

Welcome!

So, cycle tracking! You might already be using an app, which is awesome! I find apps are a great way for us to ease into understanding our bodies more and starting to count where we're at.

We're going to be taking a little adventure through written tracking

What is written tracking?

It's taking a little time for ourselves each day to check in with our bodies and see how we're feeling. Whether it's 2 minutes or 20, you could be someone who drops in quickly or really relishes in sitting down to write and self investigate.

It can be as simple as

*"full hibernate, too periody to even write"*

*or "why have I been salivating at how cute some people smell today?"*

*"Feeling fineeeee, and horny af"*

*"today not even coffee made anything better, god my boobs hurt"*

Yes they are taken from my personal tracker, and they're all a bit indicative of where we can be in our cycles and how everything can shift around.

There are so many wonderful trackers out there, this one I've made with the main things I've found useful to track around my cycle. You don't need to fill every box! Look at it as a way to explore what might be going on for you as the month goes along.

The chart is broken into:

**Moon phase**- maybe a bit woo for some, but a good way to tune into the external world

**Emotions**- vibe of the day!

**Sleep**- sleep affects our hormones and hormones affect our sleep. Start to notice when sleep might be more difficult

**Energy**- bouncing or dragging your feet?

**Digestion**- tends to slow at the end of cycle as hormones drop so it's a good indicator of where you're at.

**Fluid**- This definitely isn't a crash course on cervical mucus, it is however handy to jot down when you can feel a bit going on. Feeling very wet/ moist/ dry etc. cervical mucus in terms of fertility is peaking around ovulation, so getting familiar with the feeling is good body literacy.

**Craving**- That old chocolate craving isn't just a farce, our bodies crave magnesium later in our cycle and good quality chocolate is a solution. Those cravings can be signals from our bodies for what we need

Print away, tell your friends, do it for a couple of cycles and start to see your unique patterns emerging. Also definitely advise putting dates or cycles. And note when you have your period!

Much love,

Alex x

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