LEGEND

YOUR PERIOD

- First day of period
- Light Flow
- Medium Flow
- Heavy Flow
- S Spotting

OVULATION PERIOD

- Z Transition
- X Fering

MyCycleDiary

For more information visit www.mycyclediary.com

YOUR MOOD

- H Unusually hungry
- Sad
- Mad
- Irritable

PAIN

- 1 Light Cramps (no medication)
- 2 Medium Cramps (2 Motrin all day)
- 3 Bad Cramps (2 Motrin every 4hrs with no pain)
- 4 Severe Cramps (2 Motrin every 4hrs still having pain)

Why You Need To Chart Your Cycle

Charting your cycle will help you and your doctor determine if you have any underlying medical condition that need treatment.

1. **Why you need to chart your Period**
   Any slight irregularity in your period can be an indication that you have a medical condition. Charting your flow is also an important factor in determine any medical conditions.
2. **Why you need to chart your Mood**
   Any consistent mood swings during your cycle can be an indication that you may need to take vitamins, mineral or hormones to help regulate your mood.
3. **Why you need to chart your Ovulation**
   Most women don't know when they ovulate and any irregularities in your ovulation period could be an indication of a hormone imbalance, cancer, std, and many more conditions.
4. **Why you need to chart your Pain**
   Having pain during your cycle is NOT normal. Letting your doctor see how much pain you experience, and when, can help determine what may be causing this pain.

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YOUR FIRST STEP TO CONCEIVING

MyCycleDiary

Notes

STEP 1: Write the month.

STEP 2: Write the days of the month in the boxes starting with the first day of your period.

STEP 3: Fill in the circles with your symptoms.

	Day of Cycle:	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	32	33	34	35	36	37	38	39	RESULTS
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