

Evelation



Don't work
against your
body

PERIOD TRACKER

Month: _____

Monthly Cycle Calendar								
Date	Cycle day	Symptoms			Mood			Notes
		Physical	Emotional	Energy (1-5)				
1								
2								
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29								
30								
31								

Monthly Cycle Calendar						
Date	Cycle day	Flow			Mood	
						

Mood balance	
Positive days	Negative days

Cycle summary

PERIOD TRACKER

	J	F	M	A	M	J	J	A	S	O	N	D
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31												

Symptoms

- ☐ Cramps (location, intensity)
- ☐ Bloating
- ☐ Headaches or Migraines
- ☐ Breast Tenderness
- ☐ Mood Swings
- ☐ Fatigue
- ☐ Acne
- ☐ Digestive Issues

Mood & Mental Health

- ☐ Anxiety
- ☐ Depression
- ☐ Irritability
- ☐ Libido changes

Flow Intensity (Daily)

- Day 1       
- Day 2       
- Day 3       
- Day 4       
- Day 5       
- Day 6       
- Day 7       
- Day 8       