



Woman, love  
yourself

*Dear Woman,*

I'm so glad that you're eager to pay attention to your cycle and have downloaded this menstrual calendar.

I hope it will support you well on your journey to self-discovery. I'm truly excited about your willingness to get to know yourself better, as it leads to a happier and more self-determined life.

I wish you nothing but the VERY BEST on your path.

*With much love,*

*Julia*



### *Instructions:*

Print the table as many times as the length of your cycle.  
For example, if your cycle lasts 33 days, print it 33 times (double-sided to be eco-friendly, of course! : ) ).

The first day of your cycle is the first day of your period. The table is designed to track three cycles.

For instance, if your period starts on February 14th, enter this in the first column and mark "1" in the "Cycle Day" column.

Next, when your period starts again on March 17th, begin with Cycle Day 1 again, and enter the date, March 17th, in the second column.

This allows you to compare your cycle days from month to month.

Enjoy discovering patterns and regularities in your cycle!



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*Cycle Day*



*Date*

*Date*

*Date*

*Overall mood*

*Physical energy*  
*Health*

*Need for rest*

*Need for love*

*Feelings towards*  
*self*

*Feelings towards*  
*others*

*(Logic)*  
*Thinking*

*Inspiration*  
*Motivation*

*Appetite*

*Sexuality*

*Work*

