WOMEN'S NETWORK RESOURCE

My menstrual cycle tracker

A simple tracker to help you notice patterns in your cycle, mood, energy and ADHD symptoms. Fill it in on screen or print it.

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Month / year: _____

Typical cycle length (if known): _____

First day of bleeding: _____

Anything important to note: _____

Daily cycle log

Mark the boxes or add a few words each day. Day 1 is the first day of your period. You do not need to complete every box.

Cycle day	Date	Bleeding none / light / mod. / heavy	Mood / emotions	Energy	Sleep	ADHD symptoms or medication effect	Other symptoms / notes
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
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22							
23							
24							
25							
26							
27							
28							
29							
30							
31							

Patterns I noticed this month

Look back over your daily log and note anything that stood out.

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Symptoms or changes that felt most noticeable

When they happened (cycle day / dates)

Questions or points to discuss with my clinician

Good to know

This tracker is for noticing patterns, not diagnosing a condition. Share it with your clinician if it is helpful. Everyone's cycle is different, and some people have irregular or no periods.