

Menstrual Chart

Use this chart to track the seasons for your menstrual month

1. Day 1 is the first full day of your period
2. You can add the phases of the moon on the outside ring if you would like to
3. Counting from your day 1, put in today's date
4. In 'flow' note any periods, blood or cervical mucus
6. In 'feelings' note energy levels, emotion, events, stress, joys or symptoms you feel are important
7. See P 58 of *Second Spring* for more information

month -

year -

The chart is a circular diagram with concentric rings and radial lines. The outermost ring is labeled 'moon' at the top. The next ring inward is labeled '29 day & date 1' at the top. The third ring is labeled 'flow' at the top. The innermost ring is labeled 'feelings' at the top. The chart is divided into 29 segments by radial lines. The segments are numbered 1 through 29, starting from the top and moving clockwise. The numbers 1 through 29 are placed on the outer edge of the chart, corresponding to each segment. The chart is designed to be used by marking the moon phase, day & date, flow, and feelings for each day of the menstrual cycle.