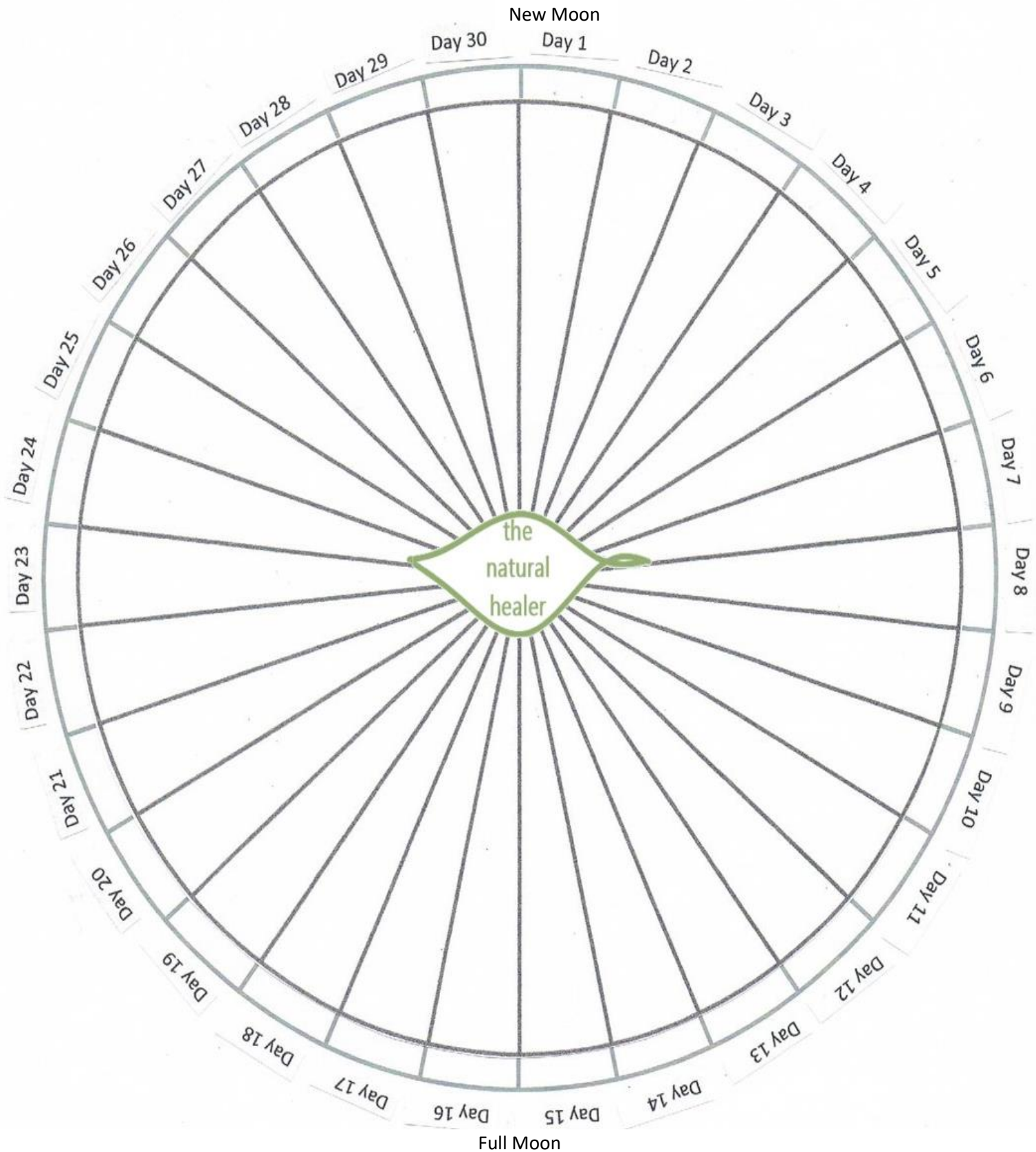


NATURAL CYCLE CHART

Starting on the first day of your bleed/period (Day 1), spend a few minutes each day to reflect on how you feel. Note down a few words (or codes) in each daily segment to indicate your energy levels, desires, emotions and insights.



The days are indicated on the outside of the circle, the first segment under the day is to record the date.

Use a notebook or journal (or use the back of this page) to record any unusual dreams or additional thoughts you want to expand upon – make note of the date and the day of your cycle when you record these notes.

