



CYCLE TRACKER

Track your cycle to tap
into your cycle
SUPERPOWERS



THE HEALTHY HORMONE CLUB MEMBERSHIP

Cycle Wisdom Awareness



Tracking and being aware of your menstrual cycle is the greatest act of self love. It might also be the easiest healthy habit to start, because it requires minimal effort and can be hugely rewarding in a relatively short time. By tracking your cycle you are acknowledging your cyclical nature and will be able to tap into the inner wisdom that makes women so special.

The menstrual cycle is the golden thread that ties us all together and connects us back to nature. Every woman is unique, so thinking of your cycle as a vital sign of health, you will soon see that your cycle is a reflection of your environment and lifestyle. Recognising that you are cyclical being, means that you have different cycle emotions and nutritional needs on a daily basis.

Q How do you track your cycle?

Q Have you ever thought about your emotional changes throughout your cycle?

Q What phase of your cycle are you currently in?

Are you synced to the moon's cycle?

The length of the lunar cycle is 29.5 days, similar to the length of the average menstrual cycle, amazing right?

White moon



Menstruate during the new moon & ovulate during the full moon.

Modern day women:
Women that are in their mothering years tend to be synced to this cycle.

Red moon



Menstruate during the full moon & ovulate during the new moon.

Modern day women:
Business women, teachers or healers

Q Do you menstruate with the new, full, waxing or waning moon?



Your different phases

Let's take a dive into your four phases of your cycle and use your hormones as your secret key to unlock your own feminine power. You will experience four major hormonal changes during your moon cycle. This will result in changes in your emotions, brain chemistry and nutrient requirements for each phase.

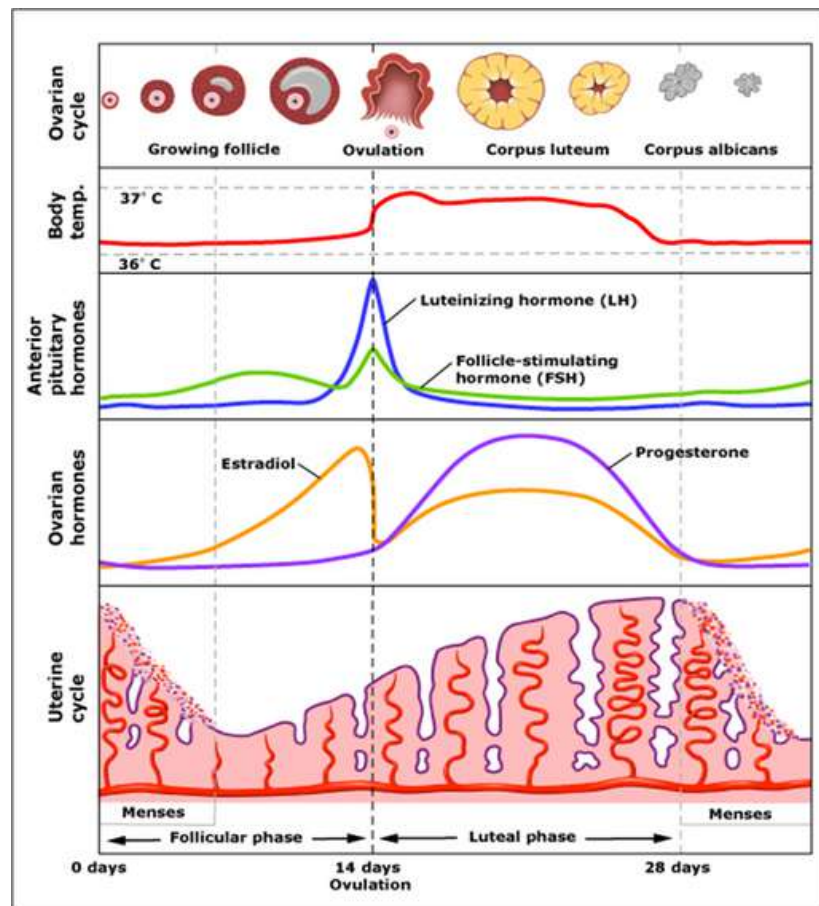


Figure 1: The menstrual cycle



Teenagers

21 - 45 days



Adults

21 - 35 days



Perimenopause

22 - 145 days



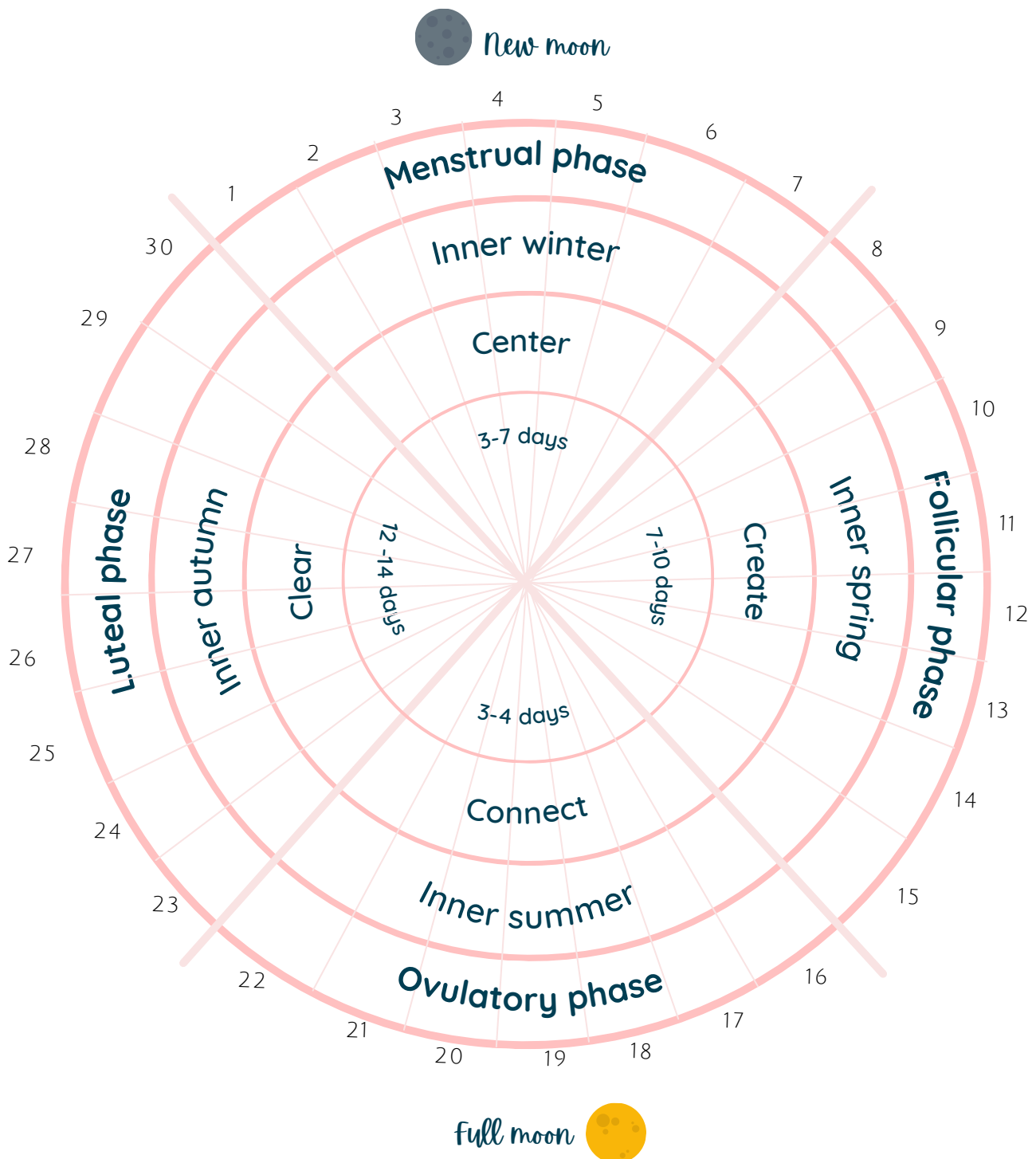
*It takes 10 to 12 years for the menstrual cycle to mature

CYCLE LENGTH

YOUR MOON CYCLE



Your menstrual cycle or also referred to as your moon cycle, has four phases that flow into each other as your hormones fluctuate over the course of one cycle. Studies have shown that women's cycles are between 24 -35 days, with the average being between 28 - 29 days. Each phase can be seen as a different inner season, which reflects different emotions, nutrient needs and focus. Use the diagram below as a summary of the different phases, as they correspond to an inner season, inner focus and average length.



YOUR MOON CYCLE SUPER POWERS



“We can reclaim the wisdom of the menstrual cycle by tuning in to our cyclic nature and celebrating it as a source of our female power” Dr. Christiane Northrup. MD, Women’s Bodies, Women’s Wisdom



Inner spring: Follicular phase

New energy emerges and it’s a great time to be creative. You may start to feel more energised after your menstrual phase making this a great time to try a new recipe or movement class.

This is also a phase of new beginnings and planning, so create a vision board for this month and set your intention to achieve all your desires for this cycle. You will feel open to new experiences, so take advantage of that and visit new places or try a new restaurant with friends. Explore with child-like excitement.

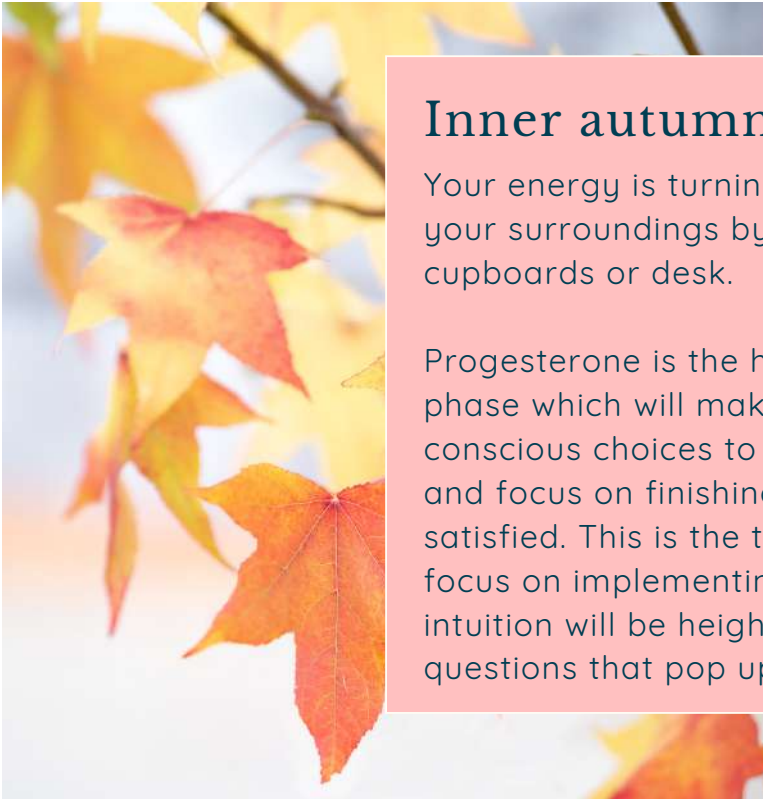
Inner summer: Ovulatory phase

Your energy is bright and outgoing. This is the time to have FUN. This can include going on a first date or catching up with loved ones. With the peak in hormones (estrogen and testosterone), comes a sense of inner strength, will power and flexibility. You will be able to handle criticism with a light heart, adjust and move on effortlessly.

This is the time to go for it! You will be more productive, confident and feel more attractive. So wear that beautiful dress with confidence.



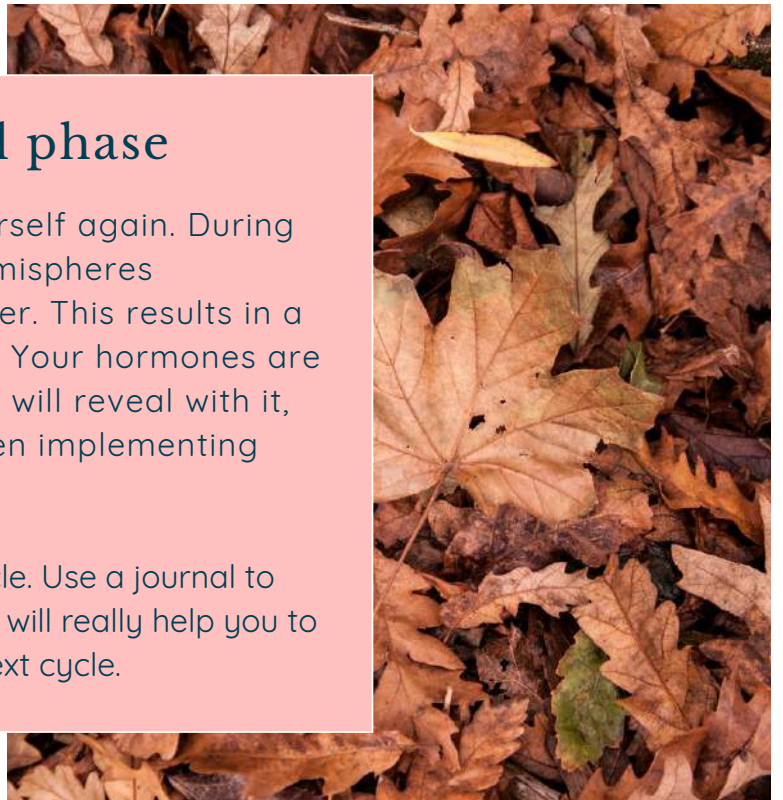
YOUR MOON CYCLE SUPER POWERS



Inner autumn: Luteal phase

Your energy is turning inward. Use this phase to clean your surroundings by organising and clearing out your cupboards or desk.

Progesterone is the hormone most abundant during this phase which will make you feel calm and relaxed. Make conscious choices to work in a more quiet environment and focus on finishing projects that will make you feel satisfied. This is the time to spend on quality me-time and focus on implementing relaxing self-care routines. Your intuition will be heightened so make sure to listen to the questions that pop up during this time.



Inner winter: Menstrual phase

This phase is all about centering yourself again. During this time your left and right brain hemispheres communicate the most with each other. This results in a lot of introspection and self-analysis. Your hormones are at their lowest and your period bleed will reveal with it, all the good habits that you have been implementing during this cycle.

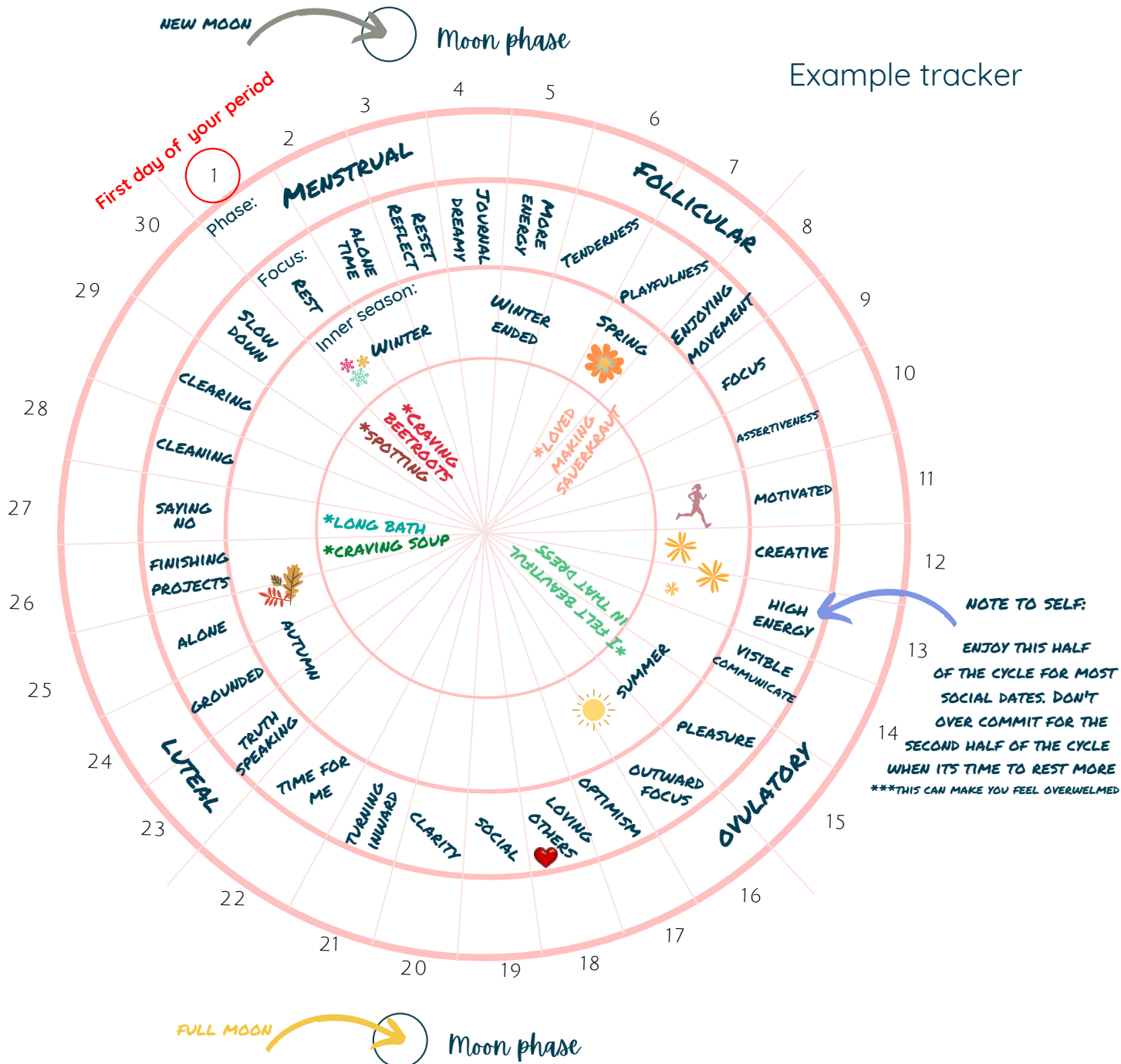
This is the time to evaluate your past cycle. Use a journal to help you effectively review this time. This will really help you to make any course-corrections for your next cycle.

YOUR MOON CYCLE TRACKER



Use this tracker to get to know your cycle. Record the duration of each phase, the inner season and your focus. The focus can include your emotions, mood, energy, even the food cravings you experience. These notes will help you gain more insight into your cycle. Use this to dedicate time to create, rest, restore and excel during the different phases of your cycle. This is a beautiful journey to tune into your own inner flow of feminine wisdom. Also use this tracker to note if your cycle correlates to the moon phases. Please note that there are no right or wrong answers and that all your notes are a deeper insight into your own cycle. Every woman is unique and on their own journey. Track your cycle for at least three months to start seeing any patterns in your own cycle.

Example tracker

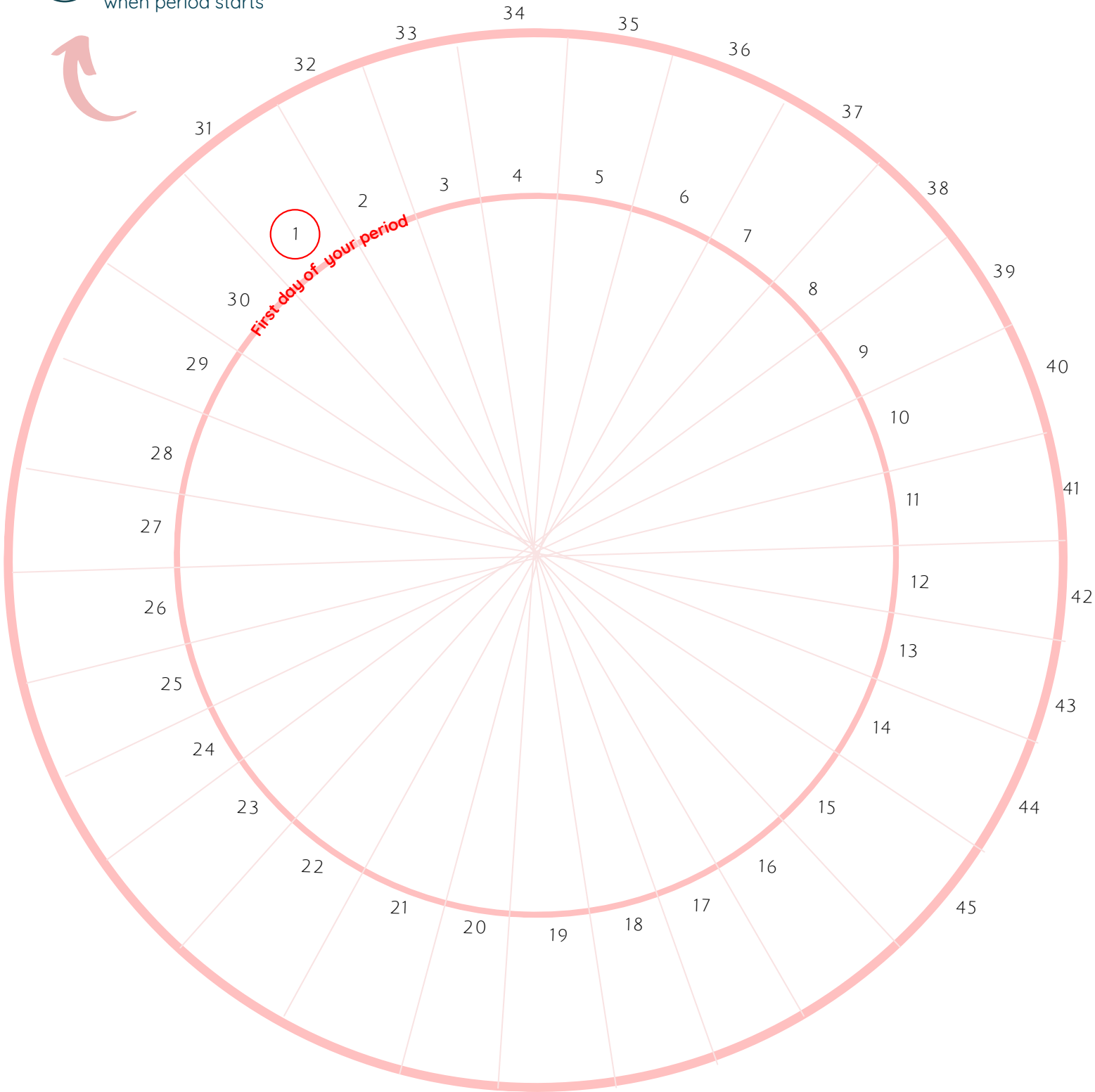




YOUR MOON CYCLE TRACKER

Month 1

○ Moon phase
when period starts



Q

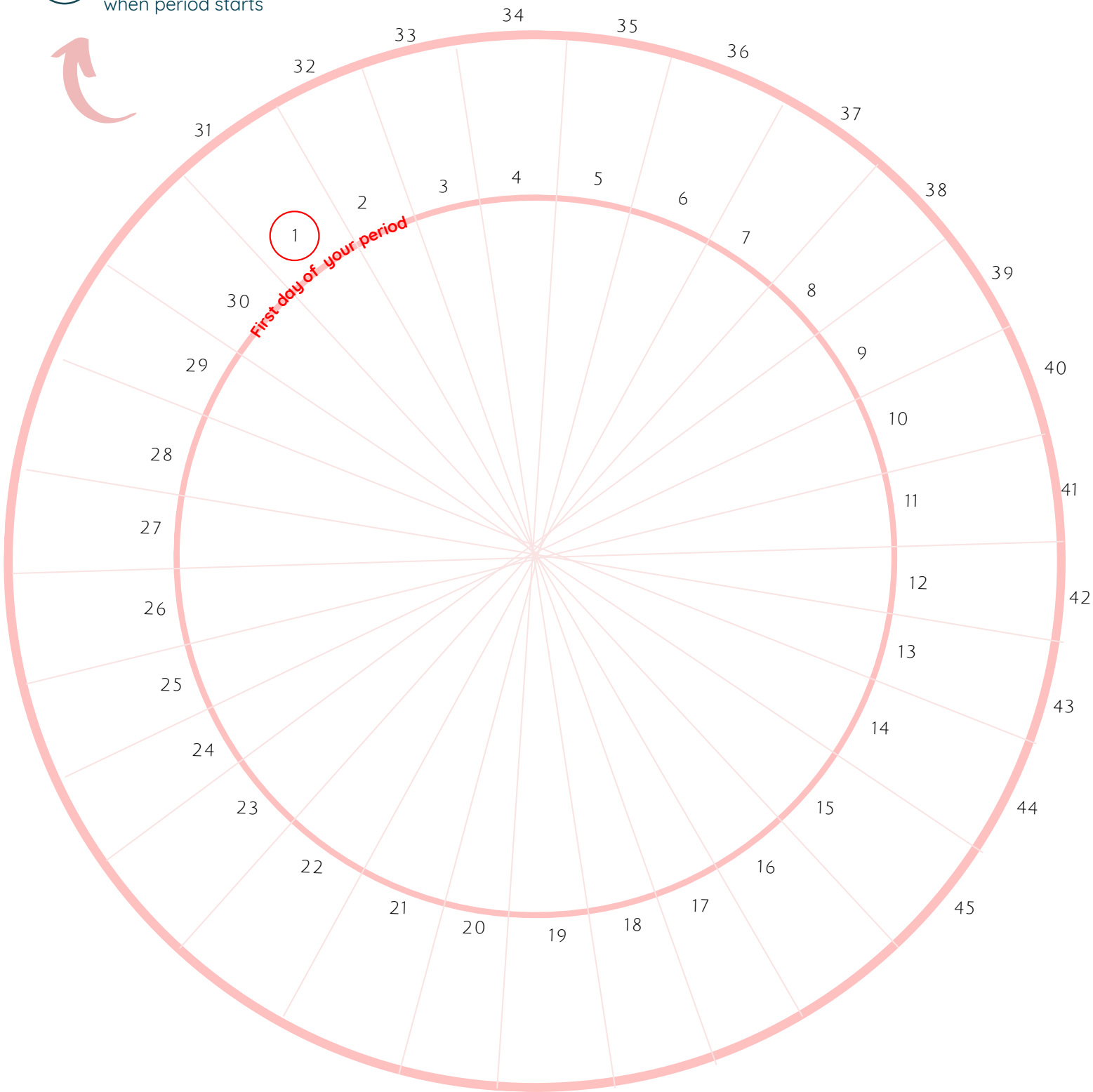
What insights have you gained over this cycle? Can these insights help you plan better for your next cycle?



YOUR MOON CYCLE TRACKER

Month 2

○ Moon phase
when period starts



Q

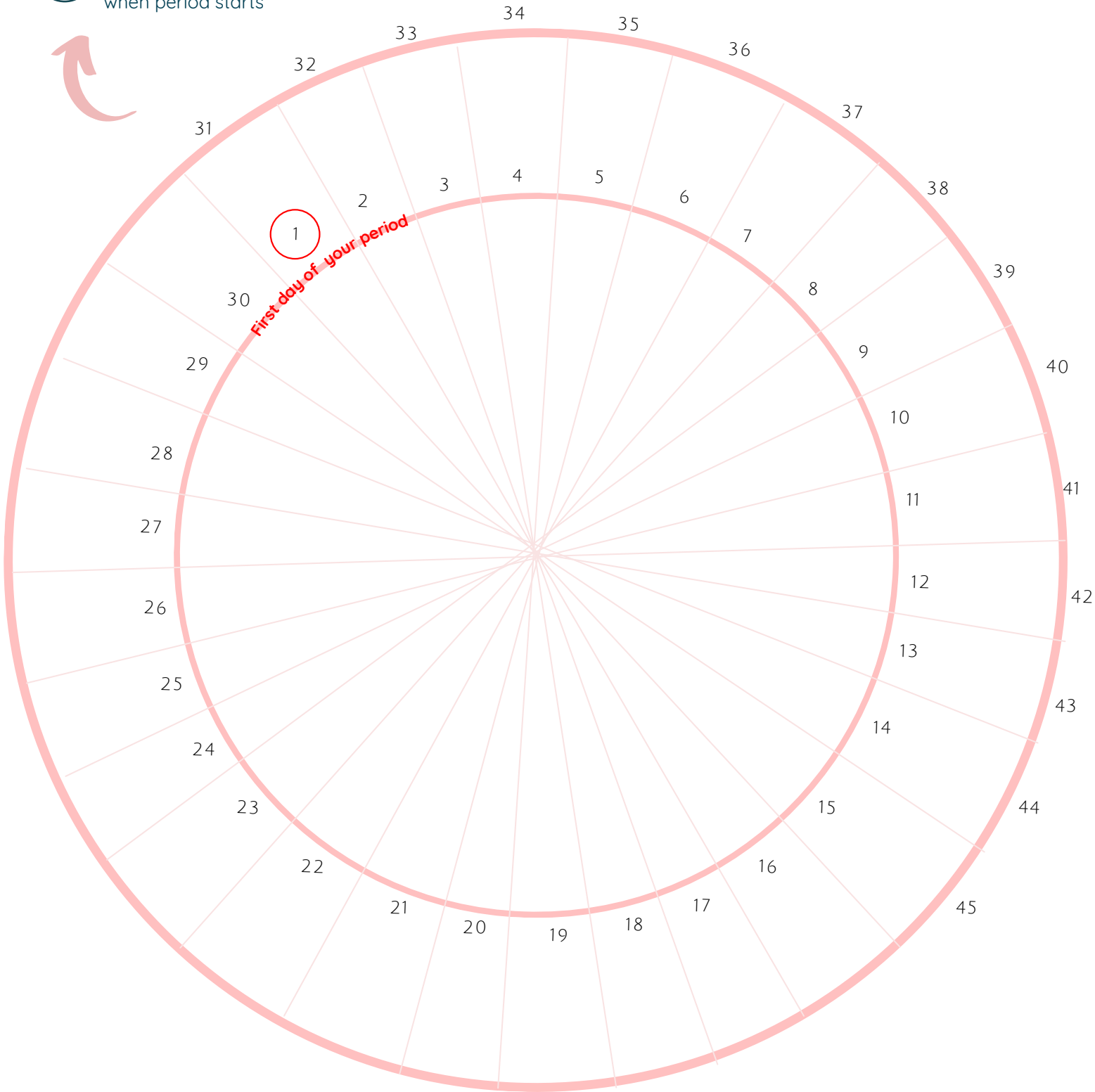
What was your intentions for this cycle? And did it happen?



YOUR MOON CYCLE TRACKER

Month 3

○ Moon phase
when period starts



What days were easier and harder and why? Do you better understand what your cycle is telling you about yourself?

BREAKING THE PERIOD STIGMA



The stigma around our monthly cycles and periods have been so universally ingrained, that we have to take time to re-evaluate how this might have affected our health and period. Answer these questions below to evaluate your own personal journey:

1. Write down any negative experience that you may have encountered during your life in relation to your period and cycle. This might have been from friends, family members, your partner or in another social setting.

2. Did this affect the way you looked at and experienced your period?

3. How did you experience your first period? This is called menarche (first period). Were you prepared or shocked? Did you feel comfortable to ask your mother, father or friends for help?

(*You are more than welcome to share this with a friend, family member or our group. Many women have similar stories to yours and by sharing your difficult experience, you might let go of unwanted trauma you experienced.)

4. How do you think the period stigma will change for our future generations?
