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# Period Journal

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A 30-Day Guided Journal



Tracker

Created with LoomJournals

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# How to Use This Journal

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Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns



Scan for a detailed guide on how to use this journal

# Period Journal

Date: \_\_\_\_\_

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Cycle day	_____	_____	_____	_____	_____	_____	_____
Cycle Phase	_____	_____	_____	_____	_____	_____	_____
Flow Intensity	_____	_____	_____	_____	_____	_____	_____
Pain level (1-10)	_____	_____	_____	_____	_____	_____	_____
Mood (1-10)	_____	_____	_____	_____	_____	_____	_____
Energy level (1-10)	_____	_____	_____	_____	_____	_____	_____
Bloating	<input type="checkbox"/>						
Cravings	<input type="checkbox"/>						
Headache	<input type="checkbox"/>						
Notes	_____	_____	_____	_____	_____	_____	_____

## Notes

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Flow Intensity	_____	_____	_____	_____	_____	_____	_____
Pain level (1-10)	_____	_____	_____	_____	_____	_____	_____
Mood (1-10)	_____	_____	_____	_____	_____	_____	_____
Energy level (1-10)	_____	_____	_____	_____	_____	_____	_____
Bloating	<input type="checkbox"/>						
Cravings	<input type="checkbox"/>						
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Notes	_____	_____	_____	_____	_____	_____	_____

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Flow Intensity	_____	_____	_____	_____	_____	_____	_____
Pain level (1-10)	_____	_____	_____	_____	_____	_____	_____
Mood (1-10)	_____	_____	_____	_____	_____	_____	_____
Energy level (1-10)	_____	_____	_____	_____	_____	_____	_____
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Flow Intensity	_____	_____	_____	_____	_____	_____	_____
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Mood (1-10)	_____	_____	_____	_____	_____	_____	_____
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Notes	_____	_____	_____	_____	_____	_____	_____

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Flow Intensity	_____	_____	_____	_____	_____	_____	_____
Pain level (1-10)	_____	_____	_____	_____	_____	_____	_____
Mood (1-10)	_____	_____	_____	_____	_____	_____	_____
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Notes	_____	_____	_____	_____	_____	_____	_____

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