

# YOUR CYCLE TRACKER

*Month*  
You can write the name of the month or just number your cycles









By making a daily habit of tracking how you feel (mood, energy levels, etc.), you can really tune into how your hormonal changes affect you throughout the month. You might start to notice (and then *\*like magic\** anticipate) patterns. At Fri Period, we think cycle tracking is one of the *greatest acts of self-care*. It's a super power!

*Psst.*  
Day 1 is always the first day of your period. Note how heavy your flow is on each day.

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If your cycle is longer, add the days here.

## SYMPTOMS KEY

	Period (1-3 drops to reflect flow)
	Fatigue
	Cramps
	Cravings
	Mood swings
	
	
	

*Fill in your own*

\*Choose some symbols to reflect your most common symptoms so you don't have to write it out each time.

## CYCLE LENGTH

1 .....	2 .....	3 .....
4 .....	5 .....	6 .....

\*When your period starts, write down the number of days your previous cycle was. Are they consistent?

## NEED MORE HELP?

For tips on how to best use this tracker, visit [friperiod.com/pages/tracking](https://friperiod.com/pages/tracking) and join us on Instagram @friperiod

