FREE CYCLE AND MOOD WORKSHEET · FOR WOMEN

Your cycle and *your mood*

Your body and your emotions are connected. Many women notice their mood, energy and sleep shift across their menstrual cycle. Tracking it can help you understand yourself, plan with wisdom and treat yourself with compassion.

Menstrual phase

About days 1 to 5

You might notice: Energy is often lower and you may feel more inward or tired.

Care ideas: Rest without guilt, warmth, gentle movement, iron rich foods, extra grace for yourself.

Follicular phase

About days 6 to 13

You might notice: Energy and motivation often rise. Many feel more hopeful and creative.

Care ideas: Plan, start new things, connect with others, try new movement.

Ovulatory phase

About days 14 to 16

You might notice: Many feel most social, confident and energized.

Care ideas: Hard conversations, gatherings, serving, time with people you love.

Luteal phase

About days 17 to 28

You might notice: As the period nears, some notice irritability, sadness, anxiety, cravings or poor sleep.

Care ideas: Slow down, protect sleep, steady meals, lighten your schedule, name your feelings.

A gentle reminder

Every body is different. Cycles can be shorter or longer, and the days above are only a guide. Count day 1 as the first day of your period. Hormonal birth control, pregnancy, postpartum, perimenopause and health conditions can all change your pattern.

If you notice intense sadness, anxiety, anger or hopelessness that shows up before your period and affects your relationships, work or daily life, please talk to your doctor or a therapist. Support is available, and you are not overreacting.

Your body is not working against you. It is talking to you.

CYCLE AND MOOD TRACKER

Track one cycle

Start on day 1 of your period. Write M, F, O or L for your phase (Menstrual, Follicular, Ovulatory, Luteal). Fill one circle for mood and energy (1 is low, 5 is high). Cycle start date: _____

DAY	PHASE	MOOD 1 TO 5	ENERGY 1 TO 5	NOTES (SLEEP, CRAVINGS, FEELINGS, WHAT HELPED)
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		○ ○ ○ ○ ○	○ ○ ○ ○ ○	