

CYCLES IN HARMONY

tracker

Observe your mood, emotions and physical feelings. Record all of your observations below.

month:

Symptoms

	1	2	3	4	5	6	7	8	10	9	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Acne																															
Anxiety																															
Backache																															
Bloating																															
Cramps																															
Constipation																															
Breast Swelling																															
Breast Tenderness																															
Crying Spells																															
Diarrhea																															
Brain Fog																															
Dizziness																															
Fatigue																															
Flatulence																															
Cravings																															
Headach																															
Irritability																															
Joint Pain																															
Libido +/-																															
Moody																															
Muscle Tension																															
Neasua																															

Reflections and Notes