



MENSTRUATION CHART

	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	33	34	35	36	37	38	39	40								
DAY																																																
MONTH																																																
BLOOD/MUCOUS																																																
Sensation																																																
Characteristics																																																
Amount																																																
Energy Level Up/Down																																																
Focus Inward/Outward																																																
Thoughts Positive/Negative																																																
Dreaming Yes/No																																																
Aches/Pains/Headache																																																
Nausea																																																
Bowel - constipated/diarrhoea																																																
Skin - itchy / breakout																																																
Breasts - full / painful																																																
Fluid Retention																																																
Food Cravings																																																
Colour Preferences																																																
Moon Phase																																																
Medication																																																