

RENAVIA

The wisdom within

RENAVIA GUIDES

Monthly Cycle Journal

Daily Tracking & Pattern Recognition



PRINTABLE | 28 DAILY PAGES | PHASE REFERENCE

renaviawellness.com

The wisdom within

How to Use This Journal

This journal is designed to be your daily companion for one full cycle. Two minutes each day. Over time, patterns emerge that no algorithm can find for you — your unique responses to foods, movements, supplements, and stresses across each phase of your cycle.

Each daily page includes:

- Date, cycle day, and current phase
- Energy, mood, sleep, and comfort ratings (1–5)
- Symptoms and positive signals to check off
- Space for supplements taken, movement completed, food eaten
- A prompt for reflection: what did you notice today?

How to track your cycle day:

Day 1 is the first day of full menstrual flow (not spotting). Count each day from there. Most cycles are 21–35 days. Once you know your typical length, you will be able to predict each phase and plan accordingly.

What to do at end of cycle:

Complete the monthly review page. Look for patterns: when did you feel best? When did symptoms cluster? What foods or supplements coincided with better days? Small observations compound.

Six-Phase Quick Reference

Menstrual — Rest	Days 1–5
Iron, magnesium, ginger. Rest, walking, gentle yoga.	
Early Follicular — Refresh	Days 6–9
B-complex, vitamin D3, zinc. Light strength, walking, mobility.	
Late Follicular — Grow	Days 10–13
CoQ10, NAC, vitamin E. Peak training window: strength, HIIT.	
Ovulatory — Connect	Days 14–16
Vitamin C, E, B6, omega-3. Sport, group fitness, peak output.	
Early Luteal — Nurture	Days 17–22
Vitex, B6/P5P, magnesium. Moderate strength, Pilates.	
Late Luteal — Restore	Days 23–28
Saffron, calcium, L-theanine. Walking, yin yoga, restorative.	

Day 1

Menstrual — Rest

Date: _____

RATE (1 = poor, 5 = excellent)

Energy

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Mood

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Sleep

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Comfort

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

SYMPTOMS (check what you experienced)

☐ Cramps

☐ Fatigue

☐ Anxiety

☐ Bloating

☐ Mood swings

☐ Brain fog

☐ Headache

☐ Cravings

☐ Insomnia

☐ Breast tenderness

☐ Acne

☐ Low back pain

POSITIVE SIGNALS (what felt good today)

☐ Sharp

☐ Clear-headed

☐ Motivated

☐ Strong

☐ Confident

☐ Calm

☐ Focused

☐ Energetic

☐ Grounded

☐ Powerful

☐ Creative

☐ Radiant

SUPPLEMENTS TAKEN

MOVEMENT / EXERCISE

KEY FOODS

WHAT DID I NOTICE TODAY?

Day 2

Menstrual — Rest

Date: _____

RATE (1 = poor, 5 = excellent)

Energy

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Mood

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Sleep

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Comfort

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

SYMPTOMS (check what you experienced)

☐ Cramps

☐ Fatigue

☐ Anxiety

☐ Bloating

☐ Mood swings

☐ Brain fog

☐ Headache

☐ Cravings

☐ Insomnia

☐ Breast tenderness

☐ Acne

☐ Low back pain

POSITIVE SIGNALS (what felt good today)

☐ Sharp

☐ Clear-headed

☐ Motivated

☐ Strong

☐ Confident

☐ Calm

☐ Focused

☐ Energetic

☐ Grounded

☐ Powerful

☐ Creative

☐ Radiant

SUPPLEMENTS TAKEN

MOVEMENT / EXERCISE

KEY FOODS

WHAT DID I NOTICE TODAY?

Day 3

Menstrual — Rest

Date: _____

RATE (1 = poor, 5 = excellent)

Energy

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Mood

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Sleep

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Comfort

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

SYMPTOMS (check what you experienced)

☐ Cramps

☐ Fatigue

☐ Anxiety

☐ Bloating

☐ Mood swings

☐ Brain fog

☐ Headache

☐ Cravings

☐ Insomnia

☐ Breast tenderness

☐ Acne

☐ Low back pain

POSITIVE SIGNALS (what felt good today)

☐ Sharp

☐ Clear-headed

☐ Motivated

☐ Strong

☐ Confident

☐ Calm

☐ Focused

☐ Energetic

☐ Grounded

☐ Powerful

☐ Creative

☐ Radiant

SUPPLEMENTS TAKEN

MOVEMENT / EXERCISE

KEY FOODS

WHAT DID I NOTICE TODAY?

Day 4

Menstrual — Rest

Date: _____

RATE (1 = poor, 5 = excellent)

Energy

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Mood

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Sleep

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Comfort

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

SYMPTOMS (check what you experienced)

☐ Cramps

☐ Bloating

☐ Headache

☐ Breast tenderness

☐ Fatigue

☐ Mood swings

☐ Cravings

☐ Acne

☐ Anxiety

☐ Brain fog

☐ Insomnia

☐ Low back pain

POSITIVE SIGNALS (what felt good today)

☐ Sharp

☐ Strong

☐ Focused

☐ Powerful

☐ Clear-headed

☐ Confident

☐ Energetic

☐ Creative

☐ Motivated

☐ Calm

☐ Grounded

☐ Radiant

SUPPLEMENTS TAKEN

MOVEMENT / EXERCISE

KEY FOODS

WHAT DID I NOTICE TODAY?

Day 5

Menstrual — Rest

Date: _____

RATE (1 = poor, 5 = excellent)

Energy

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Mood

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Sleep

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Comfort

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

SYMPTOMS (check what you experienced)

☐ Cramps

☐ Bloating

☐ Headache

☐ Breast tenderness

☐ Fatigue

☐ Mood swings

☐ Cravings

☐ Acne

☐ Anxiety

☐ Brain fog

☐ Insomnia

☐ Low back pain

POSITIVE SIGNALS (what felt good today)

☐ Sharp

☐ Strong

☐ Focused

☐ Powerful

☐ Clear-headed

☐ Confident

☐ Energetic

☐ Creative

☐ Motivated

☐ Calm

☐ Grounded

☐ Radiant

SUPPLEMENTS TAKEN

MOVEMENT / EXERCISE

KEY FOODS

WHAT DID I NOTICE TODAY?

Day 6

Early Follicular — Refresh

Date: _____

RATE (1 = poor, 5 = excellent)

Energy

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Mood

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Sleep

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Comfort

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

SYMPTOMS (check what you experienced)

☐ Cramps

☐ Fatigue

☐ Anxiety

☐ Bloating

☐ Mood swings

☐ Brain fog

☐ Headache

☐ Cravings

☐ Insomnia

☐ Breast tenderness

☐ Acne

☐ Low back pain

POSITIVE SIGNALS (what felt good today)

☐ Sharp

☐ Clear-headed

☐ Motivated

☐ Strong

☐ Confident

☐ Calm

☐ Focused

☐ Energetic

☐ Grounded

☐ Powerful

☐ Creative

☐ Radiant

SUPPLEMENTS TAKEN

MOVEMENT / EXERCISE

KEY FOODS

WHAT DID I NOTICE TODAY?

Day 7

Early Follicular — Refresh

Date: _____

RATE (1 = poor, 5 = excellent)

Energy

○ ○ ○ ○ ○
1 2 3 4 5

Mood

○ ○ ○ ○ ○
1 2 3 4 5

Sleep

○ ○ ○ ○ ○
1 2 3 4 5

Comfort

○ ○ ○ ○ ○
1 2 3 4 5

SYMPTOMS (check what you experienced)

☐ Cramps

☐ Fatigue

☐ Anxiety

☐ Bloating

☐ Mood swings

☐ Brain fog

☐ Headache

☐ Cravings

☐ Insomnia

☐ Breast tenderness

☐ Acne

☐ Low back pain

POSITIVE SIGNALS (what felt good today)

☐ Sharp

☐ Clear-headed

☐ Motivated

☐ Strong

☐ Confident

☐ Calm

☐ Focused

☐ Energetic

☐ Grounded

☐ Powerful

☐ Creative

☐ Radiant

SUPPLEMENTS TAKEN

MOVEMENT / EXERCISE

KEY FOODS

WHAT DID I NOTICE TODAY?

Day 8

Early Follicular — Refresh

Date: _____

RATE (1 = poor, 5 = excellent)

Energy

○ ○ ○ ○ ○
1 2 3 4 5

Mood

○ ○ ○ ○ ○
1 2 3 4 5

Sleep

○ ○ ○ ○ ○
1 2 3 4 5

Comfort

○ ○ ○ ○ ○
1 2 3 4 5

SYMPTOMS (check what you experienced)

☐ Cramps

☐ Fatigue

☐ Anxiety

☐ Bloating

☐ Mood swings

☐ Brain fog

☐ Headache

☐ Cravings

☐ Insomnia

☐ Breast tenderness

☐ Acne

☐ Low back pain

POSITIVE SIGNALS (what felt good today)

☐ Sharp

☐ Clear-headed

☐ Motivated

☐ Strong

☐ Confident

☐ Calm

☐ Focused

☐ Energetic

☐ Grounded

☐ Powerful

☐ Creative

☐ Radiant

SUPPLEMENTS TAKEN

MOVEMENT / EXERCISE

KEY FOODS

WHAT DID I NOTICE TODAY?

Day 9

Early Follicular — Refresh

Date: _____

RATE (1 = poor, 5 = excellent)

Energy

○ ○ ○ ○ ○
1 2 3 4 5

Mood

○ ○ ○ ○ ○
1 2 3 4 5

Sleep

○ ○ ○ ○ ○
1 2 3 4 5

Comfort

○ ○ ○ ○ ○
1 2 3 4 5

SYMPTOMS (check what you experienced)

☐ Cramps

☐ Fatigue

☐ Anxiety

☐ Bloating

☐ Mood swings

☐ Brain fog

☐ Headache

☐ Cravings

☐ Insomnia

☐ Breast tenderness

☐ Acne

☐ Low back pain

POSITIVE SIGNALS (what felt good today)

☐ Sharp

☐ Clear-headed

☐ Motivated

☐ Strong

☐ Confident

☐ Calm

☐ Focused

☐ Energetic

☐ Grounded

☐ Powerful

☐ Creative

☐ Radiant

SUPPLEMENTS TAKEN

MOVEMENT / EXERCISE

KEY FOODS

WHAT DID I NOTICE TODAY?

Day 10

Late Follicular — Grow

Date: _____

RATE (1 = poor, 5 = excellent)

Energy

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Mood

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Sleep

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Comfort

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

SYMPTOMS (check what you experienced)

☐ Cramps

☐ Fatigue

☐ Anxiety

☐ Bloating

☐ Mood swings

☐ Brain fog

☐ Headache

☐ Cravings

☐ Insomnia

☐ Breast tenderness

☐ Acne

☐ Low back pain

POSITIVE SIGNALS (what felt good today)

☐ Sharp

☐ Clear-headed

☐ Motivated

☐ Strong

☐ Confident

☐ Calm

☐ Focused

☐ Energetic

☐ Grounded

☐ Powerful

☐ Creative

☐ Radiant

SUPPLEMENTS TAKEN

MOVEMENT / EXERCISE

KEY FOODS

WHAT DID I NOTICE TODAY?

Day 11

Late Follicular — Grow

Date: _____

RATE (1 = poor, 5 = excellent)

Energy

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Mood

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Sleep

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Comfort

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

SYMPTOMS (check what you experienced)

☐ Cramps

☐ Fatigue

☐ Anxiety

☐ Bloating

☐ Mood swings

☐ Brain fog

☐ Headache

☐ Cravings

☐ Insomnia

☐ Breast tenderness

☐ Acne

☐ Low back pain

POSITIVE SIGNALS (what felt good today)

☐ Sharp

☐ Clear-headed

☐ Motivated

☐ Strong

☐ Confident

☐ Calm

☐ Focused

☐ Energetic

☐ Grounded

☐ Powerful

☐ Creative

☐ Radiant

SUPPLEMENTS TAKEN

MOVEMENT / EXERCISE

KEY FOODS

WHAT DID I NOTICE TODAY?

Day 12

Late Follicular — Grow

Date: _____

RATE (1 = poor, 5 = excellent)

Energy

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Mood

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Sleep

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Comfort

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

SYMPTOMS (check what you experienced)

☐ Cramps

☐ Fatigue

☐ Anxiety

☐ Bloating

☐ Mood swings

☐ Brain fog

☐ Headache

☐ Cravings

☐ Insomnia

☐ Breast tenderness

☐ Acne

☐ Low back pain

POSITIVE SIGNALS (what felt good today)

☐ Sharp

☐ Clear-headed

☐ Motivated

☐ Strong

☐ Confident

☐ Calm

☐ Focused

☐ Energetic

☐ Grounded

☐ Powerful

☐ Creative

☐ Radiant

SUPPLEMENTS TAKEN

MOVEMENT / EXERCISE

KEY FOODS

WHAT DID I NOTICE TODAY?

Day 13

Late Follicular — Grow

Date: _____

RATE (1 = poor, 5 = excellent)

Energy

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Mood

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Sleep

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Comfort

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

SYMPTOMS (check what you experienced)

☐ Cramps

☐ Fatigue

☐ Anxiety

☐ Bloating

☐ Mood swings

☐ Brain fog

☐ Headache

☐ Cravings

☐ Insomnia

☐ Breast tenderness

☐ Acne

☐ Low back pain

POSITIVE SIGNALS (what felt good today)

☐ Sharp

☐ Clear-headed

☐ Motivated

☐ Strong

☐ Confident

☐ Calm

☐ Focused

☐ Energetic

☐ Grounded

☐ Powerful

☐ Creative

☐ Radiant

SUPPLEMENTS TAKEN

MOVEMENT / EXERCISE

KEY FOODS

WHAT DID I NOTICE TODAY?

Day 14

Ovulatory — Connect

Date: _____

RATE (1 = poor, 5 = excellent)

Energy

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Mood

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Sleep

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Comfort

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

SYMPTOMS (check what you experienced)

☐ Cramps

☐ Fatigue

☐ Anxiety

☐ Bloating

☐ Mood swings

☐ Brain fog

☐ Headache

☐ Cravings

☐ Insomnia

☐ Breast tenderness

☐ Acne

☐ Low back pain

POSITIVE SIGNALS (what felt good today)

☐ Sharp

☐ Clear-headed

☐ Motivated

☐ Strong

☐ Confident

☐ Calm

☐ Focused

☐ Energetic

☐ Grounded

☐ Powerful

☐ Creative

☐ Radiant

SUPPLEMENTS TAKEN

MOVEMENT / EXERCISE

KEY FOODS

WHAT DID I NOTICE TODAY?

Day 15

Ovulatory — Connect

Date: _____

RATE (1 = poor, 5 = excellent)

Energy

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Mood

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Sleep

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Comfort

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

SYMPTOMS (check what you experienced)

☐ Cramps

☐ Fatigue

☐ Anxiety

☐ Bloating

☐ Mood swings

☐ Brain fog

☐ Headache

☐ Cravings

☐ Insomnia

☐ Breast tenderness

☐ Acne

☐ Low back pain

POSITIVE SIGNALS (what felt good today)

☐ Sharp

☐ Clear-headed

☐ Motivated

☐ Strong

☐ Confident

☐ Calm

☐ Focused

☐ Energetic

☐ Grounded

☐ Powerful

☐ Creative

☐ Radiant

SUPPLEMENTS TAKEN

MOVEMENT / EXERCISE

KEY FOODS

WHAT DID I NOTICE TODAY?

Day 16

Ovulatory — Connect

Date: _____

RATE (1 = poor, 5 = excellent)

Energy

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Mood

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Sleep

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Comfort

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

SYMPTOMS (check what you experienced)

☐ Cramps

☐ Fatigue

☐ Anxiety

☐ Bloating

☐ Mood swings

☐ Brain fog

☐ Headache

☐ Cravings

☐ Insomnia

☐ Breast tenderness

☐ Acne

☐ Low back pain

POSITIVE SIGNALS (what felt good today)

☐ Sharp

☐ Clear-headed

☐ Motivated

☐ Strong

☐ Confident

☐ Calm

☐ Focused

☐ Energetic

☐ Grounded

☐ Powerful

☐ Creative

☐ Radiant

SUPPLEMENTS TAKEN

MOVEMENT / EXERCISE

KEY FOODS

WHAT DID I NOTICE TODAY?

Day 17

Early Luteal — Nurture

Date: _____

RATE (1 = poor, 5 = excellent)

Energy

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Mood

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Sleep

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Comfort

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

SYMPTOMS (check what you experienced)

☐ Cramps

☐ Fatigue

☐ Anxiety

☐ Bloating

☐ Mood swings

☐ Brain fog

☐ Headache

☐ Cravings

☐ Insomnia

☐ Breast tenderness

☐ Acne

☐ Low back pain

POSITIVE SIGNALS (what felt good today)

☐ Sharp

☐ Clear-headed

☐ Motivated

☐ Strong

☐ Confident

☐ Calm

☐ Focused

☐ Energetic

☐ Grounded

☐ Powerful

☐ Creative

☐ Radiant

SUPPLEMENTS TAKEN

MOVEMENT / EXERCISE

KEY FOODS

WHAT DID I NOTICE TODAY?

Day 18

Early Luteal — Nurture

Date: _____

RATE (1 = poor, 5 = excellent)

Energy

○ ○ ○ ○ ○
1 2 3 4 5

Mood

○ ○ ○ ○ ○
1 2 3 4 5

Sleep

○ ○ ○ ○ ○
1 2 3 4 5

Comfort

○ ○ ○ ○ ○
1 2 3 4 5

SYMPTOMS (check what you experienced)

☐ Cramps

☐ Fatigue

☐ Anxiety

☐ Bloating

☐ Mood swings

☐ Brain fog

☐ Headache

☐ Cravings

☐ Insomnia

☐ Breast tenderness

☐ Acne

☐ Low back pain

POSITIVE SIGNALS (what felt good today)

☐ Sharp

☐ Clear-headed

☐ Motivated

☐ Strong

☐ Confident

☐ Calm

☐ Focused

☐ Energetic

☐ Grounded

☐ Powerful

☐ Creative

☐ Radiant

SUPPLEMENTS TAKEN

MOVEMENT / EXERCISE

KEY FOODS

WHAT DID I NOTICE TODAY?

Day 19

Early Luteal — Nurture

Date: _____

RATE (1 = poor, 5 = excellent)

Energy

1

2

3

4

5

Mood

1

2

3

4

5

Sleep

1

2

3

4

5

Comfort

1

2

3

4

5

SYMPTOMS (check what you experienced)

- ☐ Cramps

☐ Bloating

☐ Headache

☐ Breast tenderness
- ☐ Fatigue

☐ Mood swings

☐ Cravings

☐ Acne
- ☐ Anxiety

☐ Brain fog

☐ Insomnia

☐ Low back pain

POSITIVE SIGNALS (what felt good today)

- ☐ Sharp

☐ Strong

☐ Focused

☐ Powerful
- ☐ Clear-headed

☐ Confident

☐ Energetic

☐ Creative
- ☐ Motivated

☐ Calm

☐ Grounded

☐ Radiant

SUPPLEMENTS TAKEN

MOVEMENT / EXERCISE

KEY FOODS

WHAT DID I NOTICE TODAY?

Day 20

Early Luteal — Nurture

Date: _____

RATE (1 = poor, 5 = excellent)

Energy

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Mood

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Sleep

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Comfort

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

SYMPTOMS (check what you experienced)

☐ Cramps

☐ Fatigue

☐ Anxiety

☐ Bloating

☐ Mood swings

☐ Brain fog

☐ Headache

☐ Cravings

☐ Insomnia

☐ Breast tenderness

☐ Acne

☐ Low back pain

POSITIVE SIGNALS (what felt good today)

☐ Sharp

☐ Clear-headed

☐ Motivated

☐ Strong

☐ Confident

☐ Calm

☐ Focused

☐ Energetic

☐ Grounded

☐ Powerful

☐ Creative

☐ Radiant

SUPPLEMENTS TAKEN

MOVEMENT / EXERCISE

KEY FOODS

WHAT DID I NOTICE TODAY?

Day 21

Early Luteal — Nurture

Date: _____

RATE (1 = poor, 5 = excellent)

Energy

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Mood

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Sleep

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Comfort

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

SYMPTOMS (check what you experienced)

☐ Cramps

☐ Fatigue

☐ Anxiety

☐ Bloating

☐ Mood swings

☐ Brain fog

☐ Headache

☐ Cravings

☐ Insomnia

☐ Breast tenderness

☐ Acne

☐ Low back pain

POSITIVE SIGNALS (what felt good today)

☐ Sharp

☐ Clear-headed

☐ Motivated

☐ Strong

☐ Confident

☐ Calm

☐ Focused

☐ Energetic

☐ Grounded

☐ Powerful

☐ Creative

☐ Radiant

SUPPLEMENTS TAKEN

MOVEMENT / EXERCISE

KEY FOODS

WHAT DID I NOTICE TODAY?

Day 22

Early Luteal — Nurture

Date: _____

RATE (1 = poor, 5 = excellent)

Energy

○ ○ ○ ○ ○
1 2 3 4 5

Mood

○ ○ ○ ○ ○
1 2 3 4 5

Sleep

○ ○ ○ ○ ○
1 2 3 4 5

Comfort

○ ○ ○ ○ ○
1 2 3 4 5

SYMPTOMS (check what you experienced)

☐ Cramps

☐ Fatigue

☐ Anxiety

☐ Bloating

☐ Mood swings

☐ Brain fog

☐ Headache

☐ Cravings

☐ Insomnia

☐ Breast tenderness

☐ Acne

☐ Low back pain

POSITIVE SIGNALS (what felt good today)

☐ Sharp

☐ Clear-headed

☐ Motivated

☐ Strong

☐ Confident

☐ Calm

☐ Focused

☐ Energetic

☐ Grounded

☐ Powerful

☐ Creative

☐ Radiant

SUPPLEMENTS TAKEN

MOVEMENT / EXERCISE

KEY FOODS

WHAT DID I NOTICE TODAY?

Day 23

Late Luteal — Restore

Date: _____

RATE (1 = poor, 5 = excellent)

Energy

○ ○ ○ ○ ○
1 2 3 4 5

Mood

○ ○ ○ ○ ○
1 2 3 4 5

Sleep

○ ○ ○ ○ ○
1 2 3 4 5

Comfort

○ ○ ○ ○ ○
1 2 3 4 5

SYMPTOMS (check what you experienced)

☐ Cramps

☐ Fatigue

☐ Anxiety

☐ Bloating

☐ Mood swings

☐ Brain fog

☐ Headache

☐ Cravings

☐ Insomnia

☐ Breast tenderness

☐ Acne

☐ Low back pain

POSITIVE SIGNALS (what felt good today)

☐ Sharp

☐ Clear-headed

☐ Motivated

☐ Strong

☐ Confident

☐ Calm

☐ Focused

☐ Energetic

☐ Grounded

☐ Powerful

☐ Creative

☐ Radiant

SUPPLEMENTS TAKEN

MOVEMENT / EXERCISE

KEY FOODS

WHAT DID I NOTICE TODAY?

Day 24

Late Luteal — Restore

Date: _____

RATE (1 = poor, 5 = excellent)

Energy

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Mood

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Sleep

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Comfort

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

SYMPTOMS (check what you experienced)

☐ Cramps

☐ Fatigue

☐ Anxiety

☐ Bloating

☐ Mood swings

☐ Brain fog

☐ Headache

☐ Cravings

☐ Insomnia

☐ Breast tenderness

☐ Acne

☐ Low back pain

POSITIVE SIGNALS (what felt good today)

☐ Sharp

☐ Clear-headed

☐ Motivated

☐ Strong

☐ Confident

☐ Calm

☐ Focused

☐ Energetic

☐ Grounded

☐ Powerful

☐ Creative

☐ Radiant

SUPPLEMENTS TAKEN

MOVEMENT / EXERCISE

KEY FOODS

WHAT DID I NOTICE TODAY?

Day 25

Late Luteal — Restore

Date: _____

RATE (1 = poor, 5 = excellent)

Energy

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Mood

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Sleep

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Comfort

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

SYMPTOMS (check what you experienced)

☐ Cramps

☐ Fatigue

☐ Anxiety

☐ Bloating

☐ Mood swings

☐ Brain fog

☐ Headache

☐ Cravings

☐ Insomnia

☐ Breast tenderness

☐ Acne

☐ Low back pain

POSITIVE SIGNALS (what felt good today)

☐ Sharp

☐ Clear-headed

☐ Motivated

☐ Strong

☐ Confident

☐ Calm

☐ Focused

☐ Energetic

☐ Grounded

☐ Powerful

☐ Creative

☐ Radiant

SUPPLEMENTS TAKEN

MOVEMENT / EXERCISE

KEY FOODS

WHAT DID I NOTICE TODAY?

Day 26

Late Luteal — Restore

Date: _____

RATE (1 = poor, 5 = excellent)

Energy

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Mood

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Sleep

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Comfort

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

SYMPTOMS (check what you experienced)

☐ Cramps

☐ Fatigue

☐ Anxiety

☐ Bloating

☐ Mood swings

☐ Brain fog

☐ Headache

☐ Cravings

☐ Insomnia

☐ Breast tenderness

☐ Acne

☐ Low back pain

POSITIVE SIGNALS (what felt good today)

☐ Sharp

☐ Clear-headed

☐ Motivated

☐ Strong

☐ Confident

☐ Calm

☐ Focused

☐ Energetic

☐ Grounded

☐ Powerful

☐ Creative

☐ Radiant

SUPPLEMENTS TAKEN

MOVEMENT / EXERCISE

KEY FOODS

WHAT DID I NOTICE TODAY?

Day 27

Late Luteal — Restore

Date: _____

RATE (1 = poor, 5 = excellent)

Energy

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Mood

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Sleep

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Comfort

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

SYMPTOMS (check what you experienced)

☐ Cramps

☐ Fatigue

☐ Anxiety

☐ Bloating

☐ Mood swings

☐ Brain fog

☐ Headache

☐ Cravings

☐ Insomnia

☐ Breast tenderness

☐ Acne

☐ Low back pain

POSITIVE SIGNALS (what felt good today)

☐ Sharp

☐ Clear-headed

☐ Motivated

☐ Strong

☐ Confident

☐ Calm

☐ Focused

☐ Energetic

☐ Grounded

☐ Powerful

☐ Creative

☐ Radiant

SUPPLEMENTS TAKEN

MOVEMENT / EXERCISE

KEY FOODS

WHAT DID I NOTICE TODAY?

Day 28

Late Luteal — Restore

Date: _____

RATE (1 = poor, 5 = excellent)

Energy

○ ○ ○ ○ ○
1 2 3 4 5

Mood

○ ○ ○ ○ ○
1 2 3 4 5

Sleep

○ ○ ○ ○ ○
1 2 3 4 5

Comfort

○ ○ ○ ○ ○
1 2 3 4 5

SYMPTOMS (check what you experienced)

☐ Cramps

☐ Fatigue

☐ Anxiety

☐ Bloating

☐ Mood swings

☐ Brain fog

☐ Headache

☐ Cravings

☐ Insomnia

☐ Breast tenderness

☐ Acne

☐ Low back pain

POSITIVE SIGNALS (what felt good today)

☐ Sharp

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☐ Focused

☐ Energetic

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☐ Powerful

☐ Creative

☐ Radiant

SUPPLEMENTS TAKEN

MOVEMENT / EXERCISE

KEY FOODS

WHAT DID I NOTICE TODAY?

End of Cycle Review

You made it through a full cycle. Now the real value: look at your patterns.

■ *Which days did I feel best? What was different about them?*

■ *Which days were hardest? What might have contributed?*

■ *What patterns did I notice with food and energy?*

■ *Which supplements seemed to help? Any that did not?*

■ *What movement felt best in each phase?*

■ *What surprised me about this cycle?*

■ *What do I want to try or change next cycle?*
