Hormone Tracker	Cycle Day																													
	Date																													
	Phase																													
	Basal Body Temp																													
Physical	Cervical Mucus/Bleed																													
	Cramps																													
	Bloating																													
	Fatigue																													
	Soreness																													
	Headaches																													
	Arousal																													
	Sensory Sensitivity																													
	# Bowl Movements																													
	Appetite																													
	Energy Level																													
	Acne/Breakouts																													
Emotional	Joyful/Excited																													
	Calm/Content																													
	Sensitive																													
	Trouble Concentrating																													
	Foggy/Poor Memory																													
	Sad/Tearful																													
	Angry/Irritable																													
	Confidence Level																													
Habitual	Meditation																													
	Movement																													
	Self-Care																													
	Intimacy/Pleasure																													
	Hours of Sleep																													
	Sleep Quality																													
	Dream Intensity																													
	Vitamins/Meds																													
	Creation/Play																													
	Adequate Hydration																													

SIMPLECYCLE

KEY											
	Fillable Boxes	None/Not Occuring.	Somewhat/Mild.	Moderate/Present	Moderate/Severe	Extreme/Intense.					
	Letters/Symbols	* = Check if completed/Engaged in that day	W = White	CR = Creamy	ST = Sticky	SR = Stringy	B = Bleeding	SP = Spotting	CL = Clots	PD =Pink Discharge	GB = Gray or Black Discharge