

my cycle reflections

date: 1/1/2021

cycle # 30

cycle day: 7

means the number of cycles you have been charting

cycle day 7 is a great time to goal set!

WHAT WENT WELL LAST CYCLE?

cut out coffee + alcohol days 21-28

no headaches around ovulation

added in more movement

WHAT DID I LEARN LAST CYCLE?

some insomnia right before bleed

super anxious right before bleed

using the reflections from last cycle, build your current cycle's goals!

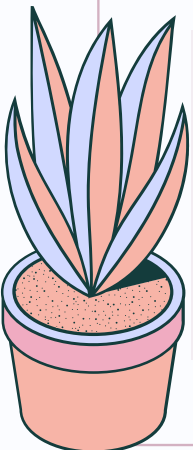
NEW CYCLE GOALS:

rest in my luteal phase

stretch daily

acupuncture

use magnesium in luteal phase



my cycle reflections

date:

cycle #

cycle day:



WHAT WENT WELL LAST CYCLE?

Empty rectangular box for writing reflections on what went well last cycle.

WHAT DID I LEARN LAST CYCLE?

Empty rectangular box for writing reflections on what was learned last cycle.

NEW CYCLE GOALS:

Empty rectangular box for writing new cycle goals.