Cycle Chart

Date														
Day of Cycle														
Moon Phase	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Ovulation														
Vaginal Flow (Blood/Mucus)														
Emotions														
Energy Levels														
Sexual Feelings Body Awareness														
Creativity														
Food Cravings														
Health														
Tiredness														
Inwardness														
Fluid Retention/ Breast tenderness														
Dreams														
Practice														

●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●