



my cycle tracker
JANUARY

FLOW	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
Spotting																															
Light																															
Moderate																															
Heavy																															
Blood Color																															

Basal Body Temp																															
Cervical Mucus																															

SYMPTOMS	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
Cramps																															
Fatigue																															
Headache																															
Backache																															
Bloating																															
Diarrhea																															
Constipation																															
Acne																															
Tender breasts																															

MOOD	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
Mood swings																															
Irritability																															
Depression																															

NOTES: Concerns / irregularities



my cycle tracker FEBRUARY

FLOW	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
Spotting																													
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Basal Body Temp																													
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Mood swings																													
Irritability																													
Depression																													

NOTES: Concerns / irregularities



my cycle tracker MARCH

FLOW	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
Spotting																															
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Basal Body Temp																															
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Mood swings																															
Irritability																															
Depression																															

NOTES: Concerns / irregularities



my cycle tracker APRIL

FLOW	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	
Spotting																															
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Basal Body Temp																														
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SYMPTOMS	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	
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Mood swings																															
Irritability																															
Depression																															

NOTES: Concerns / irregularities



my cycle tracker
MAY

FLOW	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
Spotting																															
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Mood swings																															
Irritability																															
Depression																															

NOTES: Concerns / irregularities



my cycle tracker JUNE

FLOW	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
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Mood swings																														
Irritability																														
Depression																														

NOTES: Concerns / irregularities



my cycle tracker JULY

FLOW	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
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Mood swings																															
Irritability																															
Depression																															

NOTES: Concerns / irregularities



my cycle tracker AUGUST

FLOW	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
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Mood swings																															
Irritability																															
Depression																															

NOTES: Concerns / irregularities



my cycle tracker
SEPTEMBER

FLOW	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
Spotting																														
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Mood swings																														
Irritability																														
Depression																														

NOTES: Concerns / irregularities



my cycle tracker OCTOBER

FLOW	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
Spotting																															
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SYMPTOMS

Cramps																														
Fatigue																														
Headache																														
Backache																														
Bloating																														
Diarrhea																														
Constipation																														
Acne																														
Tender breasts																														

MOOD

Mood swings																														
Irritability																														
Depression																														

NOTES: Concerns / irregularities



my cycle tracker
NOVEMBER

FLOW	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
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Mood swings																														
Irritability																														
Depression																														

NOTES: Concerns / irregularities



my cycle tracker
DECEMBER

FLOW	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
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NOTES: Concerns / irregularities
