

Using the Monthly Season Tracker

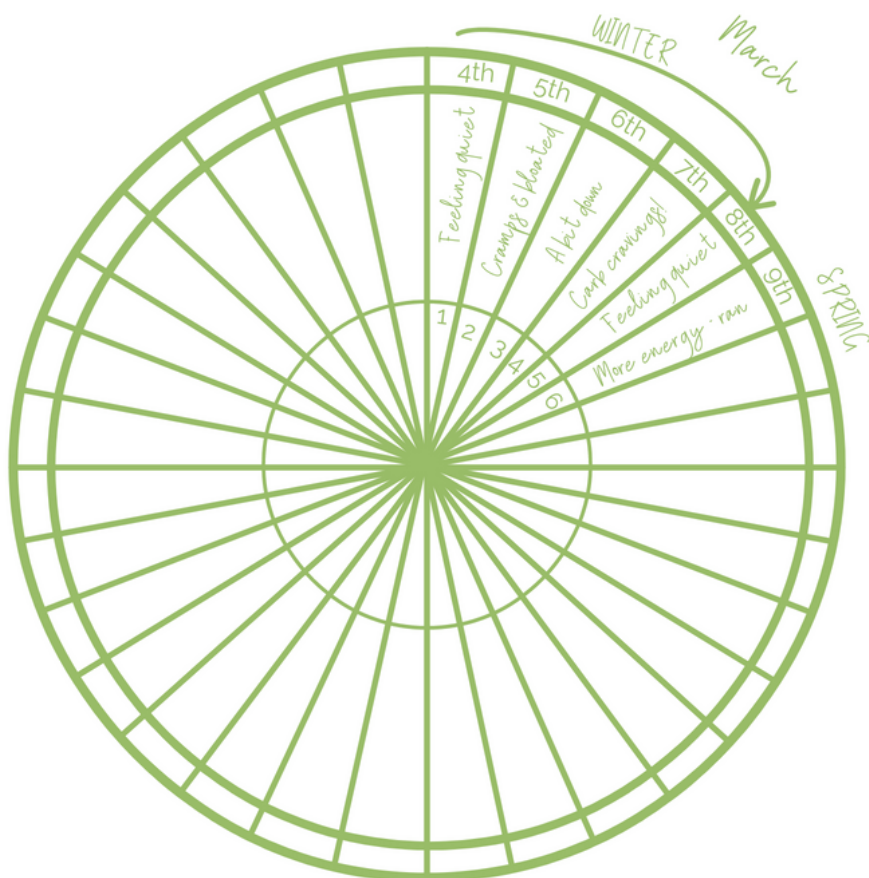
The monthly season tracker is a simple tool to use and can shed valuable light on your own seasonal cycle. By getting to know the seasons of your menstrual cycle, you can plan better for the times when you know your energy will be high, for those when you want to hide away, and help counter the effect of the inner critic by knowing when you're more vulnerable to her influence.

Simply add the date to the outer ring (starting with day one, the first day of your period), add the day of your cycle on the inner ring (day one has been added for you), and use the space in the middle to capture your word(s) for the day. This could pertain to your mood (joyful, energised, horny, sad, quiet, calm, etc), your symptoms (bloated, uncomfortable, painful, headache, etc) or your needs (sleep, exercise, intimacy, creativity, etc)

By tracking in this way, you'll become more familiar with your cycles and the changes between the seasons.

You could see this as a great excuse to get creative and use different colour pens for different seasons, types of words or doodling (like Jane does!). Use the space around the tracker to jot notes and identify where you think your seasons fall (starting with winter on day 1).

Using the Monthly Cycle Season Tracker - an example



Depending on the length of your cycle, you may not need to use all the spaces. The dates of the month go on the outside, the day of your cycle in the inner ring (day one, the start of your period and the start of 'winter'). You will find these dotted throughout the journal to use when you are ready to track your cycle for that month.

The Monthly Cycle Season Tracker - your turn

