MOVEMENTS DID YOU HAVE TODAY _____

FEBRUARY

DID YOU TAKE SUPPLEMENTS CONSISTENTLY? YES NO

___ AVERAGE MOOD SCALE

___ AVERAGE SLEEP SCALE

___ AVERAGE ENERGY SCALE

___ AVERAGE MOTIVATION SCALE

___ AVERAGE HANDLING FOOD CRAVING SCALE

___ AVERAGE EXERCISE SCALE

___ AVERAGE BOWEL MOVEMENTS PER DAY

HOW DID YOU FEEL YOUR MENSTRUATION PHASE?

3 THINGS YOU CAN DO TO FEEL BETTER DURING MENSTRUATION PHASE

HOW DID YOU FEEL YOUR FOLLICULAR PHASE?

3 THINGS YOU CAN DO TO FEEL BETTER DURING FOLLICULAR PHASE

MARCH

DATE: _____

MENSTRUATION FOLLICULAR OVULATION LUTEAL

DID YOU TAKE YOUR SUPPLEMENTS TODAY? YES NO

MOOD SCALE

HOW ARE YOU FEELING TODAY?

3 WAYS TO IMPROVE







SLEEP SCALE

HOW DID YOU SLEEP LAST NIGHT?

3 WAYS TO IMPROVE







ENERGY SCALE

HOW IS YOUR ENERGY LEVEL TODAY?

3 WAYS TO IMPROVE







MOTIVATION SCALE

HOW IS YOUR MOTIVATION LEVEL TODAY?

3 WAYS TO IMPROVE







HANDLING FOOD CRAVING SCALE

HOW WELL DID YOU HANDLE FOOD CRAVINGS TODAY?

3 WAYS TO IMPROVE







EXERCISE SCALE

HOW WAS YOUR WORKOUT TODAY?

3 WAYS TO IMPROVE







HOW MANY BOWEL MOVEMENTS DID YOU HAVE TODAY _____

MARCH

DID YOU TAKE SUPPLEMENTS CONSISTENTLY? YES NO

___ **AVERAGE MOOD SCALE**

___ **AVERAGE SLEEP SCALE**

___ **AVERAGE ENERGY SCALE**

___ **AVERAGE MOTIVATION SCALE**

___ **AVERAGE HANDLING FOOD CRAVING SCALE**

___ **AVERAGE EXERCISE SCALE**

___ **AVERAGE BOWEL MOVEMENTS PER DAY**

HOW DID YOU FEEL YOUR MENSTRUATION PHASE?

3 THINGS YOU CAN DO TO FEEL BETTER DURING MENSTRUATION PHASE

HOW DID YOU FEEL YOUR FOLLICULAR PHASE?

3 THINGS YOU CAN DO TO FEEL BETTER DURING FOLLICULAR PHASE

APRIL

DATE: _____

MENSTRUATION FOLLICULAR OVULATION LUTEAL

DID YOU TAKE YOUR SUPPLEMENTS TODAY? YES NO

MOOD SCALE

HOW ARE YOU FEELING TODAY?

3 WAYS TO IMPROVE







SLEEP SCALE

HOW DID YOU SLEEP LAST NIGHT?

3 WAYS TO IMPROVE







ENERGY SCALE

HOW IS YOUR ENERGY LEVEL TODAY?

3 WAYS TO IMPROVE







MOTIVATION SCALE

HOW IS YOUR MOTIVATION LEVEL TODAY?

3 WAYS TO IMPROVE







HANDLING FOOD CRAVING SCALE

HOW WELL DID YOU HANDLE FOOD CRAVINGS TODAY?

3 WAYS TO IMPROVE







EXERCISE SCALE

HOW WAS YOUR WORKOUT TODAY?

3 WAYS TO IMPROVE







HOW MANY BOWEL MOVEMENTS DID YOU HAVE TODAY _____

APRIL

DID YOU TAKE SUPPLEMENTS CONSISTENTLY? YES NO

_____ AVERAGE MOOD SCALE

_____ AVERAGE SLEEP SCALE

_____ AVERAGE ENERGY SCALE

_____ AVERAGE MOTIVATION SCALE

_____ AVERAGE HANDLING FOOD CRAVING SCALE

_____ AVERAGE EXERCISE SCALE

_____ AVERAGE BOWEL MOVEMENTS PER DAY

HOW DID YOU FEEL YOUR MENSTRUATION PHASE?

3 THINGS YOU CAN DO TO FEEL BETTER DURING MENSTRUATION PHASE

HOW DID YOU FEEL YOUR FOLLICULAR PHASE?

3 THINGS YOU CAN DO TO FEEL BETTER DURING FOLLICULAR PHASE

MAY

DATE: _____

MENSTRUATION FOLLICULAR OVULATION LUTEAL

DID YOU TAKE YOUR SUPPLEMENTS TODAY? YES NO

MOOD SCALE

HOW ARE YOU
FEELING TODAY?

3 WAYS TO IMPROVE







SLEEP SCALE

HOW DID YOU SLEEP
LAST NIGHT?

3 WAYS TO IMPROVE







ENERGY SCALE

HOW IS YOUR
ENERGY LEVEL
TODAY?

3 WAYS TO IMPROVE







**MOTIVATION
SCALE**

HOW IS YOUR
MOTIVATION LEVEL
TODAY?

3 WAYS TO IMPROVE







**HANDLING FOOD
CRAVING SCALE**

HOW WELL DID YOU
HANDLE FOOD
CRAVINGS TODAY?

3 WAYS TO IMPROVE







**EXERCISE
SCALE**

HOW WAS YOUR
WORKOUT TODAY?

3 WAYS TO IMPROVE







HOW MANY BOWEL MOVEMENTS DID YOU HAVE TODAY _____

MAY

DID YOU TAKE SUPPLEMENTS CONSISTENTLY? YES NO

___ **AVERAGE MOOD SCALE**

___ **AVERAGE SLEEP SCALE**

___ **AVERAGE ENERGY SCALE**

___ **AVERAGE MOTIVATION SCALE**

___ **AVERAGE HANDLING FOOD CRAVING SCALE**

___ **AVERAGE EXERCISE SCALE**

___ **AVERAGE BOWEL MOVEMENTS PER DAY**

HOW DID YOU FEEL YOUR MENSTRUATION PHASE?

3 THINGS YOU CAN DO TO FEEL BETTER DURING MENSTRUATION PHASE

HOW DID YOU FEEL YOUR FOLLICULAR PHASE?

3 THINGS YOU CAN DO TO FEEL BETTER DURING FOLLICULAR PHASE

JUNE

DATE: _____

MENSTRUATION FOLLICULAR OVULATION LUTEAL

DID YOU TAKE YOUR SUPPLEMENTS TODAY? YES NO

_____ **MOOD SCALE** **3 WAYS TO IMPROVE**
HOW ARE YOU FEELING TODAY?

_____ **SLEEP SCALE** **3 WAYS TO IMPROVE**
HOW DID YOU SLEEP LAST NIGHT?

_____ **ENERGY SCALE** **3 WAYS TO IMPROVE**
HOW IS YOUR ENERGY LEVEL TODAY?

_____ **MOTIVATION SCALE** **3 WAYS TO IMPROVE**
HOW IS YOUR MOTIVATION LEVEL TODAY?

_____ **HANDLING FOOD CRAVING SCALE** **3 WAYS TO IMPROVE**
HOW WELL DID YOU HANDLE FOOD CRAVINGS TODAY?

_____ **EXERCISE SCALE** **3 WAYS TO IMPROVE**
HOW WAS YOUR WORKOUT TODAY?

HOW MANY BOWEL MOVEMENTS DID YOU HAVE TODAY _____

JUNE

DID YOU TAKE SUPPLEMENTS CONSISTENTLY? YES NO

___ AVERAGE MOOD SCALE

___ AVERAGE SLEEP SCALE

___ AVERAGE ENERGY SCALE

___ AVERAGE MOTIVATION SCALE

___ AVERAGE HANDLING FOOD CRAVING SCALE

___ AVERAGE EXERCISE SCALE

___ AVERAGE BOWEL MOVEMENTS PER DAY

HOW DID YOU FEEL YOUR MENSTRUATION PHASE?

3 THINGS YOU CAN DO TO FEEL BETTER DURING MENSTRUATION PHASE

HOW DID YOU FEEL YOUR FOLLICULAR PHASE?

3 THINGS YOU CAN DO TO FEEL BETTER DURING FOLLICULAR PHASE

JULY

DATE: _____

MENSTRUATION FOLLICULAR OVULATION LUTEAL

DID YOU TAKE YOUR SUPPLEMENTS TODAY? YES NO

_____ **MOOD SCALE** **3 WAYS TO IMPROVE**
HOW ARE YOU FEELING TODAY?

_____ **SLEEP SCALE** **3 WAYS TO IMPROVE**
HOW DID YOU SLEEP LAST NIGHT?

_____ **ENERGY SCALE** **3 WAYS TO IMPROVE**
HOW IS YOUR ENERGY LEVEL TODAY?

_____ **MOTIVATION SCALE** **3 WAYS TO IMPROVE**
HOW IS YOUR MOTIVATION LEVEL TODAY?

_____ **HANDLING FOOD CRAVING SCALE** **3 WAYS TO IMPROVE**
HOW WELL DID YOU HANDLE FOOD CRAVINGS TODAY?

_____ **EXERCISE SCALE** **3 WAYS TO IMPROVE**
HOW WAS YOUR WORKOUT TODAY?

HOW MANY BOWEL MOVEMENTS DID YOU HAVE TODAY _____

JULY

DID YOU TAKE SUPPLEMENTS CONSISTENTLY? YES NO

___ **AVERAGE MOOD SCALE**

___ **AVERAGE SLEEP SCALE**

___ **AVERAGE ENERGY SCALE**

___ **AVERAGE MOTIVATION SCALE**

___ **AVERAGE HANDLING FOOD CRAVING SCALE**

___ **AVERAGE EXERCISE SCALE**

___ **AVERAGE BOWEL MOVEMENTS PER DAY**

HOW DID YOU FEEL YOUR MENSTRUATION PHASE?

3 THINGS YOU CAN DO TO FEEL BETTER DURING MENSTRUATION PHASE

HOW DID YOU FEEL YOUR FOLLICULAR PHASE?

3 THINGS YOU CAN DO TO FEEL BETTER DURING FOLLICULAR PHASE

AUGUST DATE: _____

MENSTRUATION FOLLICULAR OVULATION LUTEAL

DID YOU TAKE YOUR SUPPLEMENTS TODAY? YES NO

_____ **MOOD SCALE** **3 WAYS TO IMPROVE**
HOW ARE YOU FEELING TODAY?

_____ **SLEEP SCALE** **3 WAYS TO IMPROVE**
HOW DID YOU SLEEP LAST NIGHT?

_____ **ENERGY SCALE** **3 WAYS TO IMPROVE**
HOW IS YOUR ENERGY LEVEL TODAY?

_____ **MOTIVATION SCALE** **3 WAYS TO IMPROVE**
HOW IS YOUR MOTIVATION LEVEL TODAY?

_____ **HANDLING FOOD CRAVING SCALE** **3 WAYS TO IMPROVE**
HOW WELL DID YOU HANDLE FOOD CRAVINGS TODAY?

_____ **EXERCISE SCALE** **3 WAYS TO IMPROVE**
HOW WAS YOUR WORKOUT TODAY?

HOW MANY BOWEL MOVEMENTS DID YOU HAVE TODAY _____

AUGUST

DID YOU TAKE SUPPLEMENTS CONSISTENTLY? YES NO

— **AVERAGE MOOD SCALE**

— **AVERAGE SLEEP SCALE**

— **AVERAGE ENERGY SCALE**

— **AVERAGE MOTIVATION SCALE**

— **AVERAGE HANDLING FOOD CRAVING SCALE**

— **AVERAGE EXERCISE SCALE**

— **AVERAGE BOWEL MOVEMENTS PER DAY**

HOW DID YOU FEEL YOUR MENSTRUATION PHASE?

3 THINGS YOU CAN DO TO FEEL BETTER DURING MENSTRUATION PHASE

HOW DID YOU FEEL YOUR FOLLICULAR PHASE?

3 THINGS YOU CAN DO TO FEEL BETTER DURING FOLLICULAR PHASE

SEPT

DATE: _____

MENSTRUATION FOLLICULAR OVULATION LUTEAL

DID YOU TAKE YOUR SUPPLEMENTS TODAY? YES NO

_____ **MOOD SCALE** **3 WAYS TO IMPROVE**
HOW ARE YOU FEELING TODAY?

_____ **SLEEP SCALE** **3 WAYS TO IMPROVE**
HOW DID YOU SLEEP LAST NIGHT?

_____ **ENERGY SCALE** **3 WAYS TO IMPROVE**
HOW IS YOUR ENERGY LEVEL TODAY?

_____ **MOTIVATION SCALE** **3 WAYS TO IMPROVE**
HOW IS YOUR MOTIVATION LEVEL TODAY?

_____ **HANDLING FOOD CRAVING SCALE** **3 WAYS TO IMPROVE**
HOW WELL DID YOU HANDLE FOOD CRAVINGS TODAY?

_____ **EXERCISE SCALE** **3 WAYS TO IMPROVE**
HOW WAS YOUR WORKOUT TODAY?

HOW MANY BOWEL MOVEMENTS DID YOU HAVE TODAY _____

SEPT

DID YOU TAKE SUPPLEMENTS CONSISTENLY? YES NO

___ AVERAGE MOOD SCALE

___ AVERAGE SLEEP SCALE

___ AVERAGE ENERGY SCALE

___ AVERAGE MOTIVATION SCALE

___ AVERAGE HANDLING FOOD CRAVING SCALE

___ AVERAGE EXERCISE SCALE

___ AVERAGE BOWEL MOVEMENTS PER DAY

HOW DID YOU FEEL YOUR MENSTRUATION PHASE?

3 THINGS YOU CAN DO TO FEEL BETTER DURING MENSTRUATION PHASE

HOW DID YOU FEEL YOUR FOLLICULAR PHASE?

3 THINGS YOU CAN DO TO FEEL BETTER DURING FOLLICULAR PHASE

OCTOBER

DATE: _____

MENSTRUATION FOLLICULAR OVULATION LUTEAL

DID YOU TAKE YOUR SUPPLEMENTS TODAY? YES NO

MOOD SCALE

HOW ARE YOU
FEELING TODAY?

3 WAYS TO IMPROVE



SLEEP SCALE

HOW DID YOU SLEEP
LAST NIGHT?

3 WAYS TO IMPROVE



ENERGY SCALE

HOW IS YOUR
ENERGY LEVEL
TODAY?

3 WAYS TO IMPROVE



**MOTIVATION
SCALE**

HOW IS YOUR
MOTIVATION LEVEL
TODAY?

3 WAYS TO IMPROVE



**HANDLING FOOD
CRAVING SCALE**

HOW WELL DID YOU
HANDLE FOOD
CRAVINGS TODAY?

3 WAYS TO IMPROVE



**EXERCISE
SCALE**

HOW WAS YOUR
WORKOUT TODAY?

3 WAYS TO IMPROVE



HOW MANY BOWEL MOVEMENTS DID YOU HAVE TODAY _____

OCTOBER

DID YOU TAKE SUPPLEMENTS CONSISTENTLY? YES NO

— AVERAGE MOOD SCALE

— AVERAGE SLEEP SCALE

— AVERAGE ENERGY SCALE

— AVERAGE MOTIVATION SCALE

— AVERAGE HANDLING FOOD CRAVING SCALE

— AVERAGE EXERCISE SCALE

— AVERAGE BOWEL MOVEMENTS PER DAY

HOW DID YOU FEEL YOUR MENSTRUATION PHASE?

3 THINGS YOU CAN DO TO FEEL BETTER DURING MENSTRUATION PHASE

HOW DID YOU FEEL YOUR FOLLICULAR PHASE?

3 THINGS YOU CAN DO TO FEEL BETTER DURING FOLLICULAR PHASE

NOVEMBER DATE: _____

MENSTRUATION FOLLICULAR OVULATION LUTEAL

DID YOU TAKE YOUR SUPPLEMENTS TODAY? YES NO

MOOD SCALE

HOW ARE YOU FEELING TODAY?

3 WAYS TO IMPROVE

● _____
● _____
● _____

SLEEP SCALE

HOW DID YOU SLEEP LAST NIGHT?

3 WAYS TO IMPROVE

● _____
● _____
● _____

ENERGY SCALE

HOW IS YOUR ENERGY LEVEL TODAY?

3 WAYS TO IMPROVE

● _____
● _____
● _____

MOTIVATION SCALE

HOW IS YOUR MOTIVATION LEVEL TODAY?

3 WAYS TO IMPROVE

● _____
● _____
● _____

HANDLING FOOD CRAVING SCALE

HOW WELL DID YOU HANDLE FOOD CRAVINGS TODAY?

3 WAYS TO IMPROVE

● _____
● _____
● _____

EXERCISE SCALE

HOW WAS YOUR WORKOUT TODAY?

3 WAYS TO IMPROVE

● _____
● _____
● _____

HOW MANY BOWEL MOVEMENTS DID YOU HAVE TODAY _____

NOVEMBER

DID YOU TAKE SUPPLEMENTS CONSISTENTLY? YES NO

___ AVERAGE MOOD SCALE

___ AVERAGE SLEEP SCALE

___ AVERAGE ENERGY SCALE

___ AVERAGE MOTIVATION SCALE

___ AVERAGE HANDLING FOOD CRAVING SCALE

___ AVERAGE EXERCISE SCALE

___ AVERAGE BOWEL MOVEMENTS PER DAY

HOW DID YOU FEEL YOUR MENSTRUATION PHASE?

3 THINGS YOU CAN DO TO FEEL BETTER DURING MENSTRUATION PHASE

HOW DID YOU FEEL YOUR FOLLICULAR PHASE?

3 THINGS YOU CAN DO TO FEEL BETTER DURING FOLLICULAR PHASE

DECEMBER DATE: _____

MENSTRUATION FOLLICULAR OVULATION LUTEAL

DID YOU TAKE YOUR SUPPLEMENTS TODAY? YES NO

MOOD SCALE

HOW ARE YOU
FEELING TODAY?

3 WAYS TO IMPROVE



SLEEP SCALE

HOW DID YOU SLEEP
LAST NIGHT?

3 WAYS TO IMPROVE



ENERGY SCALE

HOW IS YOUR
ENERGY LEVEL
TODAY?

3 WAYS TO IMPROVE



**MOTIVATION
SCALE**

HOW IS YOUR
MOTIVATION LEVEL
TODAY?

3 WAYS TO IMPROVE



**HANDLING FOOD
CRAVING SCALE**

HOW WELL DID YOU
HANDLE FOOD
CRAVINGS TODAY?

3 WAYS TO IMPROVE



**EXERCISE
SCALE**

HOW WAS YOUR
WORKOUT TODAY?

3 WAYS TO IMPROVE



HOW MANY BOWEL MOVEMENTS DID YOU HAVE TODAY _____

DECEMBER

DID YOU TAKE SUPPLEMENTS CONSISTENTLY? YES NO

— AVERAGE MOOD SCALE

— AVERAGE SLEEP SCALE

— AVERAGE ENERGY SCALE

— AVERAGE MOTIVATION SCALE

— AVERAGE HANDLING FOOD CRAVING SCALE

— AVERAGE EXERCISE SCALE

— AVERAGE BOWEL MOVEMENTS PER DAY

HOW DID YOU FEEL YOUR MENSTRUATION PHASE?

3 THINGS YOU CAN DO TO FEEL BETTER DURING MENSTRUATION PHASE

HOW DID YOU FEEL YOUR FOLLICULAR PHASE?

3 THINGS YOU CAN DO TO FEEL BETTER DURING FOLLICULAR PHASE
