Monthly Cycle Tracker

A vital tool to support you to take charge of & care for your body:

Track your symptoms, notice patterns & set up self-care practices.

A great resource to share with your health care support professionals to establish a treatment plan that works for you!



Cycle tracker

Keep a log of your flow and physical symptoms -
it can be really helpful to notice patterns!

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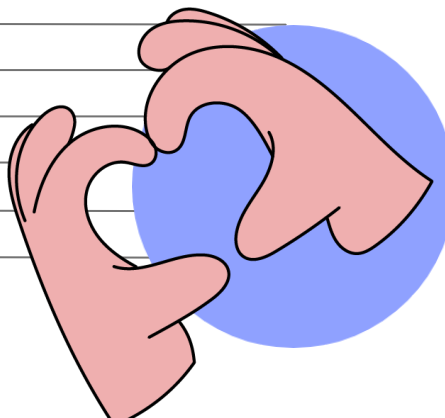
KEY

	SPOTTING
	LIGHT
	MEDIUM
	HEAVY
	CRAMPS
	FATIGUE
	ACNE

CYCLE LENGTH

JANUARY	
FEBRUARY	
MARCH	
APRIL	
MAY	
JUNE	
JULY	
AUGUST	
SEPTEMBER	
OCTOBER	
NOVEMBER	
DECEMBER	

NOTES



PMS & ADHD/EF tracker

Keep a log of your flow, mood and ADHD/EF challenges - it can be really helpful to notice patterns!

Day 1 of flow

DATE	FLOW	MOOD	EF/ADHD CHALLENGES

DATE	FLOW	MOOD	EF/ADHD CHALLENGES



Mood only tracker

Are there certain times of the month - and year - that you feel different? Interesting to track this below!

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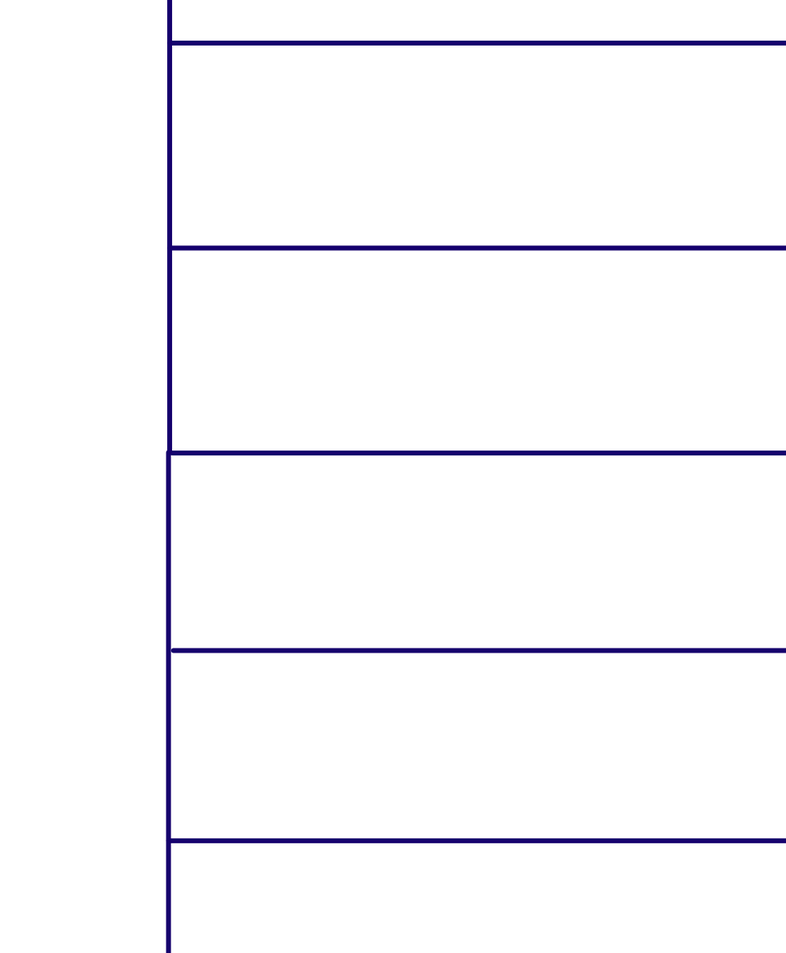
- ☐ AMAZING
- ☐ GOOD
- ☐ PRODUCTIVE
- ☐ AVERAGE
- ☐ RELAXED
- ☐ EXHAUSTED
- ☐ DEPRESSED
- ☐ BORED
- ☐ SICK



Self Care Menu

Prioritise self-soothing and regulating your nervous system whenever you need to. Keep this list handy so you have go-to strategies when you need them!

Activity	Cost	Time Investment	Impact 1-5
Example: Make a cup of tea	5p	5 mins	2



Zones of Regulation

Body check-in! How am I feeling, and what do I need to do to regulate?

	Blue Zone	Green Zone
How I Look Or Act	I slouch and sigh. I yawn with eyes half-closed. I move slowly.	I am fairly relaxed in my body. I can engage with others in a fairly confident manner.
Needed Action	Sounds like you're low on energy - You need to get up and move, and/or rest!	Fabulous! Keep going - you are regulating well!
	Orange Zone	**Red Zone**
How I Look Or Act	I've gone very quiet.. I can feel tension and anxiety in my body. I feel self-conscious and self-critical.	I feel hot/flushed, I'm gritting my teeth and my muscles are tensed, and. I feel frustrated and/or angry.
Needed Action	Use your self-regulation tools, and examine the evidence for your critical voice.	Use your self-regulation tools to calm your nervous system.

Below are things you can do when you are in a specific zone.
Read them carefully and colour each box based on the zone where they belong.

I can be a support to others who need help.

I can list why I feel regulated to help cheer me up when I'm not okay.

I can tense and relax my muscles.

I can drink some water.

I can tell someone that I am feeling anxious.

I can choose a soothing activity from my self-care menu.

I can use my deep breathing exercises.

I can go to my safe, calm place in my head.

I can close my eyes and count to 20.

I can choose a soothing activity from my self-care menu.

I can go for a walk, or exercise.

I can take a power nap.

I can set a 'wind-down' alarm to go to bed earlier.

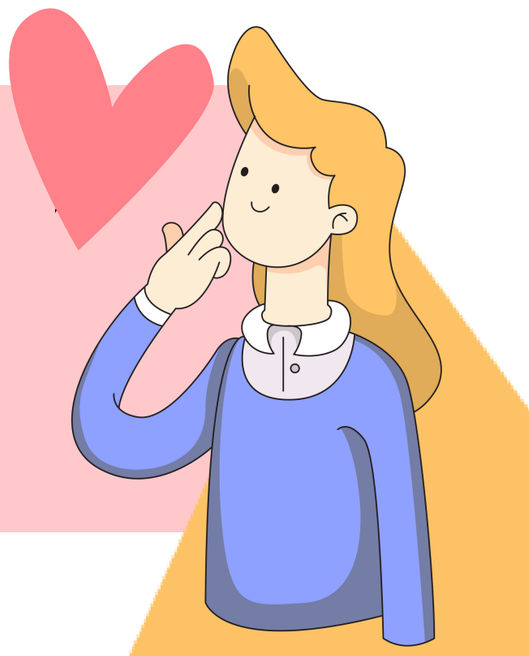
I can choose something from my self-care menu.

My Go-To Affirmations

Write down 5 affirmations you can say out aloud to self-soothe.

1

2



3



4

5

NOTES

