

Menstrual Cycle Observations



Take a pen and recall the superpowers you have during each phase of your menstrual cycle.

Write down your observations such as what you were good at and what you felt for each phase. Journal this down for the next four cycles.

Cycle 1, Observations:

Menstruation	Follicular	Ovulation	Luteal



Menstrual Cycle Observations



Cycle 2, Observations:

Menstruation	Follicular	Ovulation	Luteal

Cycle 3, Observations:

Menstruation	Follicular	Ovulation	Luteal



Menstrual Cycle Observations



Cycle 4, Observations:

Menstruation	Follicular	Ovulation	Luteal

