

Monthly Cycle Tracker

Guided Fertility™ | guidedfertility.com

Month: _____

Cycle Day 1 Date: _____

Phase	Follicular Days 1-14														Luteal Days 15-28								Notes						
	Menstrual (1-5)														Ovulatory (13-15)														
Category	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	
Flow (H/M/L/S/-)																													
Blood Color (R/Pk/Pu/Br)																													
Cervical Mucus (D/St/C/EW)																													
Pain Level (0-10)																													
Mood (😊😐😞😫)																													
Energy (H/M/L)																													
LH Surge/OPK (+/-)																													

LEGEND

● Flow: H=Heavy M=Medium L=Light
S=Spotting -=None

🌸 Color: R=Red Pk=Pink Pu=Purple Br=Brown

● Mucus: D=Dry St=Sticky C=Creamy
EW=Egg White

● Energy & Mood: H=High M=Medium L=Low

Cycle length this month

_____ days

Period length

_____ days

Estimated ovulation day

Day _____

Notes / Observations this cycle:

