

**The PMDD Chick**

# Monthly Cycle Tracker

**EASILY TRACK  
YOUR  
SYMPTOMS**



  @thepmddchick

[www.thepmddchick.com](http://www.thepmddchick.com)



# How to use this guide

## Step One

---

Learn the importance of tracking your cycle.  
Refer to page 2. of this guide.

## Step Two

---

Understand the 4 phases of your menstrual cycle.  
Refer to pages 3-7 of this guide.

## Step Three

---

Use the templates provided to track your menstruation and ovulation days, as well as your mood/energy levels.  
Refer to pages 8-10 of this guide.

# Importance of Cycle Tracking

## Understanding Your Body:

Tracking your menstrual cycle helps you gain insights into your unique patterns and variations. It enables you to understand the length of your cycle, duration of each phase, and any irregularities or changes that may occur.

## Predicting Ovulation and Fertility:

By tracking your cycle, you can identify the approximate time of ovulation and your most fertile days. This information can be helpful for those trying to conceive or for those wishing to avoid pregnancy by practicing natural family planning methods.

## Monitoring Reproductive Health

Changes in your menstrual cycle can provide important indicators of overall reproductive health. Tracking irregularities, such as excessively long or short cycles, unusually heavy or light bleeding, or severe menstrual symptoms, can prompt early detection of potential health concerns and allow for timely medical intervention if needed.

## Personalized Self-Care

Understanding the different phases of the menstrual cycle empowers you to adapt your self-care routines accordingly. For instance, recognizing premenstrual symptoms can help you plan for adequate rest, exercise, nutrition, and stress management during that time.

By familiarizing yourself with the menstrual cycle and engaging in cycle tracking, you can gain a deeper understanding of your body, enhance your reproductive health awareness, and make informed decisions about family planning, self-care, and overall well-being. Remember, every woman's cycle is unique, and tracking helps unlock the valuable insights specific to each individual.

# Cycle Tracking Tips

## Understand Your Menstrual Cycle Phases:

Familiarize yourself with the four main phases of the menstrual cycle: menstruation, the follicular phase, ovulation, and the luteal phase. Each phase is associated with hormonal changes that can affect PMDD symptoms. Knowing when you're in each phase helps you anticipate and manage symptoms effectively.

## Adapt Your Diet:

Adjust your diet to support your hormonal fluctuations. During the luteal phase (when PMDD symptoms typically peak), focus on nutrient-rich foods, such as fruits, vegetables, whole grains, and lean proteins. Reduce or eliminate caffeine, sugar, and processed foods, which can exacerbate PMDD symptoms.

## Tailor Exercise Routine:

Modify your exercise routine based on your energy levels and physical comfort during different menstrual cycle phases. Engage in gentle, stress-reducing exercises like yoga or walking during the luteal phase.

## Practice Stress Management:

Prioritize stress management techniques, such as meditation, deep breathing exercises, and mindfulness, throughout your menstrual cycle. Stress can worsen PMDD symptoms, so consistent stress reduction is essential.

## Supplement Wisely:

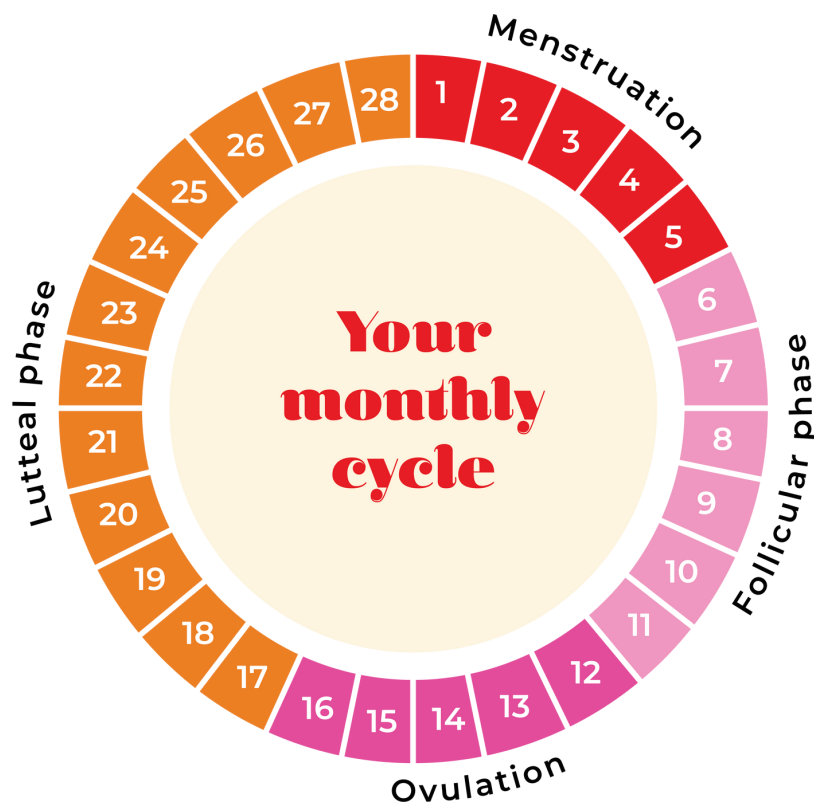
Consider adding supplements like magnesium, B vitamins, and omega-3 fatty acids to your diet, particularly during the luteal phase. These supplements may help alleviate PMDD symptoms. However, consult with a healthcare provider before starting any new supplements to ensure they are safe and suitable for your needs.

# Understanding your Menstrual Cycle

This guide can help you identify PMDD/ PMS symptom patterns in your monthly cycle, which is an important part symptom management. This mini guide aims to explain the basics of the menstrual cycle, its four phases, and why tracking it is crucial for women.

## Menstrual Cycle Basics

The menstrual cycle is a natural process that occurs in women of reproductive age. It involves a series of hormonal and physiological changes that prepare the body for pregnancy each month. On average, the menstrual cycle lasts around 28 days, although it can vary between individuals and can be known to be 32 days long.



Typical 28 day cycle

# Four Phases of your Menstrual Cycle

## a) Menstruation (Day 1-5)

### What is it:

The cycle begins with menstruation, where the lining of the uterus sheds and is expelled through vaginal bleeding. This phase is often accompanied by cramps and can last anywhere from 3 to 7 days.

### What it feels like:

Menstruation typically feels like lower abdominal discomfort and a sensation of heaviness as the uterus sheds its lining, often accompanied by varying degrees of fatigue and mood fluctuations.

### Suggested do's

- ✓ **Eat iron rich foods + Vit C**
- ✓ **Light Yoga, Exercise etc**
- ✓ **7-8hrs sleep**
- ✓ **Take time to rest and reflect**

### Suggested dont's

- ✗ **Avoid excess sugar**
- ✗ **Don't run a marathon**
- ✗ **Don't do an all nighter**
- ✗ **Don't feel obligated to socialize**

## **b) Follicular Phase (Day 6-11)**

### **What is it:**

Following menstruation, the body prepares for ovulation. Hormones stimulate the growth of follicles in the ovaries, each containing an egg. The lining of the uterus thickens in anticipation of a potential pregnancy.

### **What it feels like:**

During the follicular phase, which occurs after menstruation, women may experience a rise in energy levels and a sense of renewed vitality as estrogen levels gradually increase, often leading to improved mood and focus.

### **Suggested do's**

- ✓ **Eat foods that will metabolize estrogen (broccoli sprouts)**
- ✓ **Moderate intensity exercise**
- ✓ **Get creative/problem solve**
- ✓ **Time to be more social**

### **Suggested don't's**

- ✗ **Don't neglect self care**
- ✗ **Don't skip rest**
- ✗ **Avoid alcohol leading into ovulation**

## c) Ovulation (Day 12-16)

### What is it:

Ovulation marks the release of a mature egg from the ovary into the fallopian tube. This is the most fertile period of the cycle, and pregnancy is possible if sperm fertilizes the egg during this time.

### What it feels like:

Emotionally, ovulation can evoke feelings of heightened sensuality, confidence, and a desire for social interactions. Energy levels are generally increased during this phase, leading to a sense of vitality and motivation to engage in various activities.

### Suggested do's

- ✓ **Eat complex carbs**
- ✓ **Higher intensity exercise**
- ✓ **Get adventurous**
- ✓ **This is the time to be social**

### Suggested dont's

- ✗ **Avoid processed foods**
- ✗ **Minimize stress**
- ✗ **Don't forget about sleep**
- ✗ **Minimize alcohol intake**

## d) Luteal Phase (Day 17-28)

### What is it:

After ovulation, the ruptured follicle transforms into the corpus luteum, which produces progesterone. Progesterone prepares the uterus for pregnancy by further thickening its lining. If fertilization does not occur, hormone levels decline, leading to the shedding of the uterine lining, and the cycle begins again with menstruation.

### What it feels like:

The luteal phase is often characterized by mood fluctuations, increased sensitivity, and potential physical discomfort such as bloating or breast tenderness due to rising progesterone levels. Energy levels might taper off, leading to a more introspective and reflective state.

### Suggested do's

- ✓ Eat at regular food intervals
- ✓ Pilates and moderate cardio
- ✓ 7-8hrs sleep
- ✓ Meditation and mindfulness techniques

### Suggested dont's

- ✗ Avoid caffeine
- ✗ Avoid stressful situations
- ✗ Avoid hectic social events
- ✗ Don't ignore your intuition



# Energy/ Mood Tracker

High 10

9

8

7

Mood/Energy

6

5

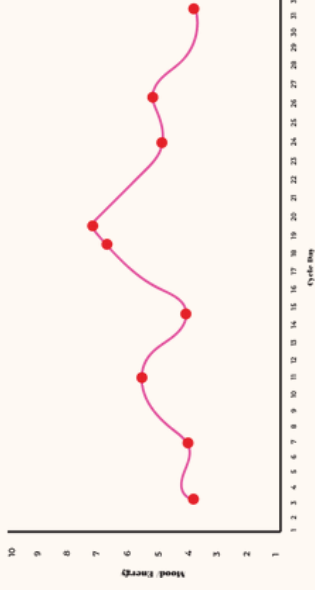
4

3

2

Low 1

**Example:**



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

**Cycle Day**

**What to do:**

Either make 3 copies of this sheet, or use a different colour for each monthly cycle. The goal is to identify if you are having the same mood/energy changes at the same time each month.

# Symptom Diary: Cycle 1

MENSTRUATION	Day 1:	_____	LUTEAL PHASE	Day 17:	_____
	Day 2:	_____		Day 18:	_____
	Day 3:	_____		Day 19:	_____
	Day 4:	_____		Day 20:	_____
	Day 5:	_____		Day 21:	_____
FOLLICULAR PHASE	Day 6:	_____		Day 22:	_____
	Day 7:	_____		Day 23:	_____
	Day 8:	_____		Day 24:	_____
	Day 9:	_____		Day 25:	_____
	Day 10:	_____		Day 26:	_____
	Day 11:	_____		Day 27:	_____
OVULATION	Day 12:	_____		Day 28:	_____
	Day 13:	_____			
	Day 14:	_____			
	Day 15:	_____			
	Day 16:	_____			

# Symptom Diary: Cycle 2

MENSTRUATION	Day 1:	_____	LUTEAL PHASE	Day 17:	_____
	Day 2:	_____		Day 18:	_____
	Day 3:	_____		Day 19:	_____
	Day 4:	_____		Day 20:	_____
	Day 5:	_____		Day 21:	_____
FOLLICULAR PHASE	Day 6:	_____		Day 22:	_____
	Day 7:	_____		Day 23:	_____
	Day 8:	_____		Day 24:	_____
	Day 9:	_____		Day 25:	_____
	Day 10:	_____		Day 26:	_____
	Day 11:	_____		Day 27:	_____
OVULATION	Day 12:	_____		Day 28:	_____
	Day 13:	_____			
	Day 14:	_____			
	Day 15:	_____			
	Day 16:	_____			