



thenutrinut.com

Period Tracker

FLOWING WITH YOUR CYCLE

WHAT TO TRACK



- ✓ Length of Menstrual Cycle: It begins on day 1 of your period and ends before your next period.
- ✓ Bleeding days and flow intensity. You can do this by keeping track of how many times you change pads/tampon/cup per day.
- ✓ Physical + emotional symptoms before, during, and after your period. Symptoms = information. Pay attention to how you feel throughout your cycle.
- ✓ Basal body temperature (first thing after waking up). This is a way to track when you're ovulating. Before ovulation, the basal body temp. averages between 96°F - 98°F. After ovulation, it rises to 97°F -99°F.

Happy Tracking!

A calendar with a period tracked from day 13 to 17. The days 13, 14, 15, 16, and 17 are circled in red, and a red arrow points to them with the word "Period" written in red. The calendar is surrounded by a green pad, pink flowers, and a pink pad package.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			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




JANUARY

Period Tracker

CYCLE LENGTH: DAYS

SYMPTOMS	
<input type="checkbox"/>	Fatigue
<input type="checkbox"/>	Headache
<input type="checkbox"/>	Cramps
<input type="checkbox"/>	Cravings
<input type="checkbox"/>	Spotting
<input type="checkbox"/>	Acne
<input type="checkbox"/>	Other:

FLOW

- Light 
- Medium 
- Heavy 

MOOD	
<input type="checkbox"/>	Anxious
<input type="checkbox"/>	Irritated
<input type="checkbox"/>	Sensitive
<input type="checkbox"/>	Sad
<input type="checkbox"/>	Happy
<input type="checkbox"/>	Calm
<input type="checkbox"/>	Other:

ENERGY

- High: H
- Moderate: M
- Low: L

	SYMPTOMS	FLOW	MOOD	ENERGY	TEMP.
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FEBRUARY

Period Tracker

CYCLE LENGTH: DAYS

SYMPTOMS	
<input type="checkbox"/>	Fatigue
<input type="checkbox"/>	Headache
<input type="checkbox"/>	Cramps
<input type="checkbox"/>	Cravings
<input type="checkbox"/>	Spotting
<input type="checkbox"/>	Acne
<input type="checkbox"/>	Other:

FLOW

Light



Medium



Heavy



MOOD	
<input type="checkbox"/>	Anxious
<input type="checkbox"/>	Irritated
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ENERGY

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Moderate: M

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MARCH

Period Tracker

CYCLE LENGTH: DAYS

SYMPTOMS	
<input type="checkbox"/>	Fatigue
<input type="checkbox"/>	Headache
<input type="checkbox"/>	Cramps
<input type="checkbox"/>	Cravings
<input type="checkbox"/>	Spotting
<input type="checkbox"/>	Acne
<input type="checkbox"/>	Other:

FLOW

Light



Medium



Heavy



MOOD	
<input type="checkbox"/>	Anxious
<input type="checkbox"/>	Irritated
<input type="checkbox"/>	Sensitive
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<input type="checkbox"/>	Calm
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ENERGY

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Moderate: M

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	SYMPTOMS	FLOW	MOOD	ENERGY	TEMP.
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APRIL

Period Tracker

CYCLE LENGTH: DAYS

SYMPTOMS	
<input type="checkbox"/>	Fatigue
<input type="checkbox"/>	Headache
<input type="checkbox"/>	Cramps
<input type="checkbox"/>	Cravings
<input type="checkbox"/>	Spotting
<input type="checkbox"/>	Acne
<input type="checkbox"/>	Other:

FLOW

Light



Medium



Heavy



MOOD	
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MAY

Period Tracker

CYCLE LENGTH: DAYS

SYMPTOMS	
<input type="checkbox"/>	Fatigue
<input type="checkbox"/>	Headache
<input type="checkbox"/>	Cramps
<input type="checkbox"/>	Cravings
<input type="checkbox"/>	Spotting
<input type="checkbox"/>	Acne
<input type="checkbox"/>	Other:

FLOW

Light



Medium



Heavy



MOOD	
<input type="checkbox"/>	Anxious
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JUNE

Period Tracker

CYCLE LENGTH: DAYS

SYMPTOMS	
<input type="checkbox"/>	Fatigue
<input type="checkbox"/>	Headache
<input type="checkbox"/>	Cramps
<input type="checkbox"/>	Cravings
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JULY

Period Tracker

CYCLE LENGTH: DAYS

SYMPTOMS	
<input type="checkbox"/>	Fatigue
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AUGUST

Period Tracker

CYCLE LENGTH: DAYS

SYMPTOMS	
<input type="checkbox"/>	Fatigue
<input type="checkbox"/>	Headache
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SEPTEMBER

Period Tracker

CYCLE LENGTH: DAYS

SYMPTOMS	
<input type="checkbox"/>	Fatigue
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<input type="checkbox"/>	Cravings
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Heavy



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OCTOBER

Period Tracker

CYCLE LENGTH: DAYS

SYMPTOMS	
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NOVEMBER

Period Tracker

CYCLE LENGTH: DAYS

SYMPTOMS	
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DECEMBER

Period Tracker

CYCLE LENGTH: DAYS

SYMPTOMS	
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Flowing With Your Cycle



GET TO KNOW

THE 4 PHASES OF YOUR MENSTRUAL CYCLE

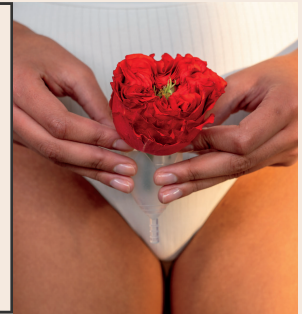
MENSTRUAL | 3-7 DAYS

The first day in which you bleed (your period), marks the beginning of this phase and of your cycle. Progesterone levels drop, which triggers the shedding of the lining of the uterus - since the egg from your previous cycle was not fertilized.



FOLLICULAR | 7-10 DAYS

Your pituitary gland is signaled to send the follicle-stimulating hormone (or FSH) to your ovaries. This is important to let them know that it is time to release another egg. Estrogen levels will begin to rise, which causes the thickening of the uterine lining in preparation for a potential pregnancy.



OVULATORY | 3-4 DAYS

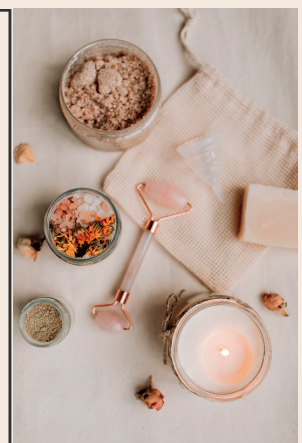
As estrogen levels continue to rise, an increase of FSH (follicle-stimulating hormone) + LH (luteinizing hormone) stimulates the follicle to release an egg. After the ovary releases the egg, it survives for about 24 hours before it dies if not fertilized. Ovulation usually happens halfway through your cycle around days 13-15.



LUTEAL | 10-14 DAYS

After ovulation, the follicle that contained the egg turns into a hormone-secreting body called corpus luteum which begins to secrete progesterone and estrogen. The rise of progesterone will be your body's cue to keep the uterine lining healthy preparing for a possible pregnancy.

If there's no fertilization of the egg, the corpus luteum will become inactive and estrogen and progesterone levels will drop - triggering your menstruation. This hormone roller-coaster is what can lead to PMS symptoms that many experience.



FLOWING WITH

YOUR CYCLE'S SEASONS

MENSTRUAL | CYCLE'S WINTER

During this phase, you are more likely to be hyperaware and in tune with your wishes and desires. A great way to tap into this insightful phase is by journaling. Take advantage of these days and see what you uncover.

Keep In Mind: This phase is about turning your attention inward and listening to your needs. Stop, rest, cancel plans, say no when you're not feeling it, and practice tons of loving self-care.



FOLLICULAR | CYCLE'S SPRING

After resting during your winter, you are now ready to awaken and blossom. Summon your inner muse, try new things, explore all possibilities - the world is your oyster.

Keep In Mind: Because this phase comes with a boost of energy and creativity, it's a great time to start projects, be social, and even go on new adventures.



OVULATORY | CYCLE'S SUMMER

You are absolutely magnetic during this phase. You're feeling energetic, confident, and social. It's time to let your magic shine.

Keep In Mind: Summer is a time to go get it! Launch your new business, have those tough conversations you've been hesitant to have, meet new people, ask for what you want. This is when you are most likely to get your point/message across in an effortless way.



LUTEAL | CYCLE'S FALL

Although you might feel your energy levels starting to decline as well as your desire to socialize, you will start becoming a lot more perceptive and detail-oriented. It's a great time to take on house/life declutter and prioritize tasks that require close attention to detail.

Keep In Mind: In this phase you are turning your energy inward - in a way your body is nesting and preparing for your upcoming winter. Start slowing down your social calendar and enjoy upping your self-care routine.



ABOUT TO GET YOUR PERIOD?

PERIOD CHECKLIST

YOUR BODY, MIND, AND SOUL NEED EXTRA LOVE AND CARE DURING THESE DAYS. USE THIS CHECKLIST TO HELP YOU FULLY PREPARE.

01 Meal prep nourishing soups and stews to have ready for when your period begins.

02 Make sure you have your Phase 1 Seed Cycle blend restocked for that vitamin + mineral boost.

03 Have your reusable pads / cups washed or pads and tampons restocked.

04 Avoid scheduling intense (energy-draining) meetings and tasks during your period days. Check what can be rescheduled.

05 Clear your social calendar and replace with activities that fill your cup.

06 Swap intense cardio for restorative movement such as walks and yoga.

07 Block out moments throughout your day to turn inward and rest.