



Welcome to Your Cyclesense Chart

I'm so excited to welcome you into the best me-search you'll ever do - the art (and science!) of trending your cycle.

Cycle Signs to Look For

A healthy, normal menstrual cycle falls within these parameters:

- **Cycle length:** 26 to 34 days (except during perimenopause, when they might be longer or shorter)
- **Period length:** 3 to 7 days
- Amount of bleeding: No more than 6 pads or tampons per day
- **Blood color:** It's normal for period blood color to vary – from very dark blood (older blood being shed) to bright red blood (fresh blood.) The color changes when it gets exposed to air. If your period blood is very pale or light pink and watery, it could be a sign that you have low iron (anemia) and that's worth having checked by a simple blood test because it can also make you feel very tired.
- **Cervical mucus:** Also sometimes called cervical fluid, cervical mucus is normal liquid produced by your cervix during the course of the menstrual cycle. The amount of fluid produced varies from person to person but also over the course of the cycle. The week or so leading up to ovulation, cervical mucus becomes clear, watery, and stretchy and can look like egg whites. Early in the cycle and after ovulation, cervical mucus becomes thicker and less-clear.
- **Blood clots:** Small clots, considered less than the size of a quarter in diameter and just on occasion, are normal. Larger clots, or frequent or regular clotting with your periods can be a sign of hormone imbalance.
- **Pain:** Pain throughout your cycle shouldn't be more than occasional mild cramps or pelvic tension. You should not need days of pain relievers, hot water bottles, or other comfort measures for cramps. When it comes to breast pain, you may experience breast "fullness" but breast pain, cysts, or cyclic lumps are not standard. Premenstrual headaches and migraines are common, but they are not considered "normal."
- **Mood and PMS:** Mild shifts in mood, level of desire for social connection, energy, sleep, and cravings are normal; but these should not feel extreme, disruptive, or out of control.
- **Ovulation discomfort**, also called mittelschmerz (German for "middle pain"), is a mild pain that some people feel in the lower abdomen around the time of ovulation.

Also pay attention to:

Your **Cycle Inner Guidance Signs:** Jot down your daily moods, cravings, energy levels, how your emotions shift, how you dress, ebbs and flows in your personal drives, creativity, and ambitions, and sex drive and attractions

Your **6th Vital signs (symptoms):** Include any symptoms such as pain, cramps, pelvic tension, breast pain, ovulation discomfort, large blood clots, etc.

While this may seem like a lot to pay attention to, simply learning to notice how you're feeling, and making cyclesensing a habit like brushing your teeth, it really does become second nature. Keep your chart somewhere that you'll remember to fill it in daily or keep an electronic ongoing note to yourself and then fill in your chart weekly. Even if you use a cycle-tracking app, I find the pen-to-paper versions very organic and a beautiful opportunity for reflection.

Here we go:

Date	Week Day	Cycle Day	Cervical Mucus	Flow (L/M,H)	Waking Temperature (BBT)	Symptoms (bloating, breast tenderness, fatigue, migraines, cravings, etc.)	Energy & Creativity	Mood	Sleep	Food	Movement (exercise)	Sex & Relationships	Other Notes
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KEY:

Cervical mucus: Check each morning and record your bleeding days, dry days, wet days, sticky days, cloudy days, and slippery days

Bleeding amount: Note if your flow is heavy, medium, or light (H/M/L) - or if you have a heavy flow and are working to reduce that, you can record # of pads/tampons used per day

BBT: Basal body temperature, if you are tracking it

6th Vital signs (symptoms): Include any symptoms such as pain, cramps, pelvic tension, breast pain, ovulation discomfort, large blood clots, etc.

Cycle Inner Guidance Signs: Jot down your daily moods, cravings, energy levels, how your emotions shift, how you dress, ebbs and flows in your personal drives, creativity, and ambitions, and sex drive and attractions