

YONI

YONI

The Menstrual Cycle Tracking Journal

WomanOfTheWomb

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TheFallBackUp

Yoni, The Book: The Menstrual Cycle Tracking Journal

Self-Published

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*To every woman embarking on the journey of
self-discovery, embracing the power and beauty
of her body's natural rhythms*

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1

Learning to Love Your Period

The menstrual cycle is an integral part of womanhood that marks the initiation from one phase of life to the next, yet it is often tainted by negatively held societal perceptions, misconceptions, and taboos. A time in a young woman's life that should be honored and celebrated is often overshadowed by fear, disgust, and often, lack of knowledge. Unfortunately, for many young women, this is a time that is shrouded in silence, surrounded by myths and misconceptions, causing unnecessary stigma and embarrassment. This societal discomfort has hindered open discussion, leaving many women feeling isolated in their experiences. However, by shedding light on these stigmas and embracing our menstrual health as a natural and important aspect of our lives, we can begin to break down these barriers and reverse some

of the common ailments that we see today regarding menstrual and reproductive health.

Many of the ailments that we see today, while they may be common, are not normal. With simple shifts in lifestyle, diet, and overall attitude and disposition about the menstrual cycle, we can shift the cultural belief that periods and the menstrual cycle altogether are something to dread. *Yoni, The Book*, written as a companion book to this journal, is the first step in learning to embrace the power of womanhood, femininity, and the menstrual cycle to reverse this narrative that a woman's natural physiological functions are a "curse."

It's a widespread misconception that suffering through menstrual cramps is inevitable. However, persistent pain can be indicative of underlying conditions such as endometriosis, fibroids, or hormonal imbalances. The prevalence of these conditions is startlingly high, with endometriosis affecting approximately 1 in 10 women during their reproductive years. Recognizing the difference between what is common and what is healthy is essential in advocating for our health and well-being.

The factors contributing to menstrual discomfort are numerous and often interconnected. Hormone disruptors, found in various everyday items like

certain plastics and personal care products, can interfere with our body's endocrine system, leading to imbalances and irregularities in our cycle. Studies have shown that chemicals such as BPA and phthalates can mimic or block natural hormones, exacerbating menstrual irregularities. Additionally, lifestyle factors such as diet, stress, and exercise play significant roles. A diet high in processed foods, artificial sugars, artificial flavorings, and low in essential nutrients can exacerbate hormonal imbalances, while chronic stress can disrupt the hypothalamic-pituitary-gonadal axis (the areas of the body that regulate and produce our hormones), affecting menstrual regularity. Unfortunately, many healthcare providers even prescribe hormonal birth control as a means to regulate menstrual cycles and ease chronic ailments, but this often further exacerbates the issues.

In recent years, there has been a growing interest in natural and holistic approaches to menstrual health. Practices like yoni steaming, an ancient tradition involving sitting or squatting over steaming water infused with medicinal herbs, have been used to support the female reproductive system, which is explored more in-depth in *Yoni, The Book* and *The Yoni Steam Guidebook*. Similarly, spending more time in nature can help realign our natural circadian and infradian rhythms, which in turn can support

hormonal balance. Learning to embrace rest and proper sleep schedules are also highly important factors in improving our menstrual cycle health, as studies have shown that poor sleep quality can negatively affect menstrual regularity and exacerbate premenstrual symptoms. Similarly, reducing exposure to artificial light, especially blue light from screens, is crucial as it can disrupt our natural sleep-wake cycle and hormonal secretion.

Beyond the physical aspects, the way we perceive and relate to our menstrual cycle also has deep psychological implications. Negative attitudes towards menstruation are not just a matter of discomfort or inconvenience, but on a deeper level, they can lead to a disconnection from our bodies that ultimately impacts our self-esteem and overall mental health. This disdain can be internalized, manifesting as feelings of shame or embarrassment about a natural bodily function. When we become blocked off from our periods—mentally, emotionally, physically, and spiritually—it disrupts our internal compass, disconnects us from our intuition and empathic nature, removes us from our cyclical nature and connection to the earth itself, and causes us to lose touch with the signals and messages that our body sends to us through the phases of our menstrual cycle.

The journey of learning to love our menstrual cycle is a journey back to learning to love our bodies, learning how to listen to the energy and signals we receive, knowing how to honor the different phases of our cycle and our energetic input and output, and understanding how to interpret the overall health of our bodily systems. Everything from the color of our blood to the heaviness of our menstrual flow to the synchronicities or irregularities between one cycle to the next reveals something about our mental, emotional, physical, and spiritual health. This journey is not just about alleviating discomfort, shortening our periods, or learning how to reduce our cramps, but about nurturing a relationship with ourselves that is rooted in respect and love. By doing so, we not only improve our menstrual health but also empower ourselves to live more harmoniously, both within our bodies and within the world.

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The Anatomy of the Yoni

Many people are unaware of the female reproductive anatomy and its basic functions. This lack of awareness is harmful because it impacts our connection to ourselves and our body and also our overall health. If we do not even have a basic understanding of our anatomy and how these parts function, we are less likely to recognize underlying health issues, we are more prone to unnecessary medications and medical practices, and this can even negatively impact many women's birthing experiences simply because they are severely underprepared about the way the body functions and what to expect.

The roots of this ignorance are deeply rooted and multifaceted. Historically, conversations around female anatomy and sexuality have often been seen as taboo. This is partly due to religious beliefs that have long stigmatized open discussions, and even self-exploration, about the female body and its

reproductive functions. In many cultures, menstruation and reproductive health have been associated with myths and misconceptions, often leading women to be excluded and marginalized. Beliefs such as impurity or sinning against God prevent many young women from receiving proper guidance and information regarding their bodies, and they are often left to their authority to learn and figure things out on their own. Unfortunately, this ignorance and lack of guidance can lead to unforeseen circumstances—such as STIs, STDs, teenage pregnancy, improper hygiene, etc—that further perpetuate shame, ridicule, and ostracism.

Education systems across the globe also play a role in this lack of awareness. In many countries, sex education is either inadequately addressed or completely overlooked. When it is taught, the curriculum often focuses on the mechanics of reproduction and the prevention of sexually transmitted infections and pregnancies, with little attention given to the complexities of female anatomy and reproductive health. This leaves a significant gap in understanding, not only for women but for society as a whole.

The consequences of this can be far-reaching. On a personal level, many women grow up with a limited

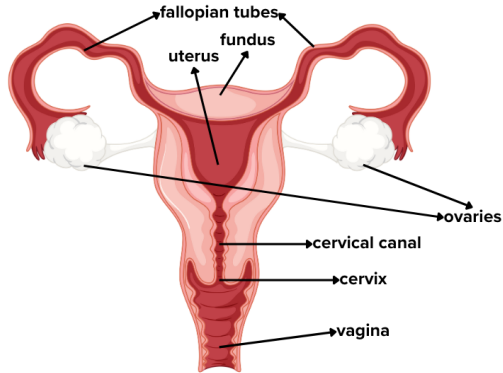
understanding of their bodies, which can lead to challenges in recognizing and addressing health issues. The shame and taboo surrounding such topics can also lead to a fear of speaking out or seeking help when health issues do arise, leaving many young women to suffer in silence, which could ultimately result in long-term health consequences. A study by the American College of Obstetricians and Gynecologists found that many women are not familiar with the basic anatomy of their reproductive system, which can hinder their ability to identify abnormal symptoms and seek timely medical advice. Not to mention the impact that this has on women during their childbearing years. Unfortunately, many women enter into this pregnancy journey completely unaware of the natural changes and processes their bodies will undergo while carrying a child, which can lead to unintended complications and outcomes that ultimately could be avoided.

This lack of awareness also has broader implications for healthcare. Misunderstandings about female anatomy can lead to misdiagnoses and inadequate treatment. Conditions like endometriosis and polycystic ovary syndrome (PCOS), which affect millions of women worldwide, often go undiagnosed or are diagnosed too late due to both patients' and

sometimes even healthcare professionals' limited understanding of reproductive health.

Furthermore, the stigma and silence surrounding female reproductive health also have widespread societal consequences. They perpetuate gender inequalities and often reinforce the idea that women's bodies are somehow problematic. This can lead to policies and practices that are not inclusive of women's health needs or that do not prioritize reproductive health.

Before diving into the phases of the menstrual cycle and learning the art of tracking your cycle, it's important to get well acquainted with the overall female reproductive anatomy and the basic functions of each part.



fallopian tubes -

the two slender tubes that extend from the sides of the uterus to the ovaries. Their primary function is to transport the egg (ovum) from the ovary to the uterus. Fertilization of the egg by a sperm typically occurs in the fallopian tubes.

fundus -

this is the upper part of the uterus, where the uterus is at its widest and highest point, above the openings of the fallopian tubes. The fundus stretches to accommodate a growing fetus during pregnancy.

uterus -

The uterus, also known as the womb, is a hollow, pear-shaped organ located in the pelvis. The uterine lining is where a fertilized egg is implanted during pregnancy and where the placenta attaches. It supports fetal development during pregnancy.

ovaries -

The ovaries are two small, almond-shaped organs located on either side of the uterus. They are responsible for producing eggs (ova) and secreting the hormones estrogen and progesterone, which are vital for reproductive and menstrual cycles.

cervix -

This is the lower part of the uterus that opens into the vagina. Its functions include allowing the flow of menstrual blood from the uterus into the vagina, directing the sperm into the uterus during intercourse, and softening and thinning during childbirth to allow the fetus to pass through.

vagina -

the muscular canal that connects the cervix and the vulva. It accommodates the penis during sexual intercourse and serves as the pathway for a baby to be delivered during childbirth and for menstrual fluids to be expelled from the body.

vulva -

The external part of the female genitalia. It encompasses the labia majora, labia minora, clitoris, and the openings of the vagina and urethra.

clitoral hood -

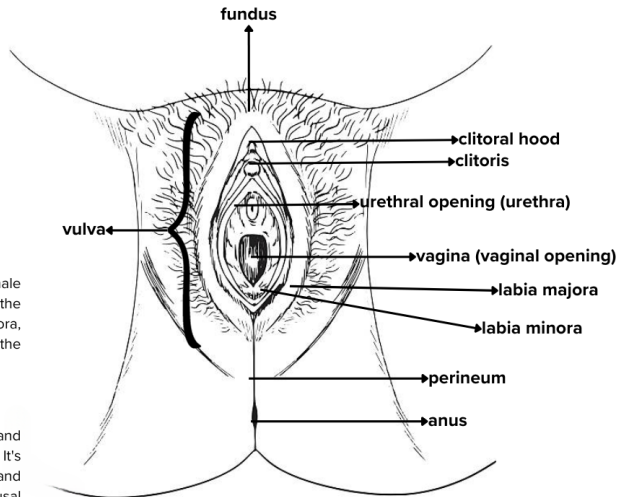
A fold of skin that surrounds and protects the clitoral glans. It's akin to the foreskin in males and can retract during sexual arousal to expose the clitoral glans.

clitoris -

An erectile organ primarily involved in sexual arousal and sensation. It contains a high concentration of nerve endings and is similar to the male penis during the embryonic stage and in erectile ability.

urethra -

A tube that connects the bladder to the external body, allowing for the excretion of urine.



labia majora -

The outer lips of the vulva, they are larger, fleshier, and often have more hair. They serve to protect the inner structures of the vulva, like the labia minora, clitoris, and vaginal opening

labia minora -

the inner lips of the vulva, thinner and more pigmented. They surround and protect the openings of the vagina and urethra, and can swell with blood during sexual arousal.

perineum -

The area of skin and tissue between the vagina and anus. It's an erogenous zone for some women and can stretch or tear during childbirth.

anus -

The opening at the end of the digestive tract where feces exits the body. It is not part of the reproductive system, but it's located close to the genital and urinary systems in females.

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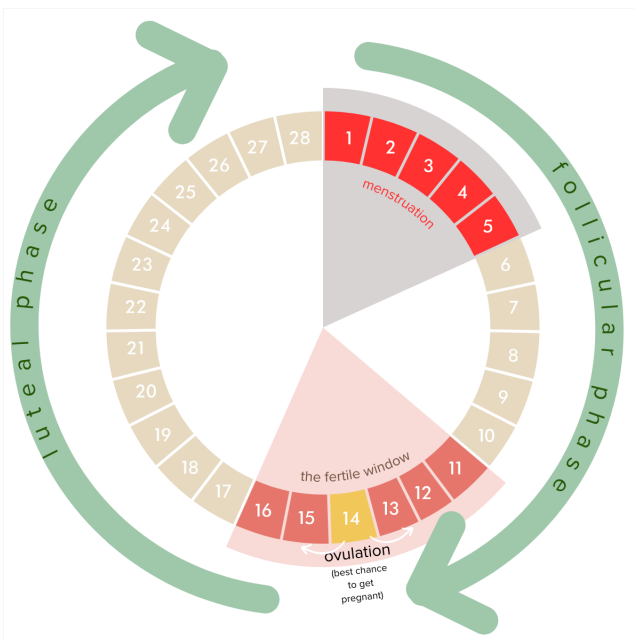
The Phases of the Menstrual Cycle

The menstrual cycle is an intricate process that goes beyond monthly menstruation (what we refer to as our “period”), and learning how it functions is an integral part of female reproductive health. It’s a finely-tuned process of hormonal fluctuations and physiological changes, where each phase plays an important role in preparing the body for potential pregnancy. If you are not pregnant, your hormones signal to your uterus to shed its lining, which becomes your period and marks the beginning of the menstrual cycle. This cycle is not just a biological function but a barometer of overall health, providing clues about our overall state of health.

Each phase—the menstrual, follicular, ovulatory, and luteal—is composed of unique hormones and bodily changes, influencing not just reproductive

health but also mood, energy levels, and overall well-being. Understanding the menstrual cycle is not just essential for managing monthly periods; it's also crucial for empowering women to connect deeply with their bodies, recognize patterns or deviations in their health, and make informed decisions about contraception, fertility, and overall wellness. This knowledge also plays a pivotal role in breaking down the taboos and stigmas that typically surround women's reproductive health.

Below, we'll dive deeper into the four phases of the menstrual cycle and the changes that occur within the body during each distinct phase. This is an essential component in charting and tracking the monthly cycle, which we will explore more in later chapters of this book.



A complete menstrual cycle is measured from the first day of your period to the first day of your next period, with the average menstrual cycle lasting 28-29 days, although this number can vary depending on age and health. It can range from 21-35 days in adults and 21-45 days in young teens, with even greater variations depending on other health factors and conditions. Each phase is characterized by hormonal changes, changes in basal body temperature (BBT), energy level shifts, and cervical mucus changes.

1. Menstrual Phase (day 1 - 5)

The menstrual cycle begins on the first day of menstruation, when (if no pregnancy has occurred) the lining of the uterus sheds, resulting in bleeding. The period contains blood, mucus, and some cells from the uterine lining (endometrium) that are no longer needed. The average length of a period is three to seven days but may vary based on the individual. Periods that last longer than this may be an indication of adverse health.

2. Follicular Phase (day 1-12)

The follicular phase overlaps with menstruation and begins on the first day of your period, lasting until ovulation begins. During this phase, the pituitary gland in the brain releases follicle-stimulating

hormone (FSH), which stimulates the ovaries to produce around 5-20 follicles. Each follicle contains an immature egg (oocyte) where eventually only the healthiest egg matures while the others disintegrate—though on rare occasions, more than one egg may mature. This process typically happens around day 10. During this time, estrogen levels start to rise, leading to the thickening of the uterine lining in preparation for pregnancy. Women might experience an increase in energy and libido during this phase. This is also a time when basal body temperature typically remains lower, while cervical mucus (discharge) begins as scant and sticky, becoming more creamy and white as ovulation approaches.

3. Ovulatory Phase (day 13-15)

During this phase, a mature egg is released from the ovary—triggered by a surge in luteinizing hormone—and travels along the fallopian tube towards the uterus to be fertilized by sperm. Although ovulation lasts between 12-24 hours, since sperm can survive inside the female body for up to five days, it is possible to get pregnant in the five days leading up to and including the day of ovulation. Some of the most common symptoms of ovulation include a slight rise in basal body temperature (your body's temperature while you're resting), thicker discharge that's clear and

stretchy and resembles egg whites, which helps sperm swim easily up the cervix towards the egg, spotting, or slight pain that is known as *mittelschmerz*. If the egg meets sperm in the fallopian tubes, it may become fertilized resulting in pregnancy where it is then implanted in the uterine wall. However, if the egg is not fertilized, it will eventually break down and be released from the body during your period.

4. Luteal Phase (day 16-28)

After ovulation, cells in the ovary (referred to as the corpus luteum) begin producing progesterone and small amounts of estrogen. These hormones continue to aid in thickening the uterine lining, preparing it for the possible implantation of a fertilized egg. If the egg is not fertilized, the corpus luteum disintegrates, leading to a drop in progesterone, signaling the body to begin menstruation. Basal body temperature (which you will later see referred to as BBT in the menstrual cycle tracking section of this journal) remains elevated during this phase until the end of the cycle and cervical mucus becomes thicker and less hospitable to sperm.

Understanding these phases helps in recognizing normal patterns and identifying potential issues in reproductive health. It empowers women to make informed decisions about their bodies, from family

planning to addressing menstrual irregularities. For those who are interested in becoming pregnant or those who wish to avoid pregnancy but may not necessarily want to use invasive or hormonal birth control methods, then it is important to learn how to track your menstrual cycle. The final section of this book includes a four-year calendar from 2024-2027 for you to keep track of important changes to your cycle.

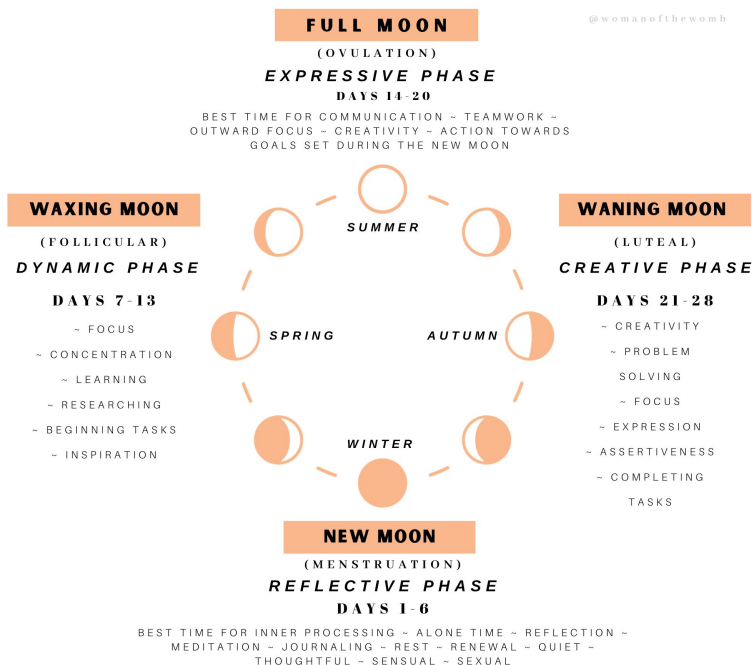
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How the Moon Affects a Woman's Cycle

Indigenous communities have long held an intimate connection with the moon, recognizing its influence on the ebb and flow of life—its literal push and pull, affecting our complete sense of gravity and roundedness to the Earth, as well as its effects on the movement of water on our planet. In this same fashion, the moon itself influences, pushes, and pulls upon the waters within our blood and our bodies. In this way, it is also intrinsically tied to the primordial waters of the womb and the energy of the divine feminine. In astrology, the Moon represents our inner world, our connection to “mothering,” and our maternal ancestral lineage—the thoughts, emotions, stories, generational patterns, and even generational gifts that we inherit and carry from our ancestors. The moon, with its rhythmic dance, is a reflection of the

woman and her phases, and as women, we are the custodians of this lunar energy as we move through our own lives and energetic cycles.

For Indigenous people, the moon was not just a celestial body, but it was a revered guidepost that illuminated the passage of time and the changing seasons. The shifts in the moon even guided agricultural work such as marking the seasons of planting and the seasons of harvesting and reaping. Women, in particular, held a unique relationship with the moon. Just as the moon waxes and wanes, so does a woman's body (and thus her energy levels) ebb and flow throughout her menstrual cycle. Just like nature and its seasons, we as women are also cyclical creatures. Our menstrual cycles move through four phases (menstruation, follicular, ovulation, luteal), just as we have the four seasons (winter, spring, summer, fall) and the four main phases of the moon (new moon, waxing moon, full moon, waning moon). Just as the lunar month spans approximately 28 days and is comprised of 13 cycles to complete a full year, a woman's menstrual cycle is typically (though there are exceptions) 28 days long with an average of 13 periods each year. Through this intricate connection, women were seen as conduits of creation, aligning their life-giving energy with the moon's. The diagram below (though this may not be true for everyone) depicts the



phases of the menstrual cycle and the associated seasons and phases of the moon, as they embody similar energies and principles. Being aware of this can help you to understand your body's natural flows and how to operate in sync with your unique bodily rhythm. This can also help women to better chart their cycles and become more aware of the specific side effects that accompany each phase. For young women who are first learning about their menstrual cycles, and even women who prefer natural family planning methods rather than medical birth control contraceptives, this can be an essential tool in

charting their monthly cycle and knowing when they are ovulating, when they are most fertile, and when they can expect the onset of their period.

This connection to the moon extends beyond the physical realm, diving into the realms of the spiritual and the intuitive. Indigenous women recognized the moon's influence on their energy cycles, often referring to their menstrual periods as a time when they experienced heightened sensitivity and connection with the unseen. The moon's phases guided ceremonies, rituals, and decisions, as indigenous cultures understood that their connection with the moon bridged the gap between the material and the ethereal.

In Indigenous wisdom, the moon wasn't a distant entity but a living embodiment of feminine energy and power. The moon was seen as a guardian of cycles, a keeper of secrets, and a source of inspiration. Women held a revered place as the keepers of lunar traditions –through storytelling, art, and rituals that celebrated the moon's influence on their lives. The wisdom held by grandmothers and medicine women was passed down, nurturing a deep understanding of the moon's impact on fertility, intuition, and interconnectedness.

As the world modernized, the threads that bound indigenous cultures to the moon began to fray.

Disruption from colonization, industrialization, and the imposition of foreign values eroded the symbiotic relationship between people and the land, severing the ties to the moon's wisdom. With the rise in artificial lighting, constant stimulation of electronic devices, ceaseless rush and movement of everyday life, and distancing of communities from nature, the intuitive connection between women's bodies and the moon was disrupted, casting shadows on ancient practices.

This disconnect from these ancient practices, the loss of ceremony, and the dismantling of the structure that provided safety and shelter for women to commune together menstruate, birth babies, heal, nurture children, and share in their collective spiritual insight is what has set the tone for the imbalance we not only see in nature and the structure of society, but also in the physical imbalances that we see with women's overall reproductive health and connection to their womb space. Irregular menstrual cycles, hormonal imbalances, and disconnect from nature's rhythms have become dishearteningly common.

As we continue to return to these ancient practices, reviving the ways of our indigenous ancestors, we also return to nature and back into alignment with our own natural ebbs and flows. As women, when we

relearn to operate according to our cycles, we learn how to better exert our energy and utilize our power of giving birth to also help us give birth to ideas and visions. This is why one of the first steps to reclaiming your power and activating the gifts and treasures that are stored within your body is learning how to reconnect with your womb by reconnecting with your menstrual cycle. So many women suffer in their relationship with their menstrual cycle, often viewing it as a curse. This is also something that has been collectively programmed into us through religion and colonization, which was a major factor in separating our indigenous ancestors from their natural practices.

Studying the moon phases is important for us to gain a better understanding of how the energy of the divine feminine flows. This not only helps us to restore balance in our own lives and work *with* our energies rather than against them, but it also helps us to reverse the physical ailments that are on the rise in women's health.

In various cultures around the world, menstruation is often steeped in stigma, viewed as something impure or unclean. This perspective on a woman's period has led to numerous practices and treatments that can be discriminatory and isolating. In some communities, women are barred from participating in

regular activities; they are restricted from entering sacred spaces, engaging in communal rituals, or even, in extreme cases, staying in their own homes. This practice, known as menstrual seclusion, forces women to reside in specific huts or isolated areas during their periods. These beliefs often stem from traditional views that consider menstrual blood as something that can defile or bring bad luck, and they can have profound psychological effects on women and girls, reinforcing feelings of shame and embarrassment about their bodies. Furthermore, such practices can lead to serious health risks, especially in regions where menstrual hygiene is inadequate due to a lack of resources, awareness, or accessibility. The treatment of menstruation as a taboo also hampers effective education about menstrual health and hygiene, leading to a cycle of misinformation and continued stigma.

While some of these views and practices can be seen as extreme, in the Western world, the perception and handling of menstrual cycles contrast sharply and also have their flaws. In Western societies, menstruation is typically approached as a regular, albeit sometimes inconvenient, part of life. The prevailing attitude encourages women to continue with their daily routines, including work, school, and social activities, without pause. This 'business as usual'

approach is facilitated by a wide availability of menstrual hygiene products and pain relief options, allowing women to manage their periods with relative ease and discretion. However, this attitude can also overlook the genuine need for rest or respite from daily activities due to menstrual discomfort or conditions like premenstrual syndrome (PMS) or endometriosis. The Western emphasis on productivity and continuous activity doesn't always acknowledge the natural ebb and flow of a woman's energy levels during her cycle, leading to a lack of understanding and support for those who might benefit from a more flexible and accommodating approach during their menstrual period.

When we simply study and observe the natural ebb and flow of our energetic output during the various points of the menstrual cycle, it makes sense to slow down, retreat, and restore ourselves during the most sensitive times of our cycle. Taking off from work, refraining from heavy tasks, enjoying warm baths, and eating nourishing foods are essential, not just energetically, but also to balance our hormones, reduce cramps and other negative side effects, and generally maintain optimum health. Even when we observe the phenomenon of women living in close proximity and how their cycles often synchronize to occur at the same time, it makes sense that some

cultures have designated areas for women to go during that time. It is not the practices themselves that are inherently wrong, it's the ignorance, abuse of power, and misconstrued teachings of how and why these practices may have initially begun and what their purpose serves.

While it may not be popular in mainstream beliefs of practices, the time during a woman's cycle when she is on her period is highly spiritual and sensitive. It may be seen as a time when a woman is more closely connected to the spiritual realms, where her intuition and spiritual abilities are at their peak. This connection to the moon is a reminder that our naturally occurring cycles are neither curses nor something to be ashamed of, but an essential part of cosmic order and the process of destruction and creation, rebirth and renewal.

5

Choosing Period Products

Choosing menstrual products is a deeply personal decision, influenced by factors like comfort, convenience, health, and environmental impact. The market offers a wide array of options, each with its own set of advantages and potential drawbacks. Understanding these choices, along with being aware of the hidden side effects of certain products, is crucial for making informed decisions about menstrual health.

Traditionally, the most commonly used menstrual products have been sanitary pads and tampons. Pads are worn externally, adhering to the underwear, while tampons are inserted into the vagina. Both come in various sizes and absorbencies, catering to different flow levels. However, it's important to be aware of the presence of chemicals in some of these products and how they impact the menstrual cycle and can

contribute to certain ailments and reproductive health issues. Many conventional pads and tampons are bleached to achieve a white color, and this process can leave behind traces of dioxins, which are environmental pollutants and have been linked to health issues. Additionally, fragrances added to some products for odor control can cause irritation and allergic reactions in sensitive individuals.

Phthalates and parabens, which are common chemicals used in menstrual hygiene products, are known endocrine disruptors that are detrimental to human health. Endocrine disruptors are substances that can interfere with the endocrine system (the network of glands and organs that produce hormones within the body). As we can see within the menstrual cycle, hormones are crucial for regulating a wide range of bodily functions. Endocrine disruptors can mimic these natural hormones—like estrogen—bind to hormone receptors, and interfere with the normal functioning of the endocrine system. Studies conducted by the National Library of Medicine have shown that long-term exposure to these chemicals leads to adverse effects on the endocrine system and the function of essential organs. This leads to negative long-term impacts on fertility, pregnancy, fetal development, child growth, and the overall reproductive system, especially during puberty. These

endocrine disruptors may even play a role in hormone-related cancers such as breast cancer.

In recent years, there has been a significant shift towards more natural and sustainable menstrual products. Organic pads and tampons, made without bleach, fragrances, phthalates, parabens, or synthetic materials, offer a safer alternative.

Menstrual cups have gained popularity as a reusable alternative to pads and tampons. Made of medical-grade silicone, rubber, or latex, these cups are inserted into the vagina to collect menstrual blood. They are eco-friendly and cost-effective, as a single cup can last for several years with proper care. However, there is a learning curve with insertion and removal, and it may not be the preferred choice for everyone.

Similarly, reusable cloth pads are an environmentally friendly alternative to disposable pads. They are washable and can be used for several years. While they require more maintenance and upfront cost, they are free from chemicals found in some disposable pads and are gentle on the skin, especially when sourcing cloth pads made with organic cotton.

Period underwear is another option designed to absorb menstrual flow. These undergarments have built-in layers that are absorbent and leak-proof. They can be worn alone or with other menstrual products for added protection. For women who opt for free bleeding, this is a great option for protection and remaining discreet while on their period. Period underwear is reusable, reduces waste, and offers a comfortable, chemical-free option.

In addition to personal comfort and health, environmental impact is an important consideration in choosing menstrual products. Traditional disposable products contribute to significant waste, as they are predominantly made of plastic and take hundreds of years to decompose. Reusable options such as those previously mentioned have a much lower environmental footprint.

When choosing menstrual products, it's important to consider individual lifestyle, budget, comfort, and health concerns. Understanding the potential hidden side effects of certain products, especially those containing fragrances, bleach, and other toxic materials is important for those who are in the process of learning how to regulate their menstrual cycle and reduce painful symptoms.

6

Tracking Your Cycle

Menstrual cycle tracking involves closely monitoring various aspects of your menstrual cycle. This practice, which is far more than just marking the start and end of your period, offers important insights into your reproductive health, hormonal balance, and overall well-being.

This is the process of observing the different phases of your menstrual cycle. It involves noting the days when your period starts and ends, the flow level (light, medium, heavy), ovulation and fertility windows, sexual activity, energy levels, and any associated symptoms like cramps, mood swings, or headaches. Over time, this tracking can help you to make predictions about your cycle (such as when your period will begin or when you'll be ovulating) that can help you plan accordingly, and it can also reveal patterns and irregularities in your cycle, providing

valuable insights into your health. More importantly, it can be a great tool for keeping track of important information that needs to be shared with your healthcare provider.

Some of the key benefits of menstrual cycle tracking include:

1. Identifying Regularities and Irregularities

By tracking your cycle, you can determine whether your menstrual cycle is regular. Recognizing irregularities, such as missed periods or cycles that are consistently shorter or longer than average, can be crucial for identifying underlying health issues.

2. Understanding Fertility

Tracking ovulation is vital for those trying to conceive or even those who want to prevent pregnancy. Understanding your menstrual cycle can help you identify your fertile window (the days you are more likely to conceive). This is known as the natural family planning method and can allow you to plan sexual activities around this time depending on whether or not you wish to conceive. If your cycle is regular, then this can be an effective form of birth control.

3. Managing Menstrual Symptoms

By recording symptoms and their severity, you can identify patterns and triggers (such as foods you ate, or other important factors), which can be incredibly useful for managing and treating conditions like premenstrual syndrome (PMS) or premenstrual dysphoric disorder (PMDD).

4. Personal Health Insights

Menstrual cycle tracking can also provide insights into other health aspects, such as the impact of stress, diet, or exercise on your cycle.

While there are many menstrual cycle tracking apps available to choose from, manually charting your monthly cycle can not only help you to take more detailed notes, but it can be extremely beneficial to keep hard copies of your data or avoid the possibility of your personal information being shared or leaked. The remainder of this book provides a yearly calendar from 2024-2027 to help you keep track of important data such as the length of your period, daily basal body temperature (BBT), energy levels, sexual activity, potential pain symptoms, and even the monthly moon phases. There is also additional space provided next to each monthly calendar for you to record important

notes you may want to keep track of. This can include changes made to your diet, exercise routine, sleep patterns, menstrual collection method, or overall lifestyle and any shifts in symptoms you may have noticed as a result of these changes. This can help you to monitor specific factors that may have been impacting your cycle.

It's important to take daily, consistent notes to ensure accuracy and to help you identify patterns and changes more reliably. One element that you may want to keep track of, especially if you are seeking to track your fertility, is your basal body temperature.

Basal body temperature (which is written on the monthly calendar as BBT) is the lowest body temperature attained during rest. BBT tends to be slightly lower during the first half of the cycle (follicular phase) and rises slightly after ovulation due to increased progesterone levels. To accurately track BBT, you'll want to record this at the same time each morning, immediately after waking up, before getting out of bed, and before any physical activity. BBT is not the same as regular body temperature so even the slightest activity or physical movement can cause a rise in temperature, therefore it may be helpful to keep your BBT thermometer next to your bed to make

it easier to record your temperature as soon as you wake up.

When recording your BBT in the daily calendar, it is recommended to record the time that your temperature was taken as well. Normally, the temperature rise will only be a difference of 1-2°, so it's important to maintain accuracy by keeping a consistent schedule. While a common thermometer can be used, it is best to use a BBT thermometer as it measures temperature in tenths of a degree, allowing you to track even the slightest changes in body temperature.

A consistent rise in BBT for three days or more can indicate that ovulation has occurred and your most fertile days take place in the two to three days before your BBT rises. Compare BBT with other noticeable symptoms (such as ovulation pains, tender breasts, etc.) to track ovulation. Consistently tracking these details, along with other symptoms, through three or more monthly cycles can help you begin to make accurate predictions about when ovulation and your period will occur.

2024 Calendar

2024 JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
	1 BBT:	2 BBT:	3 BBT:	4 BBT:	5 BBT:	6 BBT:
7 BBT:	8 BBT:	9 BBT:	10 BBT:	11 BBT:	12 ● BBT:	13 BBT:
14 BBT:	15 BBT:	16 BBT:	17 ◐ BBT:	18 BBT:	19 BBT:	20 BBT:
21 BBT:	22 BBT:	23 BBT:	24 BBT:	25 ○ BBT:	26 BBT:	27 BBT:
28 BBT:	29 BBT:	30 BBT:	31 BBT:			

period

-  spotting (brown)
-  spotting (red)
-  light
-  medium
-  heavy
-  super heavy

pain

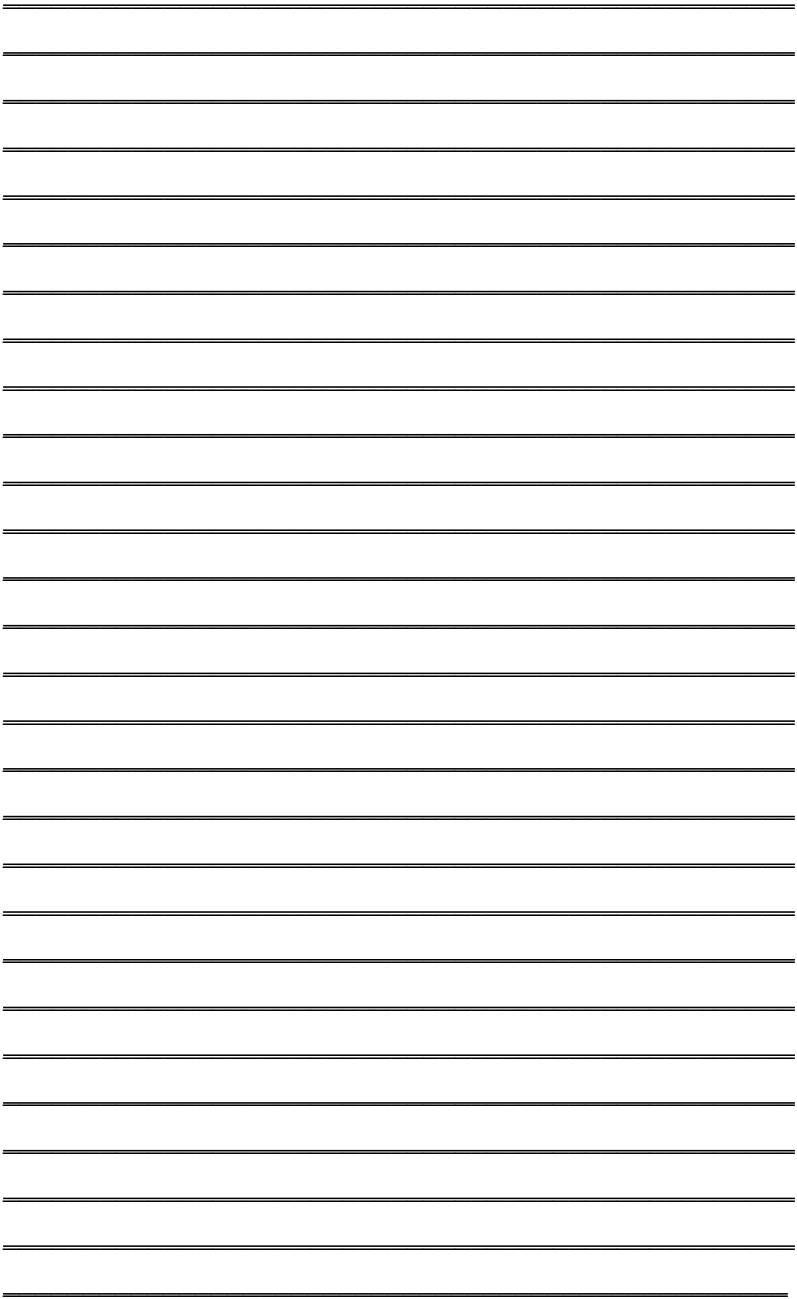
- pain free
- cramping
- headache
- migraine
- breast tenderness
- joints
- bloating
- ovulation
- vulvular
- lower back

sex life

- protected
- high sex drive
- low sex drive
- unprotected
- self pleasure

energy

- exhausted
- tired
- fatigue
- energetic
- vibrant
- alert



2024 FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
				BBT:	BBT:	BBT:
4	5	6	7	8	9	10
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
11	12	13	14	15	16	17
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
18	19	20	21	22	23	24
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
25	26	27	28	29		
BBT:	BBT:	BBT:	BBT:	BBT:		

period



spotting
(brown)



spotting
(red)



light



medium



heavy



super heavy

pain

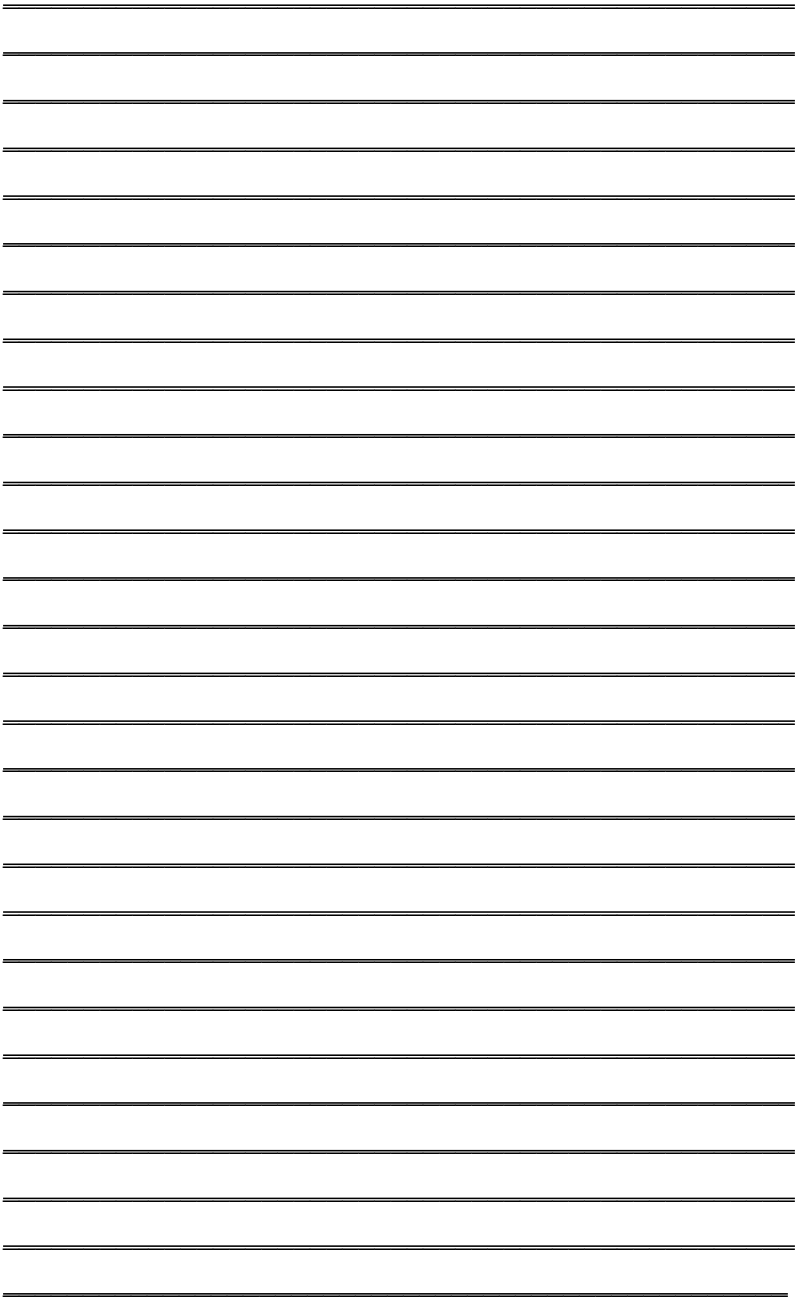
pain free joints
 cramping bloating
 headache ovulation
 migraine vulvular
 breast lower
 tenderness back

sex life

protected unprotected
 high sex drive self pleasure
 low sex drive

energy

exhausted energetic
 tired vibrant
 fatigue alert



2024 MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
10	11	12	13	14	15	16
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
17	18	19	20	21	22	23
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
24	25	26	27	28	29	30
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
BBT:	31	BBT:	BBT:	BBT:	BBT:	BBT:

period

-  spotting (brown)
-  spotting (red)
-  light
-  medium
-  heavy
-  super heavy

pain

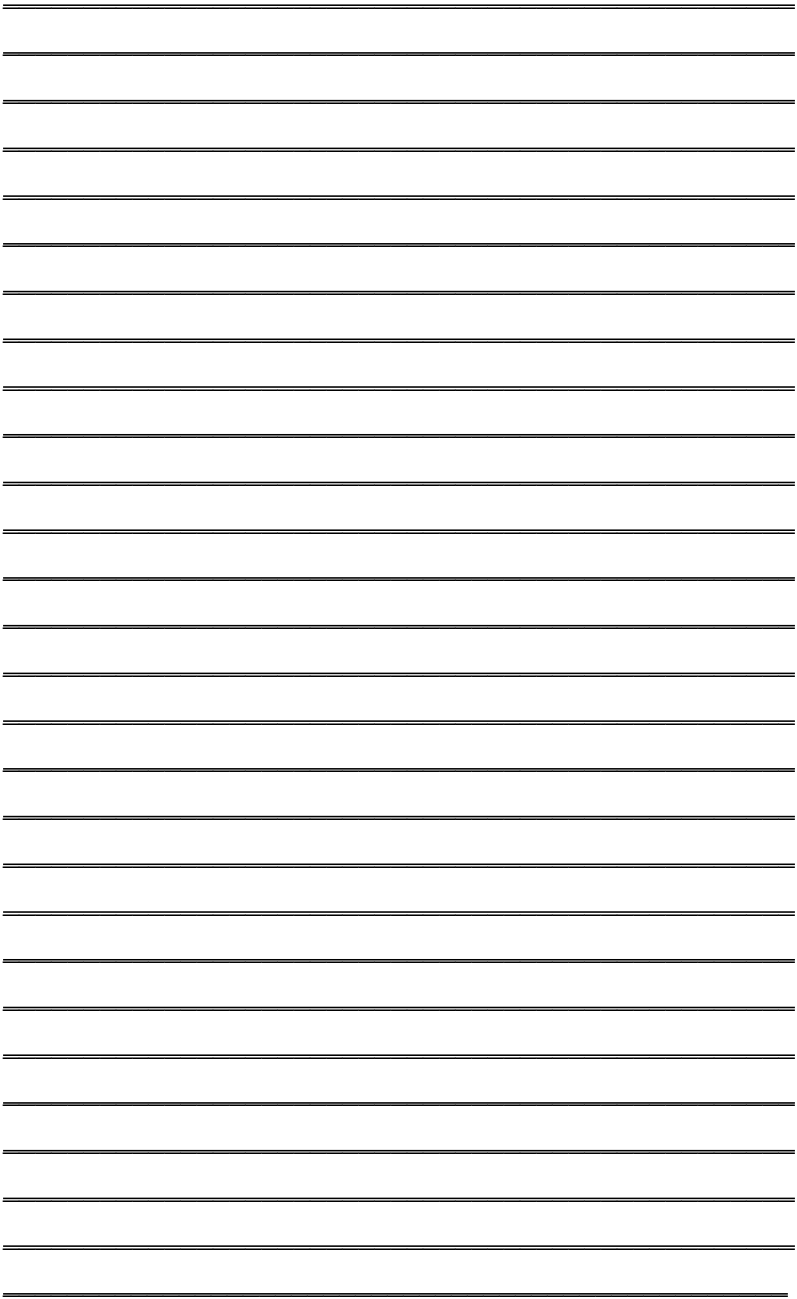
- pain free
- cramping
- headache
- migraine
- breast tenderness
- joints
- bloating
- ovulation
- vulvular
- lower back

sex life

- protected
- unprotected
- high sex drive
- self pleasure
- low sex drive

energy

- exhausted
- tired
- fatigue
- energetic
- vibrant
- alert



2024 APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
7	8	9	10	11	12	13
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
14	15	16	17	18	19	20
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
21	22	23	24	25	26	27
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
28	29	30				
BBT:	BBT:	BBT:				

period

- spotting (brown)
- spotting (red)
- light
- medium
- heavy
- super heavy

pain

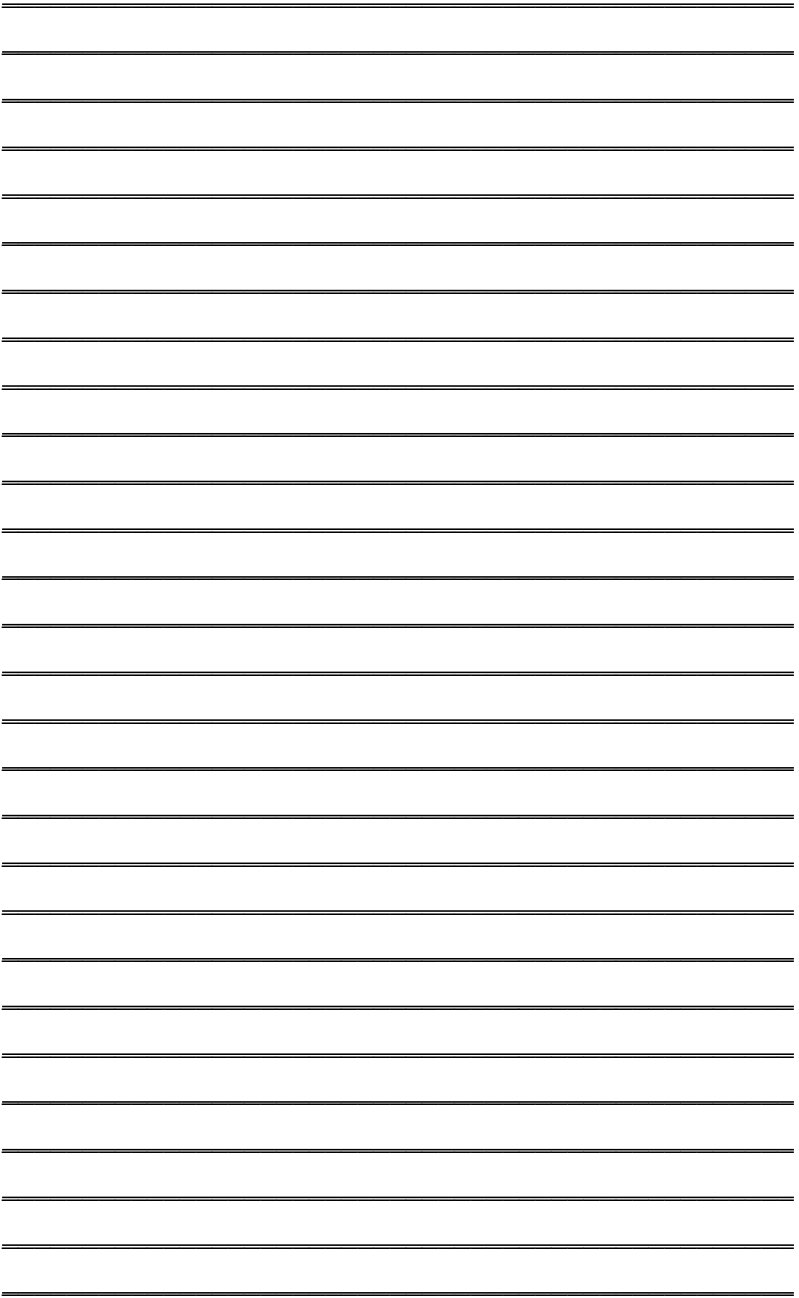
- pain free
- cramping
- headache
- migraine
- breast tenderness
- joints
- bloating
- ovulation
- vulvular
- lower back

sex life

- protected
- unprotected
- high sex drive
- self pleasure
- low sex drive

energy

- exhausted
- tired
- fatigue
- energetic
- vibrant
- alert



2024 MAY

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
			BBT:	BBT:	BBT:	BBT:
5	6	7	8	9	10	11
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
12	13	14	15	16	17	18
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
19	20	21	22	23	24	25
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
26	27	28	29	30	31	
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	

period

- spotting (brown)
- spotting (red)
- light
- medium
- heavy
- super heavy

pain

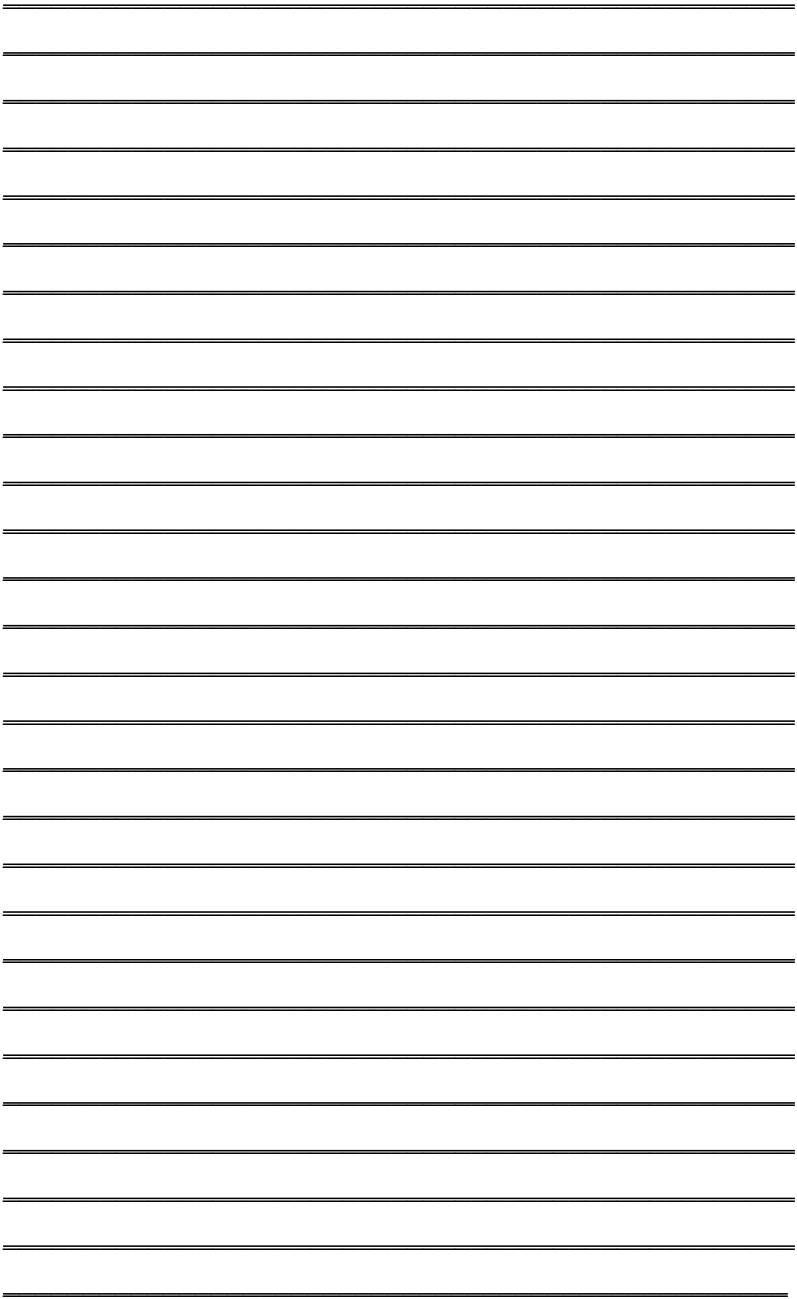
- pain free
- cramping
- headache
- migraine
- breast tenderness
- joints
- bloating
- ovulation
- vulvular
- lower back

sex life

- protected
- unprotected
- high sex drive
- self pleasure
- low sex drive

energy

- exhausted
- tired
- fatigue
- energetic
- vibrant
- alert



2024 JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
						1 BBT:
2 BBT:	3 BBT:	4 BBT:	5 BBT:	6 ● BBT:	7 BBT:	8 BBT:
9 BBT:	10 BBT:	11 BBT:	12 BBT:	13 BBT:	14 ◐ BBT:	15 BBT:
16 BBT:	17 BBT:	18 BBT:	19 BBT:	20 BBT:	21 ○ BBT:	22 BBT:
23 BBT: BBT:	24 BBT:	25 BBT:	26 BBT:	27 BBT:	28 ◑ BBT:	29 BBT:
BBT: 30	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:

period



spotting
(brown)



spotting
(red)



light



medium



heavy



super heavy

pain

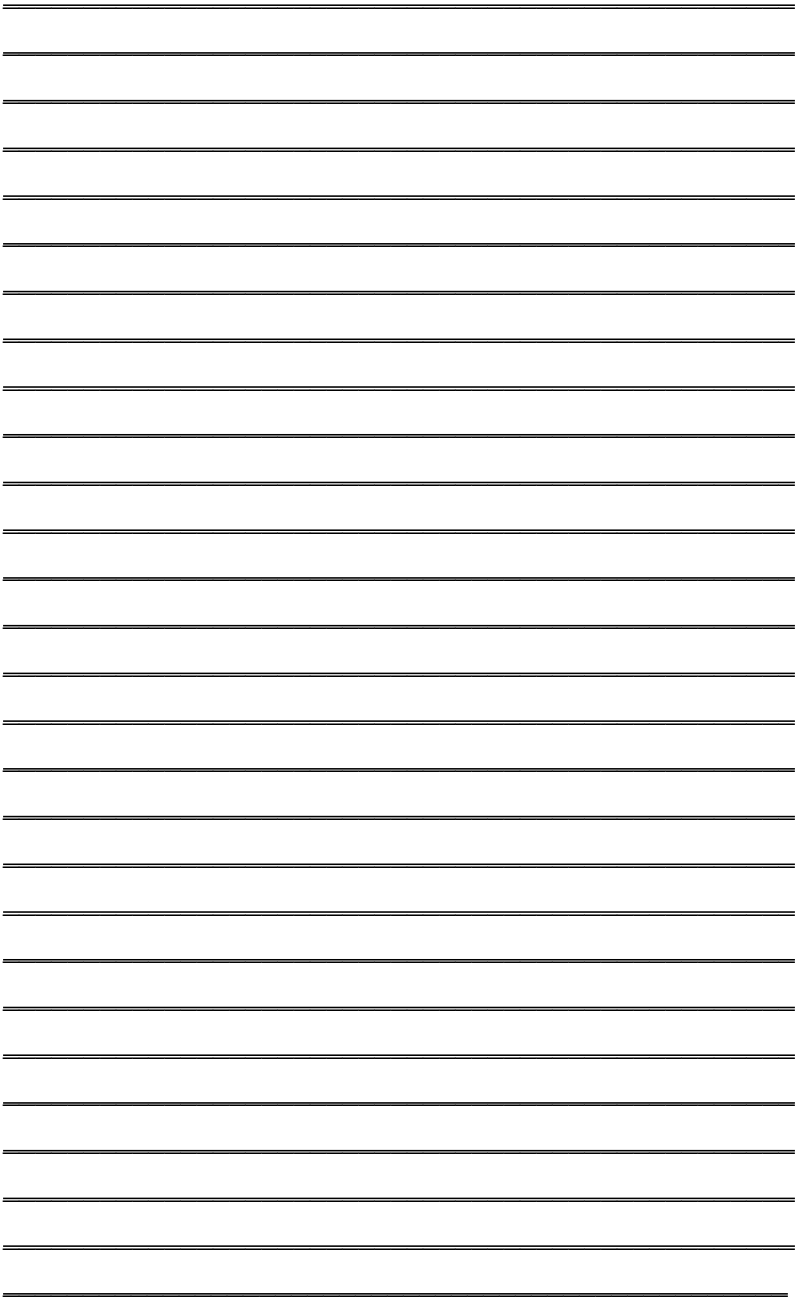
pain free	joints
cramping	bloating
headache	ovulation
migraine	vulvular
breast tenderness	lower back

sex life

protected	unprotected
high sex drive	self pleasure
low sex drive	

energy

exhausted	energetic
tired	vibrant
fatigue	alert



2024 JULY

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
7	8	9	10	11	12	13
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
14	15	16	17	18	19	20
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
21	22	23	24	25	26	27
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
28	29	30	31			
BBT:	BBT:	BBT:	BBT:			

period



spotting
(brown)



spotting
(red)



light



medium



heavy



super heavy

pain

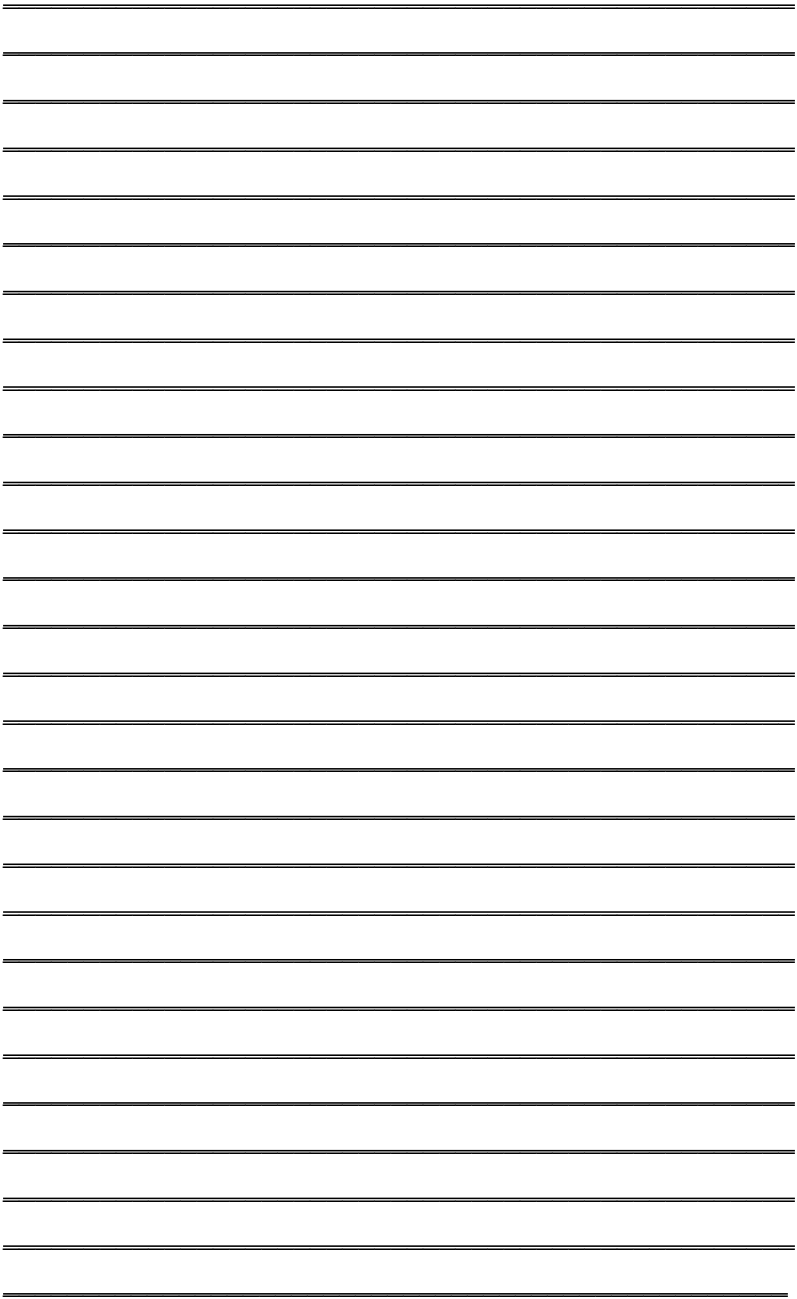
pain free joints
 cramping bloating
 headache ovulation
 migraine vulvular
 breast lower
 tenderness back

sex life

protected unprotected
 high sex drive self pleasure
 low sex drive

energy

exhausted energetic
 tired vibrant
 fatigue alert



2024 AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
				BBT:	BBT:	BBT:
4 ●	5	6	7	8	9	10
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
11	12 ●	13	14	15	16	17
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
18	19 ○	20	21	22	23	24
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
25	26 ●	27	28	29	30	
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	

period

-  spotting (brown)
-  spotting (red)
-  light
-  medium
-  heavy
-  super heavy

pain

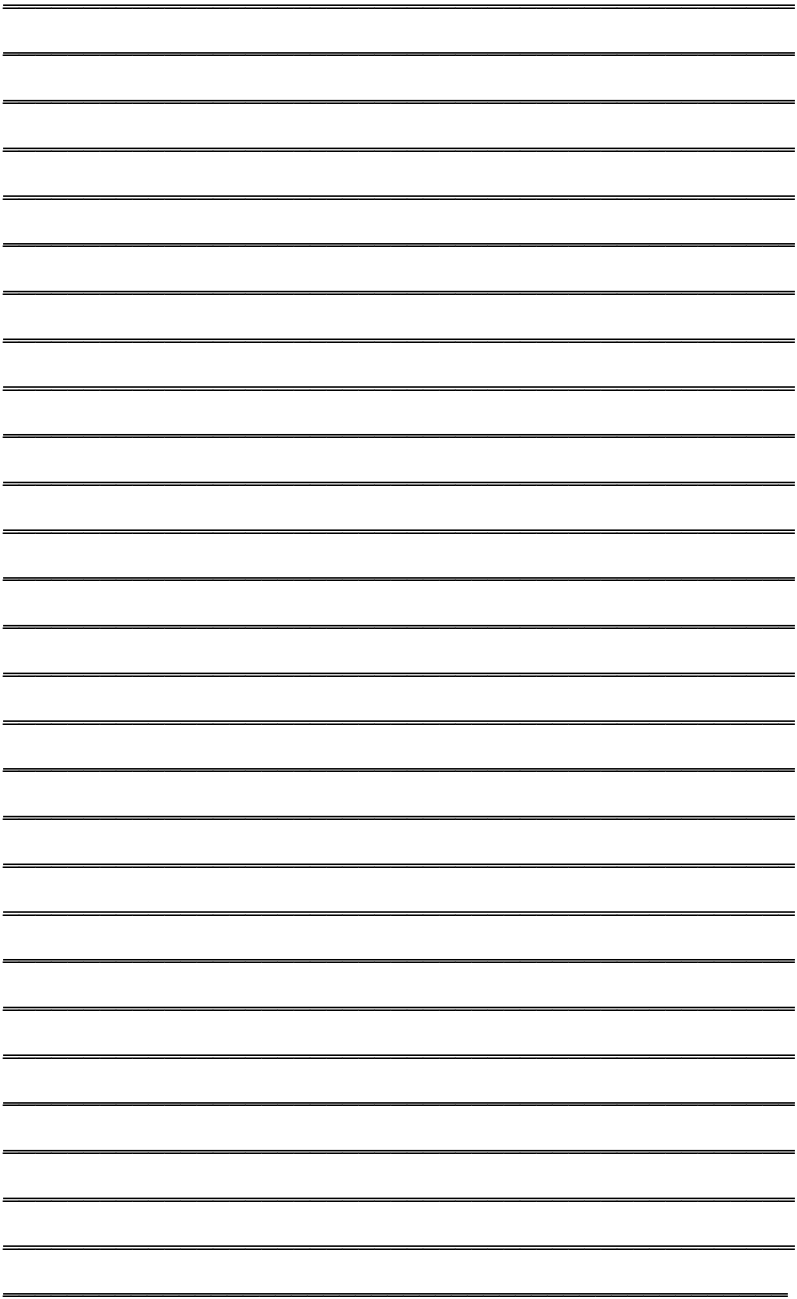
- pain free
- cramping
- headache
- migraine
- breast tenderness
- joints
- bloating
- ovulation
- vulvular
- lower back

sex life

- protected
- unprotected
- high sex drive
- self pleasure
- low sex drive

energy

- exhausted
- tired
- fatigue
- energetic
- vibrant
- alert



2024 SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1 BBT:	2 BBT:	3 ●	4 BBT:	5 BBT:	6 BBT:	7 BBT:
8 BBT:	9 BBT:	10 BBT:	11 ●	12 BBT:	13 BBT:	14 BBT:
15 BBT:	16 BBT:	17 ○	18 BBT:	19 BBT:	20 BBT:	21 BBT:
22 BBT:	23 BBT:	24 ○	25 BBT:	26 BBT:	27 BBT:	28 BBT:
29 BBT:	30 BBT:					

period



spotting
(brown)



spotting
(red)



light



medium



heavy



super heavy

pain

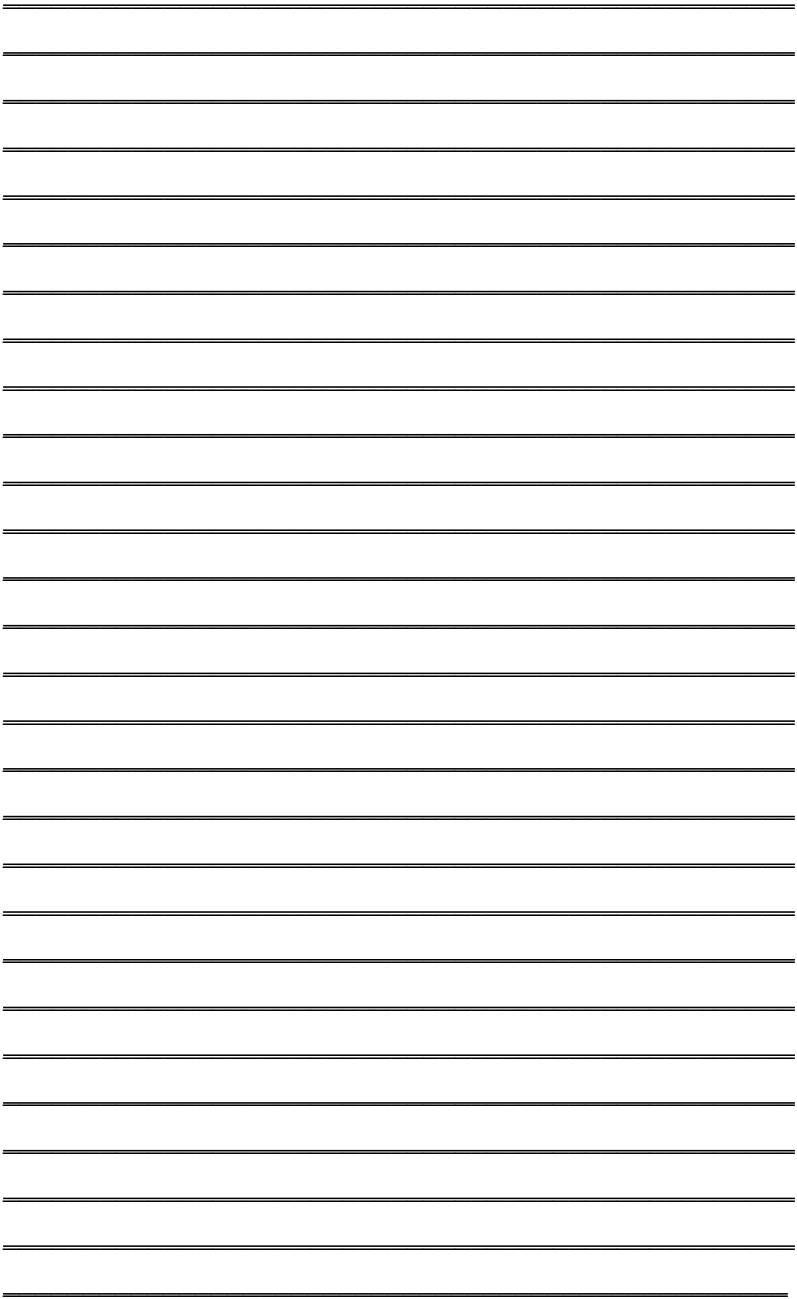
pain free joints
cramping bloating
headache ovulation
migraine vulvular
breast lower
tenderness back

sex life

protected unprotected
high sex drive self pleasure
low sex drive

energy

exhausted energetic
tired vibrant
fatigue alert



2024 OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 ●	3	4	5
		BBT:	BBT:	BBT:	BBT:	BBT:
6	7	8	9	10 ●	11	12
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
13	14	15	16	17 ○	18	19
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
20	21	22	23	24 ●	25	26
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
27	28	29	30	31		
BBT:	BBT:	BBT:	BBT:	BBT:		

period

-  spotting (brown)
-  spotting (red)
-  light
-  medium
-  heavy
-  super heavy

pain

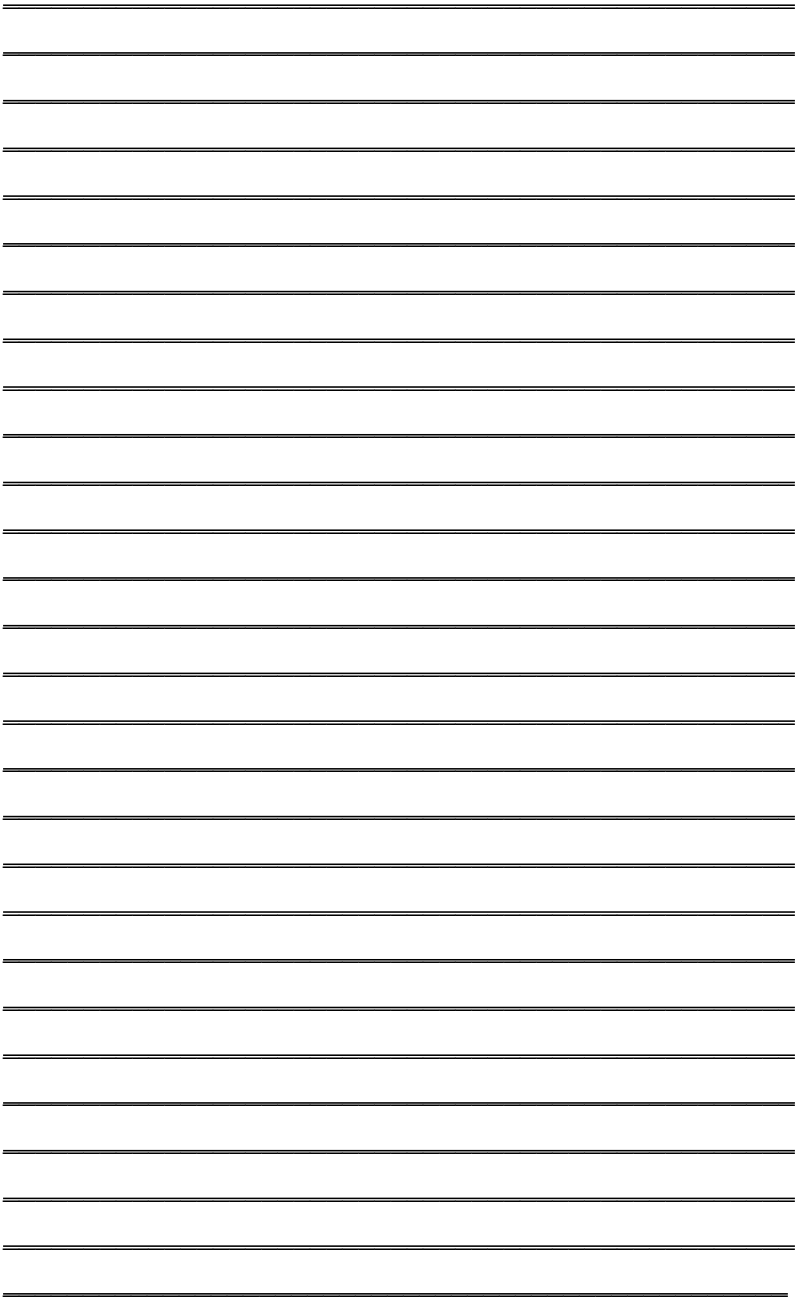
- pain free
- cramping
- headache
- migraine
- breast tenderness
- joints
- bloating
- ovulation
- vulvular
- lower back

sex life

- protected
- unprotected
- high sex drive
- self pleasure
- low sex drive

energy

- exhausted
- tired
- fatigue
- energetic
- vibrant
- alert



2024 NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
					1 ●	2
					BBT:	BBT:
3	4	5	6	7	8	9 ●
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
10	11	12	13	14	15 ○	16
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
17	18	19	20	21	22 ●	23
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
24 BBT:	25	26	27	28	29	30
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:

period

-  spotting (brown)
-  spotting (red)
-  light
-  medium
-  heavy
-  super heavy

pain

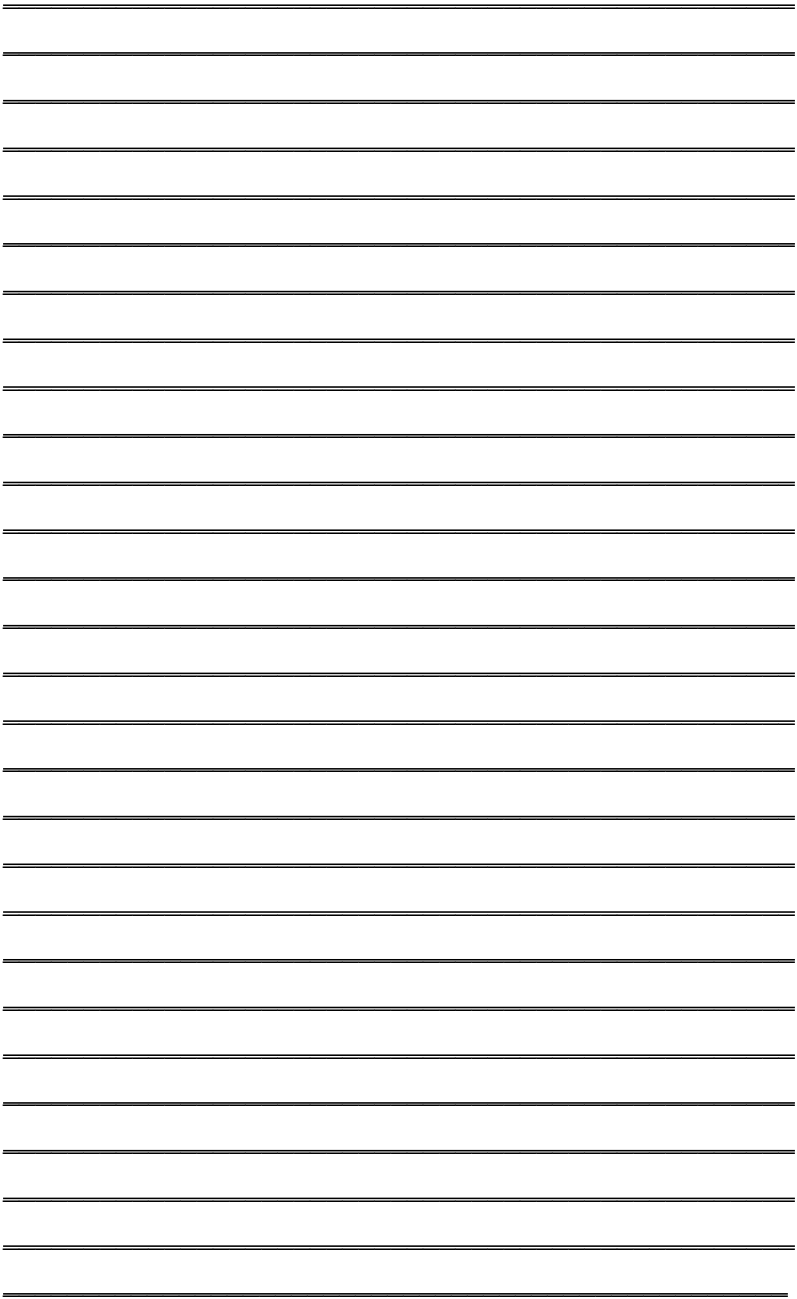
- pain free
- cramping
- headache
- migraine
- breast tenderness
- joints
- bloating
- ovulation
- vulvular
- lower back

sex life

- protected
- high sex drive
- low sex drive
- unprotected
- self pleasure

energy

- exhausted
- tired
- fatigue
- energetic
- vibrant
- alert



2024 DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1 BBT:	2 BBT:	3 BBT:	4 BBT:	5 BBT:	6 BBT:	7 BBT:
8 BBT:	9 BBT:	10 BBT:	11 BBT:	12 BBT:	13 BBT:	14 BBT:
15 BBT:	16 BBT:	17 BBT:	18 BBT:	19 BBT:	20 BBT:	21 BBT:
22 BBT:	23 BBT:	24 BBT:	25 BBT:	26 BBT:	27 BBT:	28 BBT:
29 BBT:	30 BBT:	31 BBT:				

period

-  spotting (brown)
-  spotting (red)
-  light
-  medium
-  heavy
-  super heavy

pain

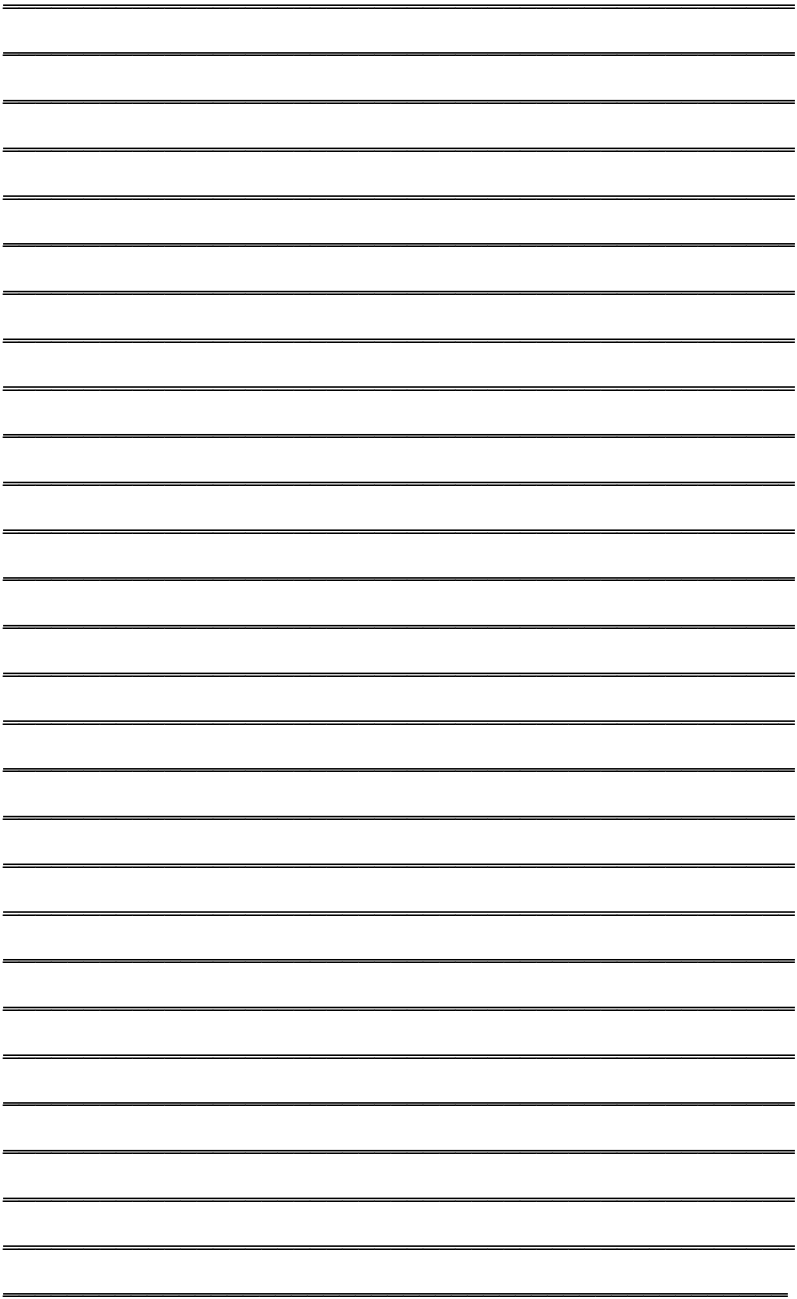
- pain free
- cramping
- headache
- migraine
- breast tenderness
- joints
- bloating
- ovulation
- vulvular
- lower back

sex life

- protected
- high sex drive
- low sex drive
- unprotected
- self pleasure

energy

- exhausted
- tired
- fatigue
- energetic
- vibrant
- alert



2025 Calendar

2025 JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
			BBT:	BBT:	BBT:	BBT:
5	6 	7	8	9	10	11
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
12	13 	14	15	16	17	18
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
19	20	21 	22	23	24	25
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
26	27	28	29 	30	31	
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	

period

-  spotting (brown)
-  spotting (red)
-  light
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pain

- pain free
- cramping
- headache
- migraine
- breast tenderness
- joints
- bloating
- ovulation
- vulvular
- lower back

sex life

- protected
- unprotected
- high sex drive
- self pleasure
- low sex drive

energy

- exhausted
- tired
- fatigue
- energetic
- vibrant
- alert

2025 FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
						1 BBT:
2 BBT:	3 BBT:	4 BBT:	5 ●	6 BBT:	7 BBT:	8 BBT:
9 BBT:	10 BBT:	11 BBT:	12 ○	13 BBT:	14 BBT:	15 BBT:
16 BBT:	17 BBT:	18 BBT:	19 BBT:	20 ●	21 BBT:	22 BBT:
23 BBT:	24 BBT:	25 BBT:	26 BBT:	27 ●	28 BBT:	

period

-  spotting (brown)
-  spotting (red)
-  light
-  medium
-  heavy
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pain

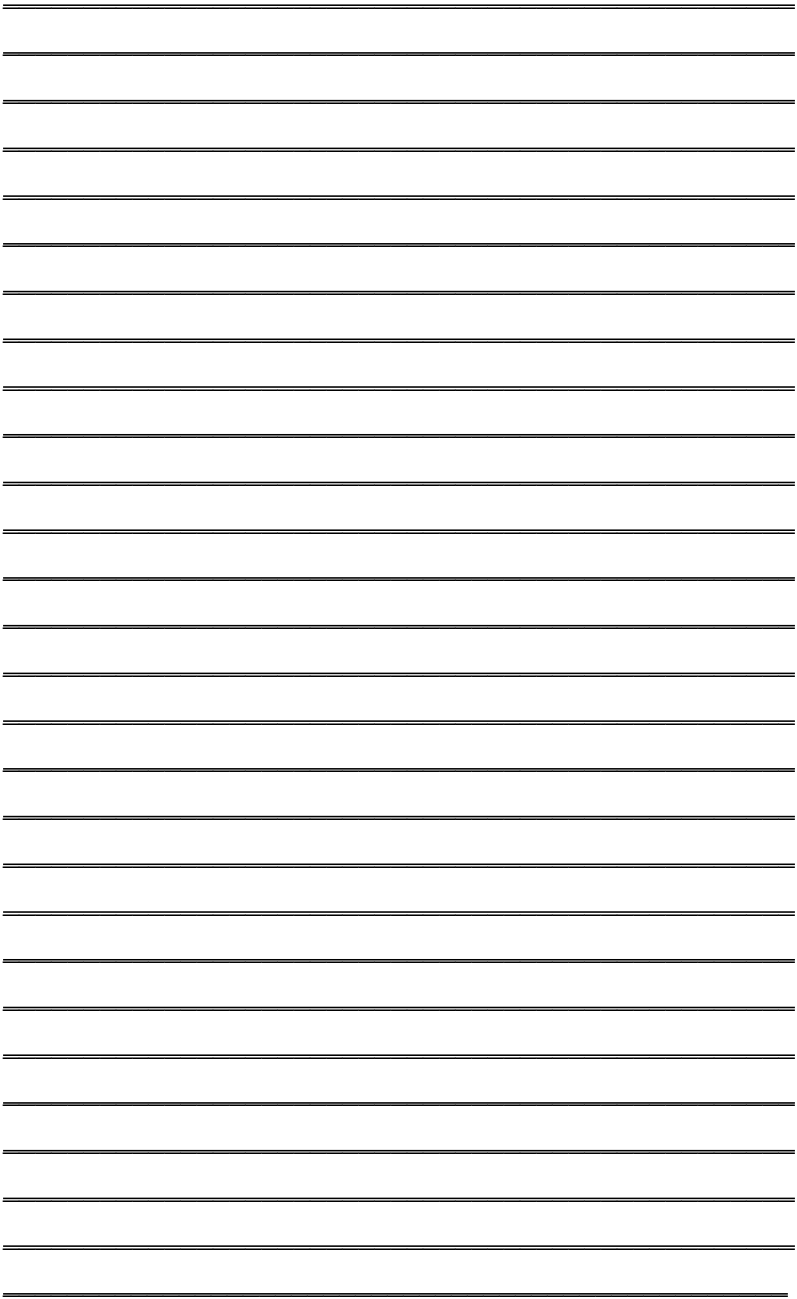
- pain free
- cramping
- headache
- migraine
- breast tenderness
- joints
- bloating
- ovulation
- vulvular
- lower back

sex life

- protected
- high sex drive
- low sex drive
- unprotected
- self pleasure

energy

- exhausted
- tired
- fatigue
- energetic
- vibrant
- alert



2025 MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
						1
						BBT:
2	3	4	5	6	7	8
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
9	10	11	12	13	14	15
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
16	17	18	19	20	21	22
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
23 BBT:	24 BBT:	25	26	27	28	29
BBT: 30	BBT: 31	BBT:	BBT:	BBT:	BBT:	BBT:

period

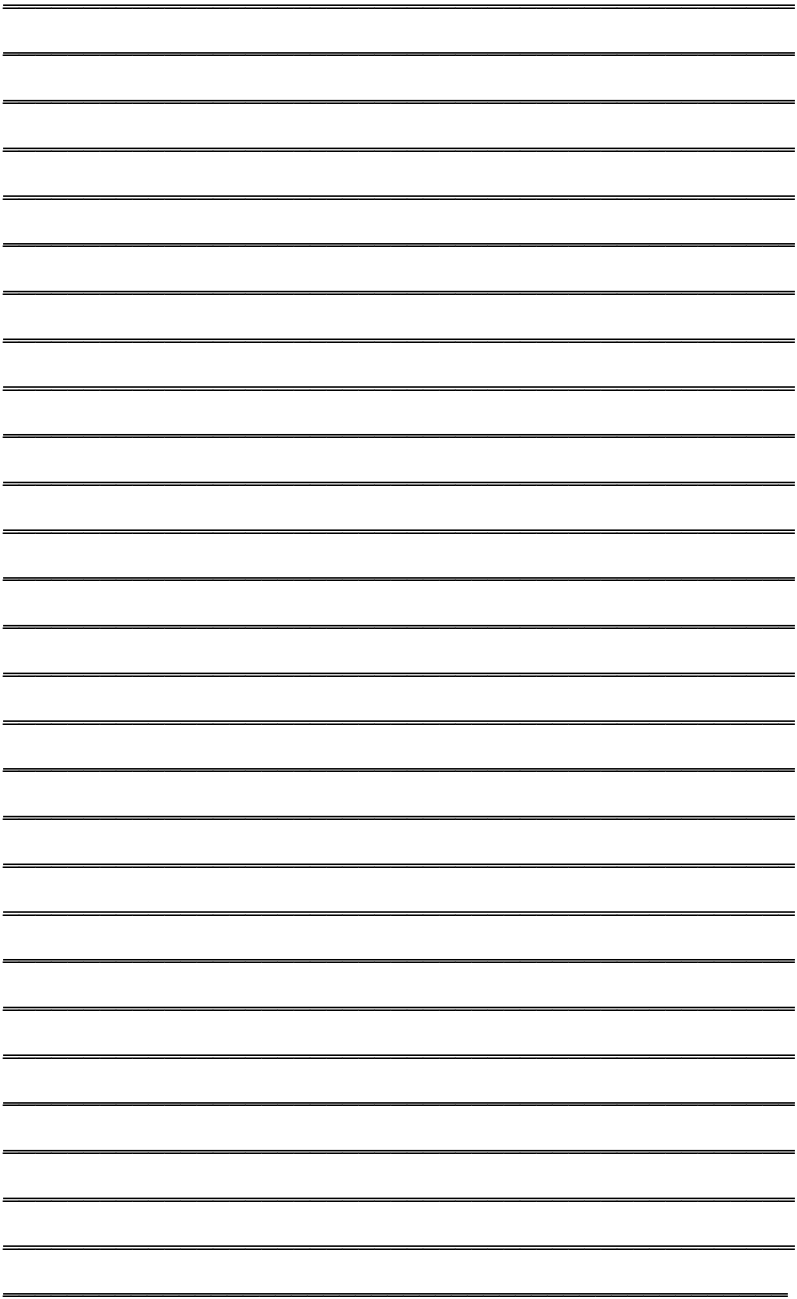
	spotting (brown)
	spotting (red)
	light
	medium
	heavy
	super heavy

pain

pain free	joints
cramping	bloating
headache	ovulation
migraine	vulvular
breast tenderness	lower back

sex life

protected	unprotected
high sex drive	self pleasure
low sex drive	
energy	
exhausted	energetic
tired	vibrant
fatigue	alert



2025 APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4 	5
		BBT:	BBT:	BBT:	BBT:	BBT:
6	7	8	9	10	11	12 
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
13	14	15	16	17	18	19
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
20 	21	22	23	24	25	26
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
27 	28	29	30			
BBT:	BBT:	BBT:	BBT:			

period



spotting
(brown)



spotting
(red)



light



medium



heavy



super heavy

pain

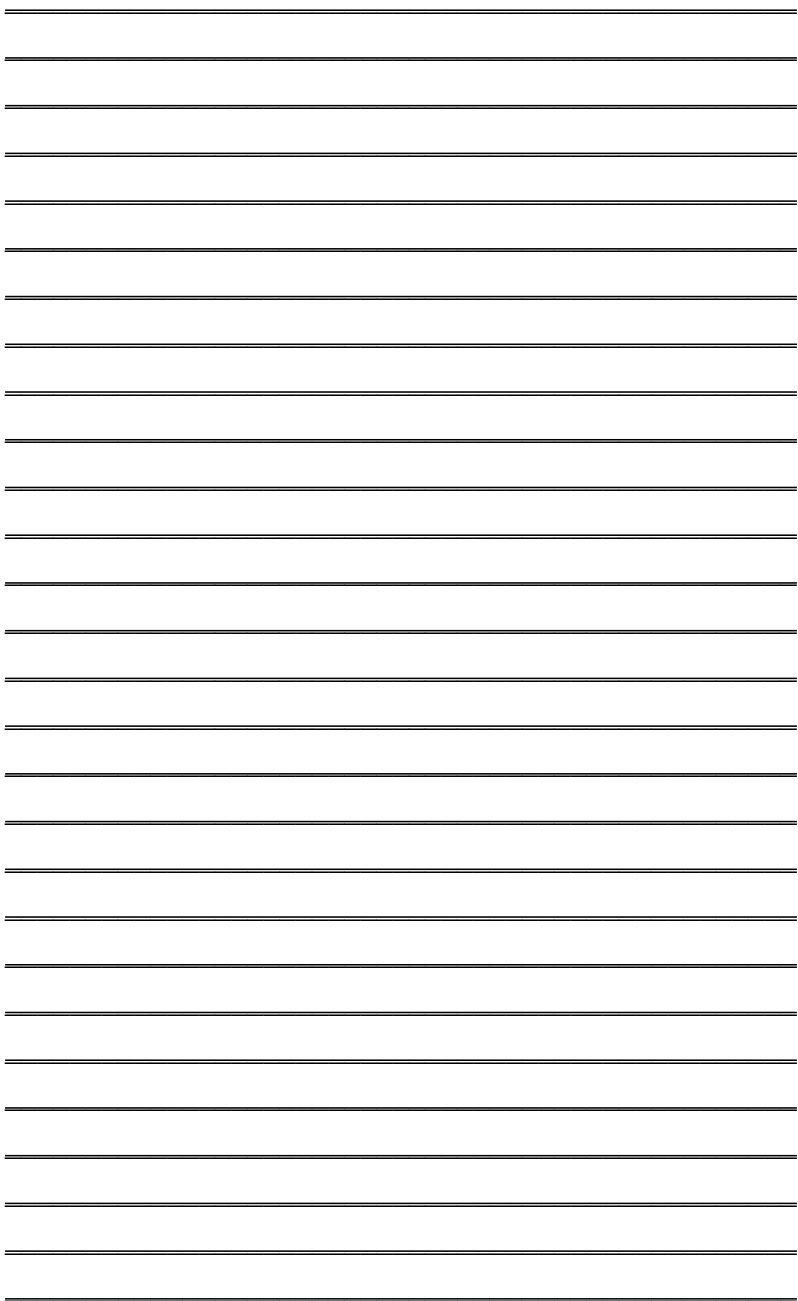
pain free	joints
cramping	bloating
headache	ovulation
migraine	vulvular
breast tenderness	lower back

sex life

protected	unprotected
high sex drive	self pleasure
low sex drive	

energy

exhausted	energetic
tired	vibrant
fatigue	alert



2025 MAY

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
				BBT:	BBT:	BBT:
4	☾	5	6	7	8	9
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
11	12	☉	13	14	15	16
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
18	19	20	☾	21	22	23
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
25	26	☀	27	28	29	30
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:

period



spotting
(brown)



spotting
(red)



light



medium



heavy



super heavy

pain

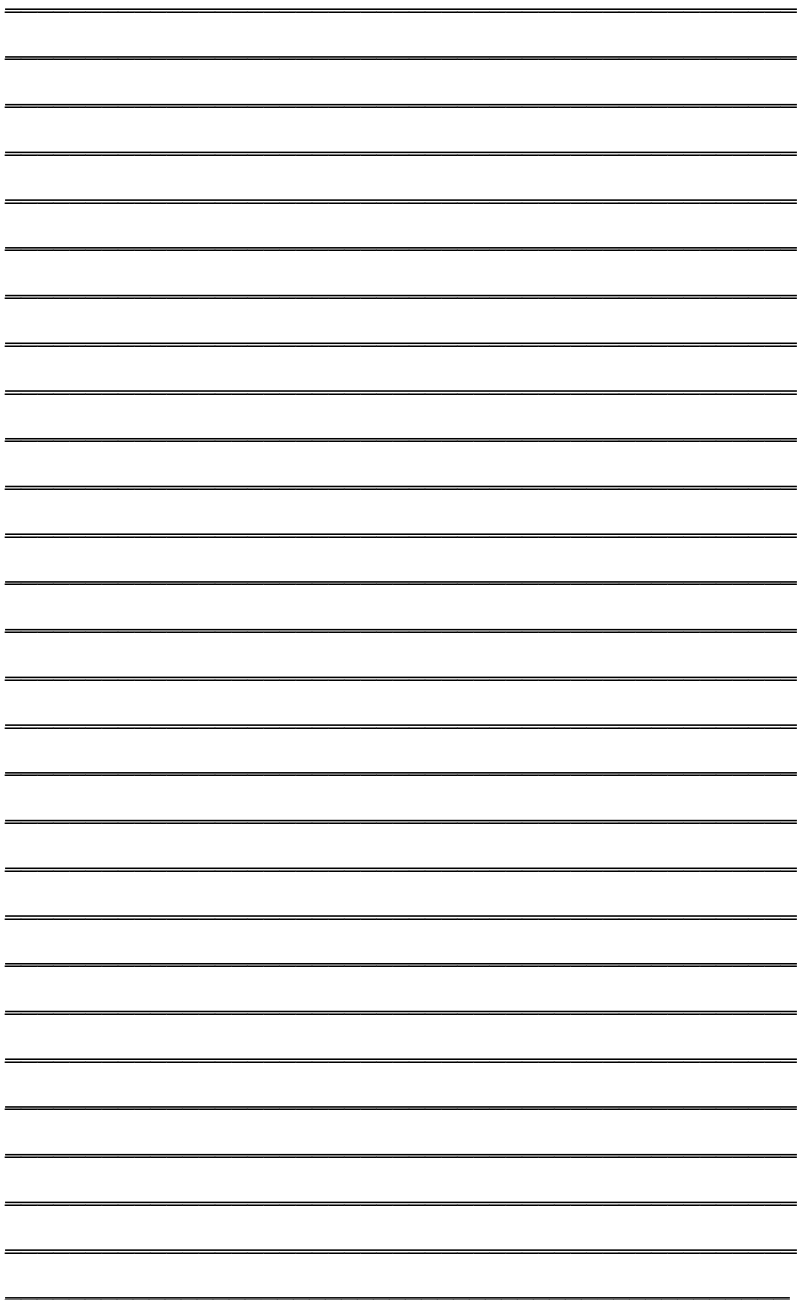
pain free joints
 cramping bloating
 headache ovulation
 migraine vulvular
 breast lower
 tenderness back

sex life

protected unprotected
 high sex drive self pleasure
 low sex drive

energy

exhausted energetic
 tired vibrant
 fatigue alert



2025 JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
1 BBT:	2 ● BBT:	3 BBT:	4 BBT:	5 BBT:	6 BBT:	7 BBT:
8 BBT:	9 BBT:	10 BBT:	11 ○ BBT:	12 BBT:	13 BBT:	14 BBT:
15 BBT:	16 BBT:	17 BBT:	18 ● BBT:	19 BBT:	20 BBT:	21 BBT:
22 BBT:	23 BBT:	24 BBT:	25 ● BBT:	26 BBT:	27 BBT:	28 BBT:
29 BBT:	30 BBT:					

period



spotting (brown)



spotting (red)



light



medium



heavy



super heavy

pain

pain free

joints

cramping

bloating

headache

ovulation

migraine

vulvular

breast
tenderness

lower
back

sex life

protected

unprotected

high sex drive

self pleasure

low sex drive

energy

exhausted

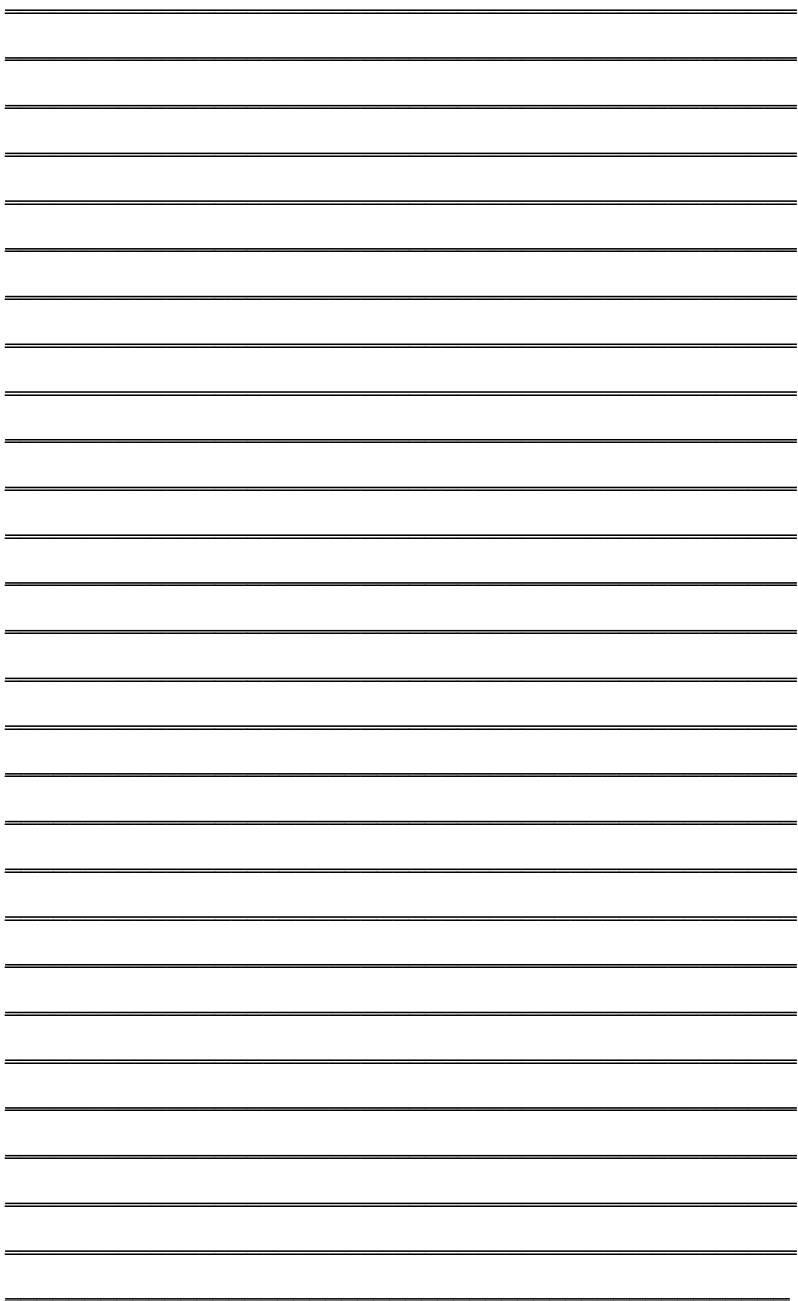
energetic

tired

vibrant

fatigue

alert



2025 JULY

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 	3	4	5
		BBT:	BBT:	BBT:	BBT:	BBT:
6	7	8	9	10 	11	12
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
13	14	15	16	17 	18	19
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
20	21	22	23	24 	25	26
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
27	28	29	30	31		
BBT:	BBT:	BBT:	BBT:	BBT:		

period



spotting
(brown)



spotting
(red)



light



medium



heavy



super heavy

pain

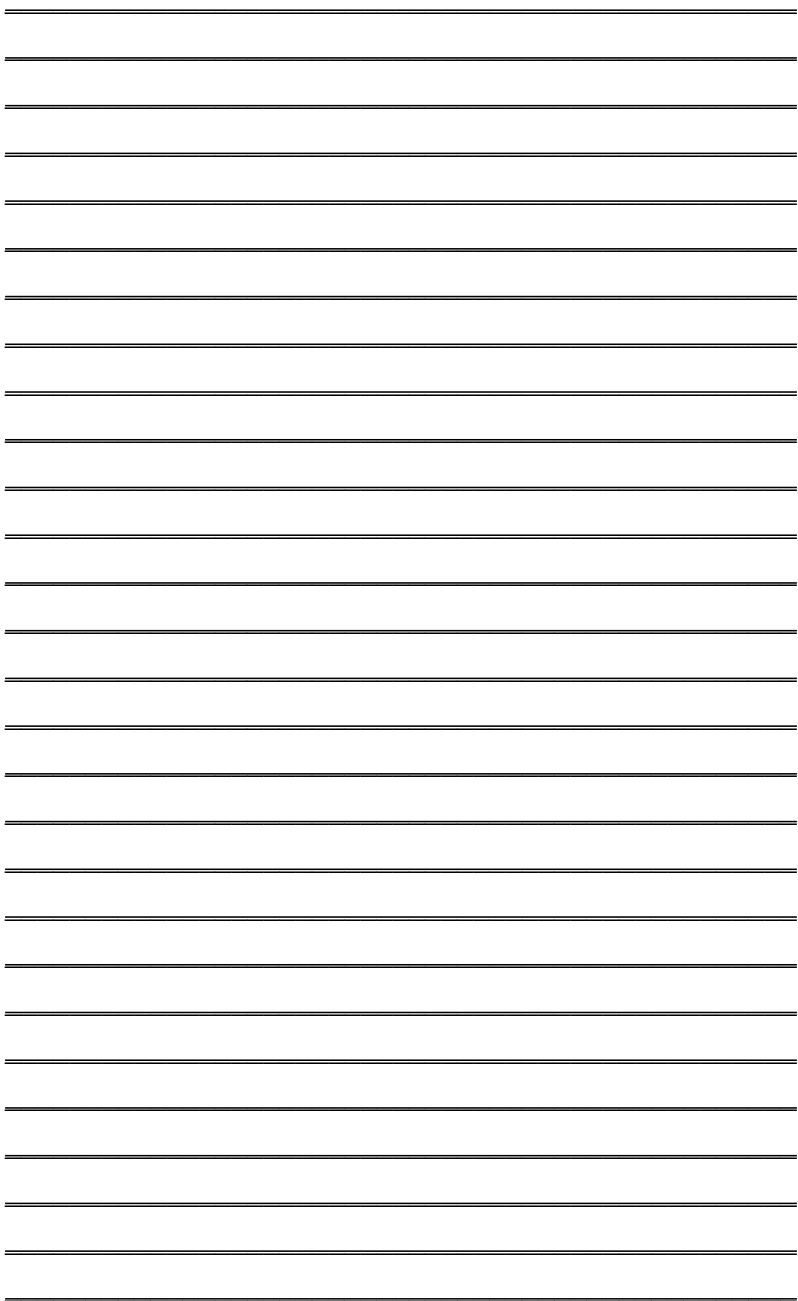
pain free	joints
cramping	bloating
headache	ovulation
migraine	vulvular
breast tenderness	lower back

sex life

protected	unprotected
high sex drive	self pleasure
low sex drive	

energy

exhausted	energetic
tired	vibrant
fatigue	alert



2025 AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
					BBT:	BBT:
3	4	5	6	7	8	9
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
10	11	12	13	14	15	16
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
17	18	19	20	21	22	23
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
24	25	26	27	28	29	30
BBT:	31	BBT:	BBT:	BBT:	BBT:	BBT:

period

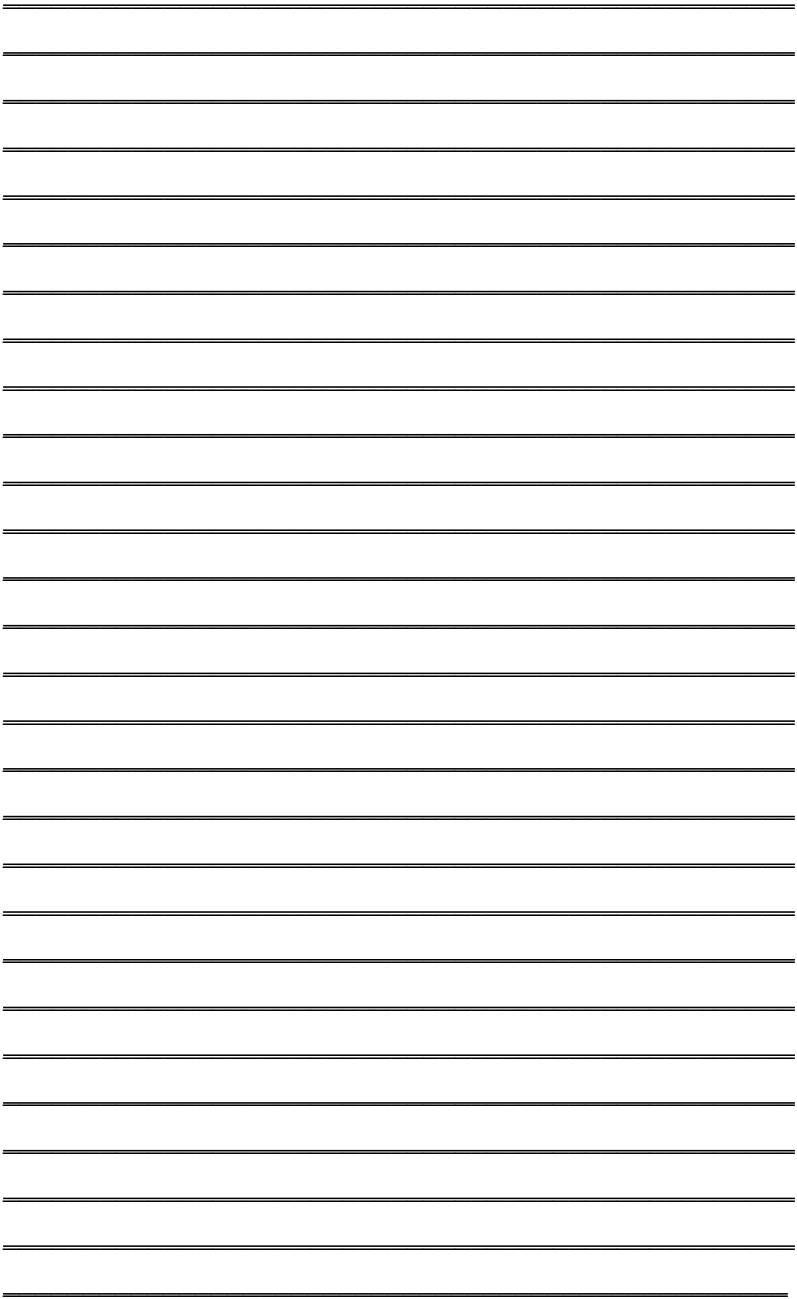
	spotting (brown)
	spotting (red)
	light
	medium
	heavy
	super heavy

pain

pain free	joints
cramping	bloating
headache	ovulation
migraine	vulvular
breast tenderness	lower back

sex life

protected	unprotected
high sex drive	self pleasure
low sex drive	
energy	
exhausted	energetic
tired	vibrant
fatigue	alert



2025 SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
	1 BBT:	2 BBT:	3 BBT:	4 BBT:	5 BBT:	6 BBT:
7 BBT: ○	8 BBT:	9 BBT:	10 BBT:	11 BBT:	12 BBT:	13 BBT:
14 BBT: ●	15 BBT:	16 BBT:	17 BBT:	18 BBT:	19 BBT:	20 BBT:
21 BBT: ●	22 BBT:	23 BBT:	24 BBT:	25 BBT:	26 BBT:	27 BBT:
28 BBT:	29 BBT: ●	30 BBT:				

period

-  spotting (brown)
-  spotting (red)
-  light
-  medium
-  heavy
-  super heavy

pain

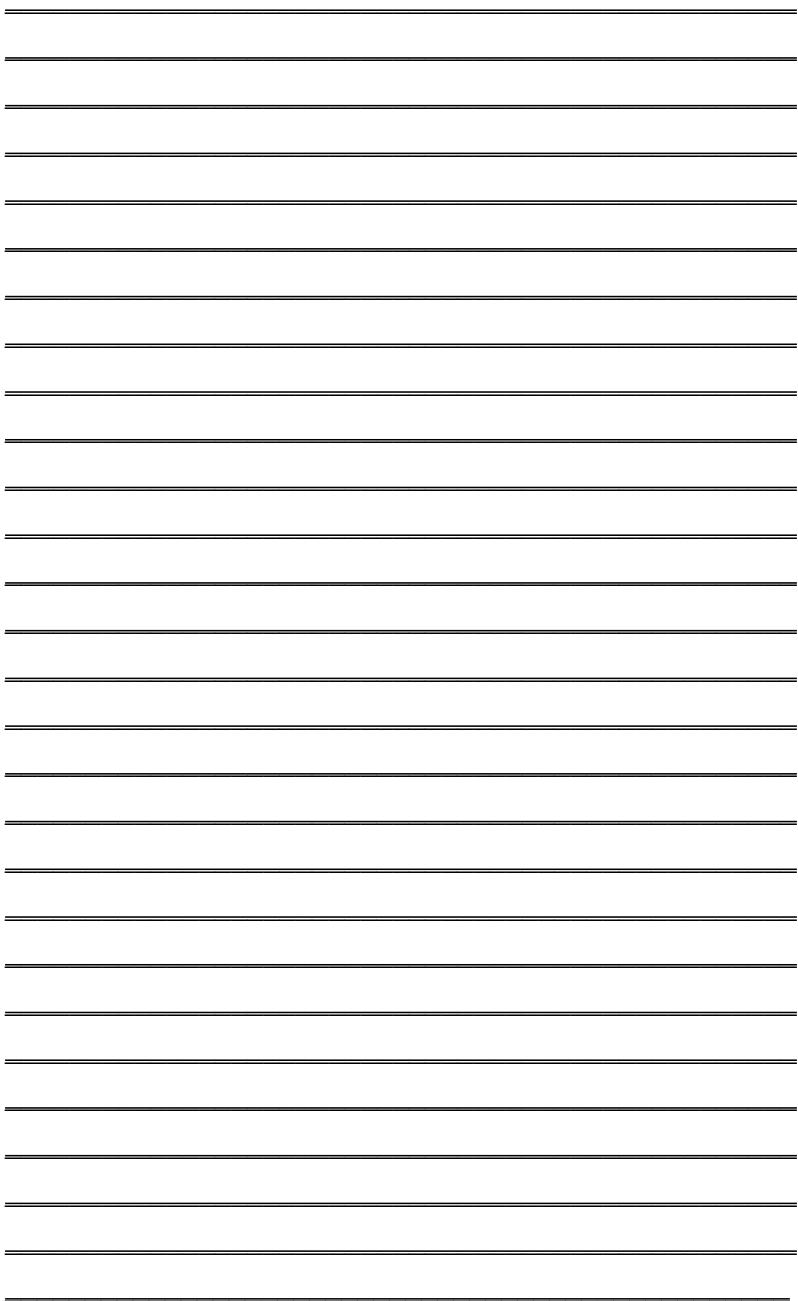
- pain free
- cramping
- headache
- migraine
- breast tenderness
- joints
- bloating
- ovulation
- vulvular
- lower back

sex life

- protected
- unprotected
- high sex drive
- self pleasure
- low sex drive

energy

- exhausted
- tired
- fatigue
- energetic
- vibrant
- alert



2025 OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
			BBT:	BBT:	BBT:	BBT:
5	6 ○	7	8	9	10	11
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
12	13 ◐	14	15	16	17	18
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
19	20	21 ●	22	23	24	25
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
26	27	28	29 ◑	30	31	
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	

period

-  spotting (brown)
-  spotting (red)
-  light
-  medium
-  heavy
-  super heavy

pain

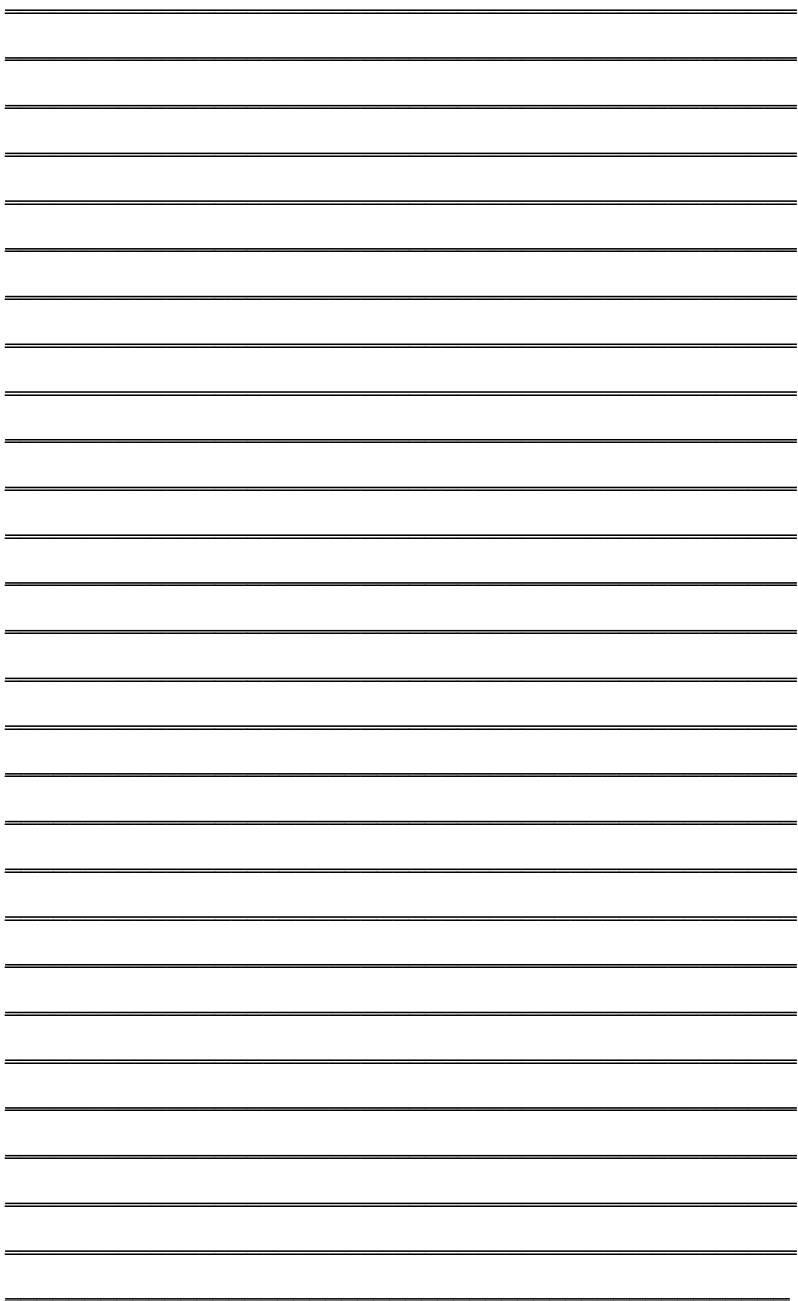
- pain free
- cramping
- headache
- migraine
- breast tenderness
- joints
- bloating
- ovulation
- vulvular
- lower back

sex life

- protected
- unprotected
- high sex drive
- self pleasure
- low sex drive

energy

- exhausted
- tired
- fatigue
- energetic
- vibrant
- alert



2025 NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5 ○	6	7	8
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
9	10	11	12 ●	13	14	15
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
16	17	18	19	20 ●	21	22
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
23 BBT:	24 BBT:	25	26	27	28 ●	29
BBT: 30		BBT:	BBT:	BBT:	BBT:	BBT:

period

-  spotting (brown)
-  spotting (red)
-  light
-  medium
-  heavy
-  super heavy

pain

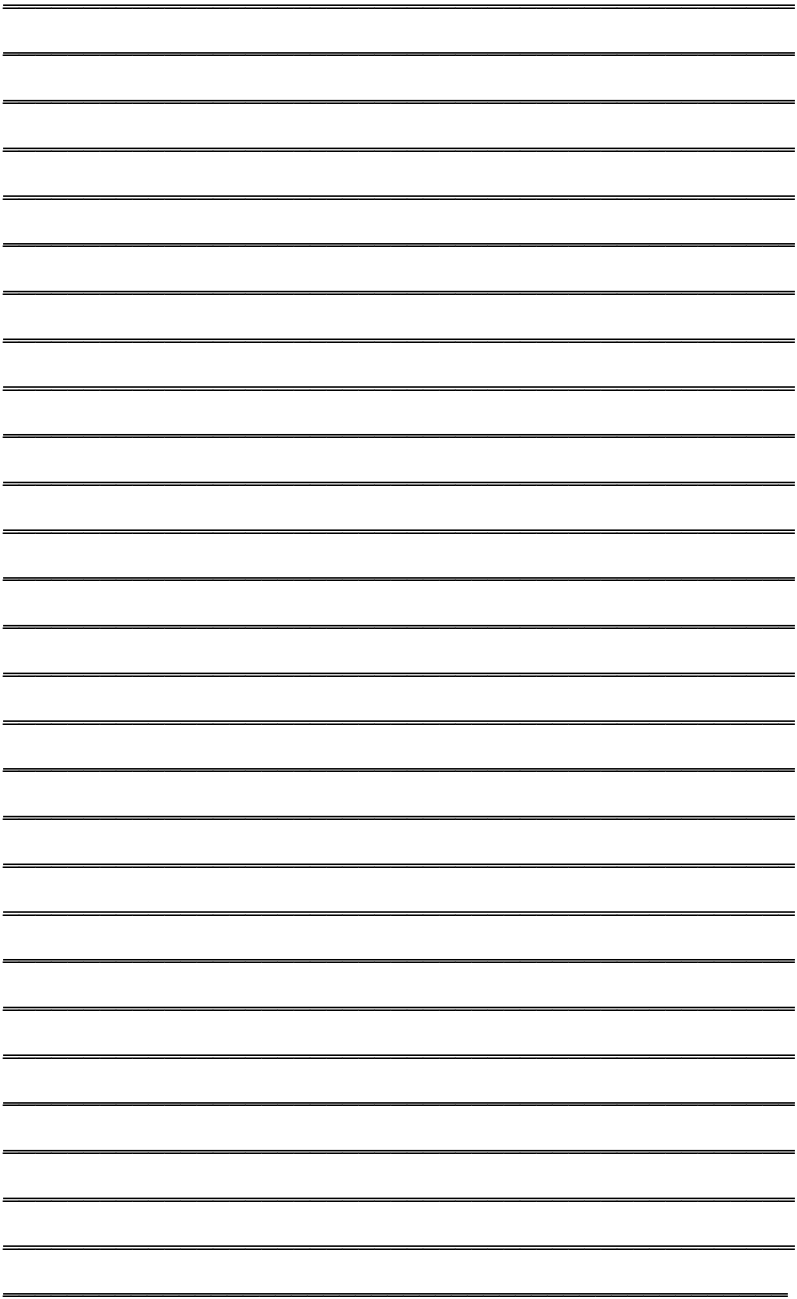
- pain free
- cramping
- headache
- migraine
- breast tenderness
- joints
- bloating
- ovulation
- vulvular
- lower back

sex life

- protected
- high sex drive
- low sex drive
- unprotected
- self pleasure

energy

- exhausted
- tired
- fatigue
- energetic
- vibrant
- alert



2025 DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	○ 5	6
	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
7	8	9	10	11	● 12	13
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
14	15	16	17	18	19	● 20
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
21	22	23	24	25	26	27
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
28	29	30	31			
BBT:	BBT:	BBT:	BBT:			

period



spotting
(brown)



spotting
(red)



light



medium



heavy



super heavy

pain

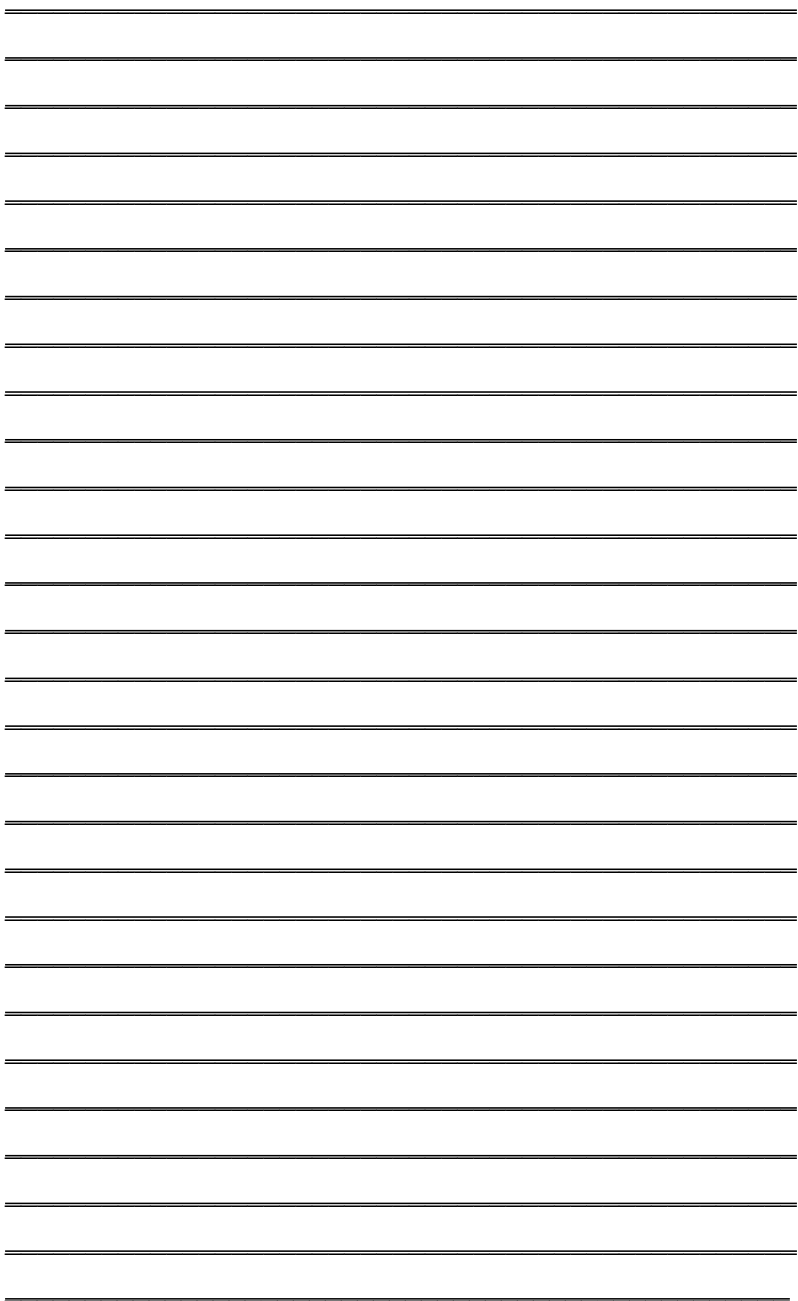
pain free	joints
cramping	bloating
headache	ovulation
migraine	vulvular
breast tenderness	lower back

sex life

protected	unprotected
high sex drive	self pleasure
low sex drive	

energy

exhausted	energetic
tired	vibrant
fatigue	alert



2026 Calendar

2026 JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3 
				BBT:	BBT:	BBT:
4	5	6	7	8	9	10 
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
11	12	13	14	15	16	17
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
18 	19	20	21	22	23	24
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
25 	26	27	28	29	30	
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	

period

	spotting (brown)
	spotting (red)
	light
	medium
	heavy
	super heavy

pain

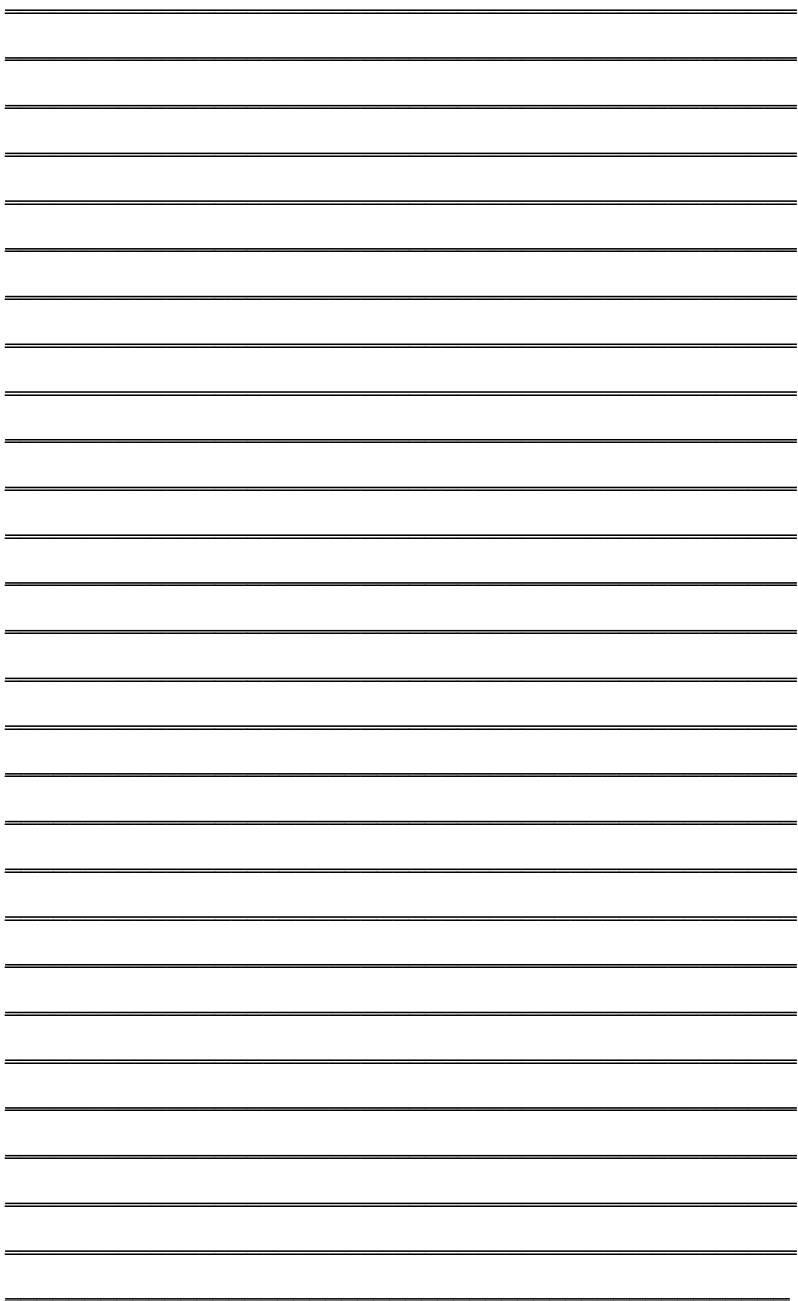
pain free	joints
cramping	bloating
headache	ovulation
migraine	vulvular
breast tenderness	lower back

sex life

protected	unprotected
high sex drive	self pleasure
low sex drive	

energy

exhausted	energetic
tired	vibrant
fatigue	alert



2026 FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
1 ○	2	3	4	5	6	7
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
8	9 ●	10	11	12	13	14
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
15	16	17 ●	18	19	20	21
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
22	23	24 ●	25	26	27	28
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:

period

-  spotting (brown)
-  spotting (red)
-  light
-  medium
-  heavy
-  super heavy

pain

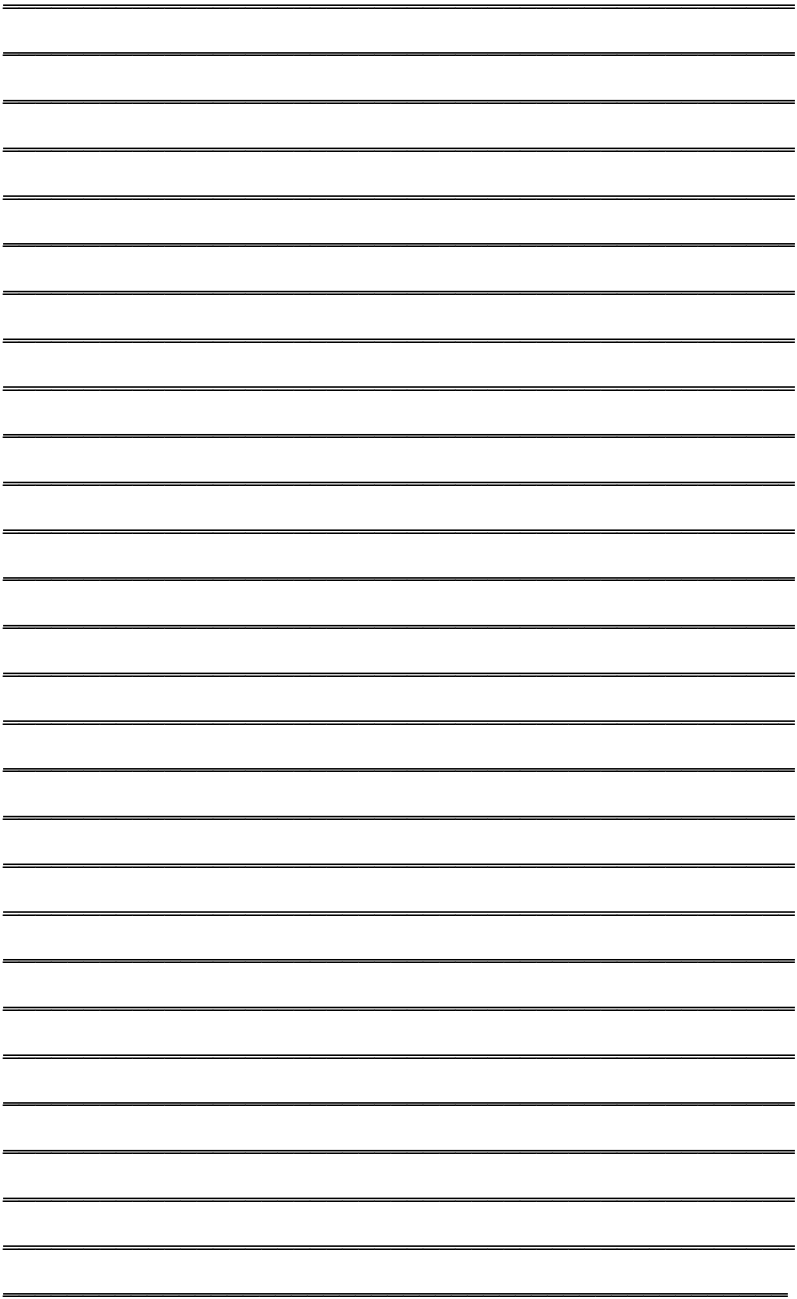
- pain free
- cramping
- headache
- migraine
- breast tenderness
- joints
- bloating
- ovulation
- vulvular
- lower back

sex life

- protected
- unprotected
- high sex drive
- self pleasure
- low sex drive

energy

- exhausted
- tired
- fatigue
- energetic
- vibrant
- alert



2026 MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
1 BBT:	2 BBT:	3 ○ BBT:	4 BBT:	5 BBT:	6 BBT:	7 BBT:
8 BBT:	9 BBT:	10 BBT:	11 ● BBT:	12 BBT:	13 BBT:	14 BBT:
15 BBT:	16 BBT:	17 BBT:	18 ● BBT:	19 BBT:	20 BBT:	21 BBT:
22 BBT:	23 BBT:	24 BBT:	25 ● BBT:	26 BBT:	27 BBT:	28 BBT:
29 BBT:	30 BBT:	31 BBT:				

period



spotting
(brown)



spotting
(red)



light



medium



heavy



super heavy

pain

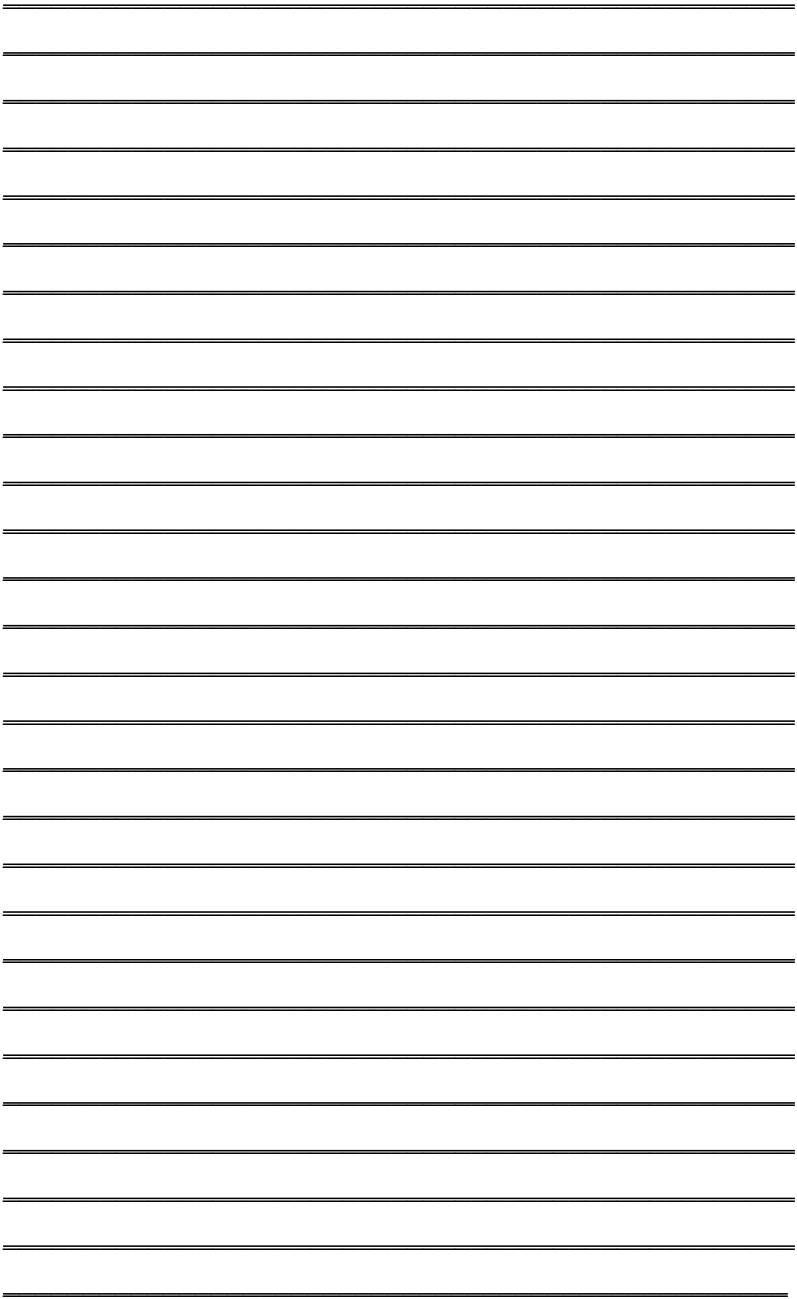
pain free	joints
cramping	bloating
headache	ovulation
migraine	vulvular
breast tenderness	lower back

sex life

protected	unprotected
high sex drive	self pleasure
low sex drive	

energy

exhausted	energetic
tired	vibrant
fatigue	alert



2026 APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
			1 ○	2	3	4
			BBT:	BBT:	BBT:	BBT:
5	6	7	8	9	10 ●	11
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
12	13	14	15	16	17 ●	18
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
19	20	21	22	23 ●	24	25
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
26	27	28	29	30		
BBT:	BBT:	BBT:	BBT:	BBT:		

period

-  spotting (brown)
-  spotting (red)
-  light
-  medium
-  heavy
-  super heavy

pain

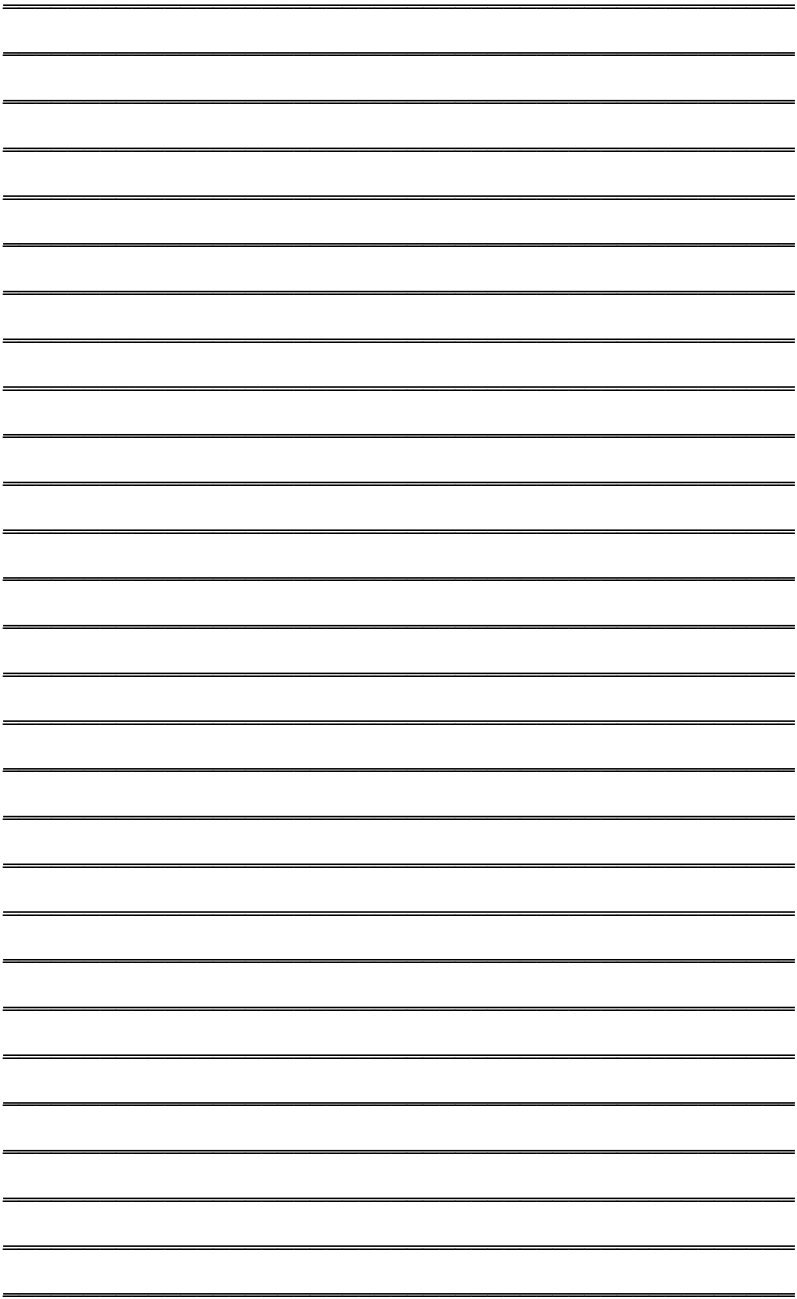
- pain free
- cramping
- headache
- migraine
- breast tenderness
- joints
- bloating
- ovulation
- vulvular
- lower back

sex life

- protected
- unprotected
- high sex drive
- self pleasure
- low sex drive

energy

- exhausted
- tired
- fatigue
- energetic
- vibrant
- alert



2026 MAY

SUN	MON	TUE	WED	THU	FRI	SAT
					1 ○	2
3	4	5	6	7	8	9 ●
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
10	11	12	13	14	15	16 ●
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
17	18	19	20	21	22	23 ●
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
24 BBT: ○	25	26	27	28	29	30
BBT: 31	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:

period

-  spotting (brown)
-  spotting (red)
-  light
-  medium
-  heavy
-  super heavy

pain

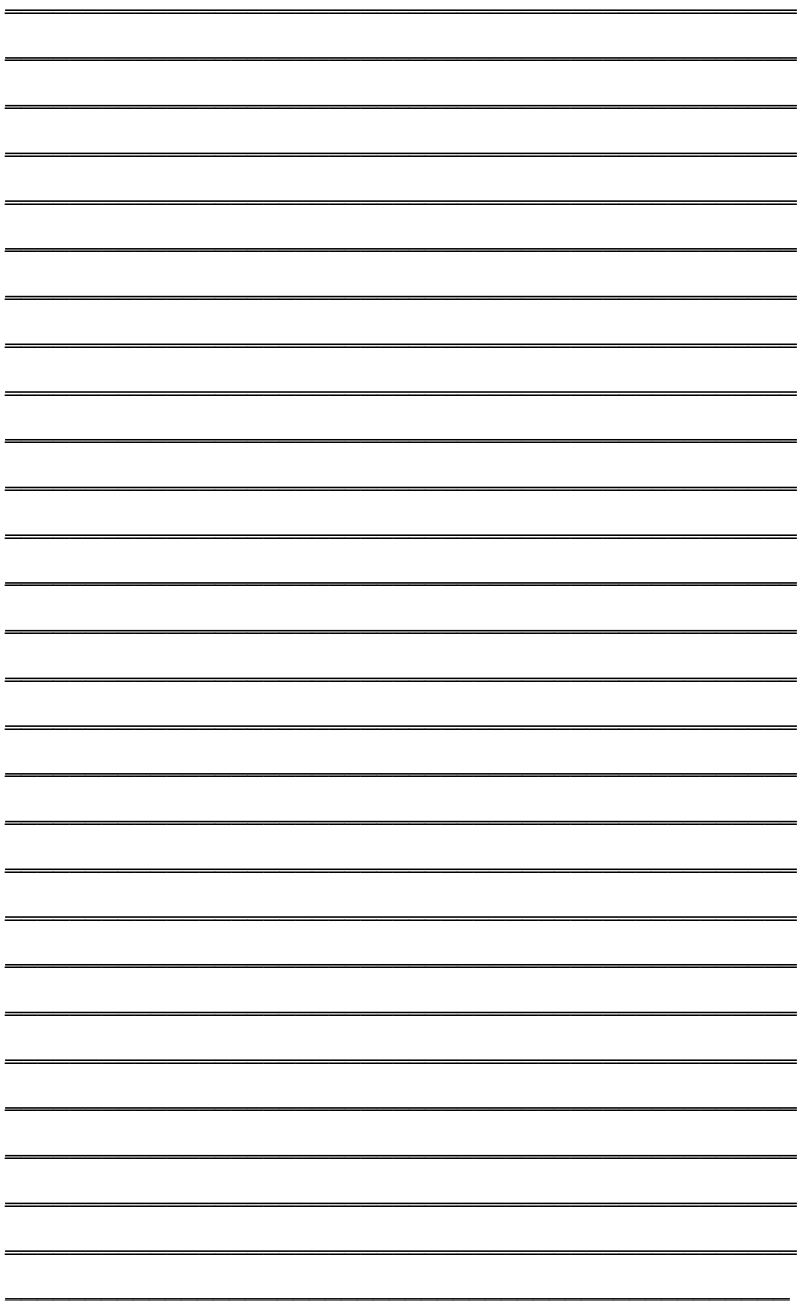
- pain free
- cramping
- headache
- migraine
- breast tenderness
- joints
- bloating
- ovulation
- vulvular
- lower back

sex life

- protected
- unprotected
- high sex drive
- self pleasure
- low sex drive

energy

- exhausted
- tired
- fatigue
- energetic
- vibrant
- alert



2026 JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
7	8	9	10	11	12	13
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
14	15	16	17	18	19	20
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
21	22	23	24	25	26	27
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
28	29	30				
BBT:	BBT:	BBT:				

period

- spotting (brown)
- spotting (red)
- light
- medium
- heavy
- super heavy

pain

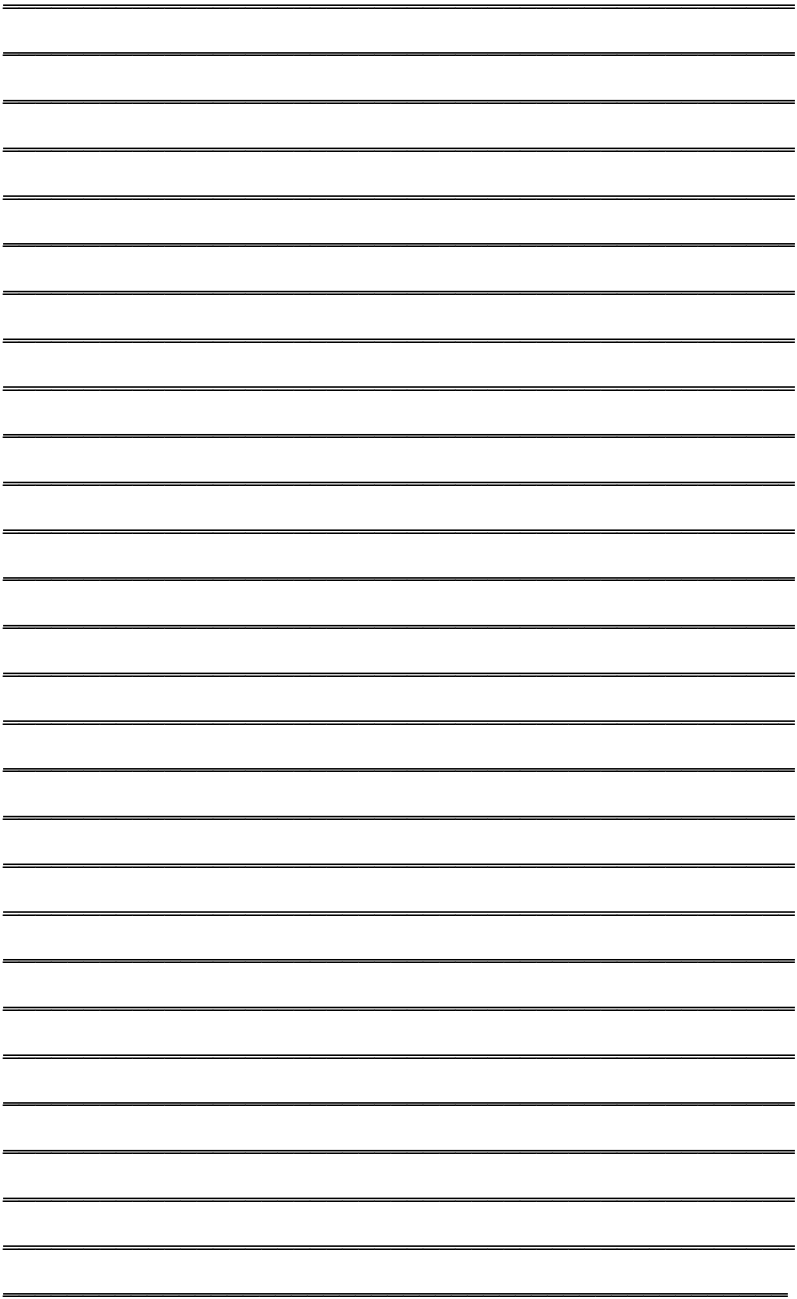
- pain free
- cramping
- headache
- migraine
- breast tenderness
- joints
- bloating
- ovulation
- vulvular
- lower back

sex life

- protected
- unprotected
- high sex drive
- self pleasure
- low sex drive

energy

- exhausted
- tired
- fatigue
- energetic
- vibrant
- alert



2026 JULY

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
			BBT:	BBT:	BBT:	BBT:
5	6	7	☾	8	9	10
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
12	13	14	●	15	16	17
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
19	20	21	☾	22	23	24
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
26	27	28	29	☽	30	31
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:

period



spotting
(brown)



spotting
(red)



light



medium



heavy



super heavy

pain

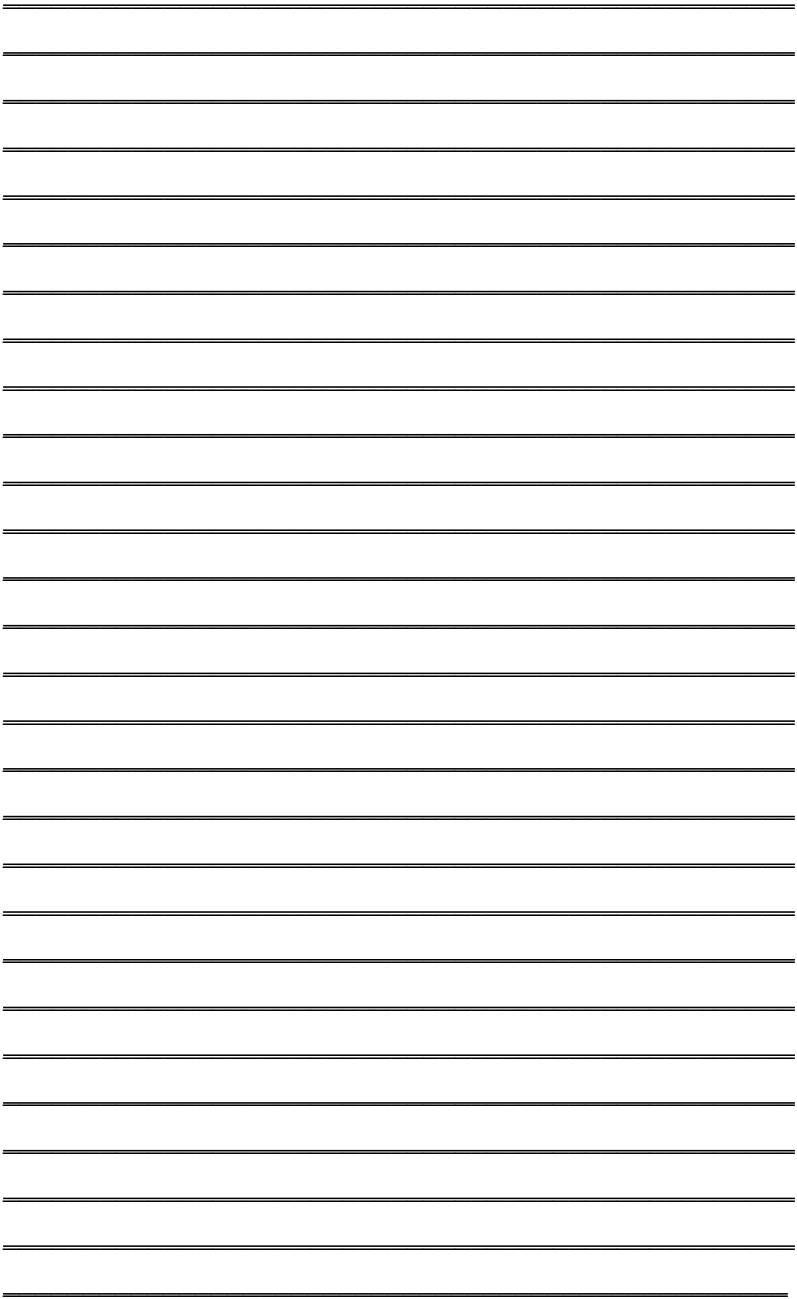
pain free	joints
cramping	bloating
headache	ovulation
migraine	vulvular
breast tenderness	lower back

sex life

protected	unprotected
high sex drive	self pleasure
low sex drive	

energy

exhausted	energetic
tired	vibrant
fatigue	alert



2026 AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	☾	6	7
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
8	9	10	11	●	12	13
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
14	15	16	17	☾	18	19
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
20	21	22	23	☾	24	25
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
26	27	28	29	☾	30	31
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:

period

-  spotting (brown)
-  spotting (red)
-  light
-  medium
-  heavy
-  super heavy

pain

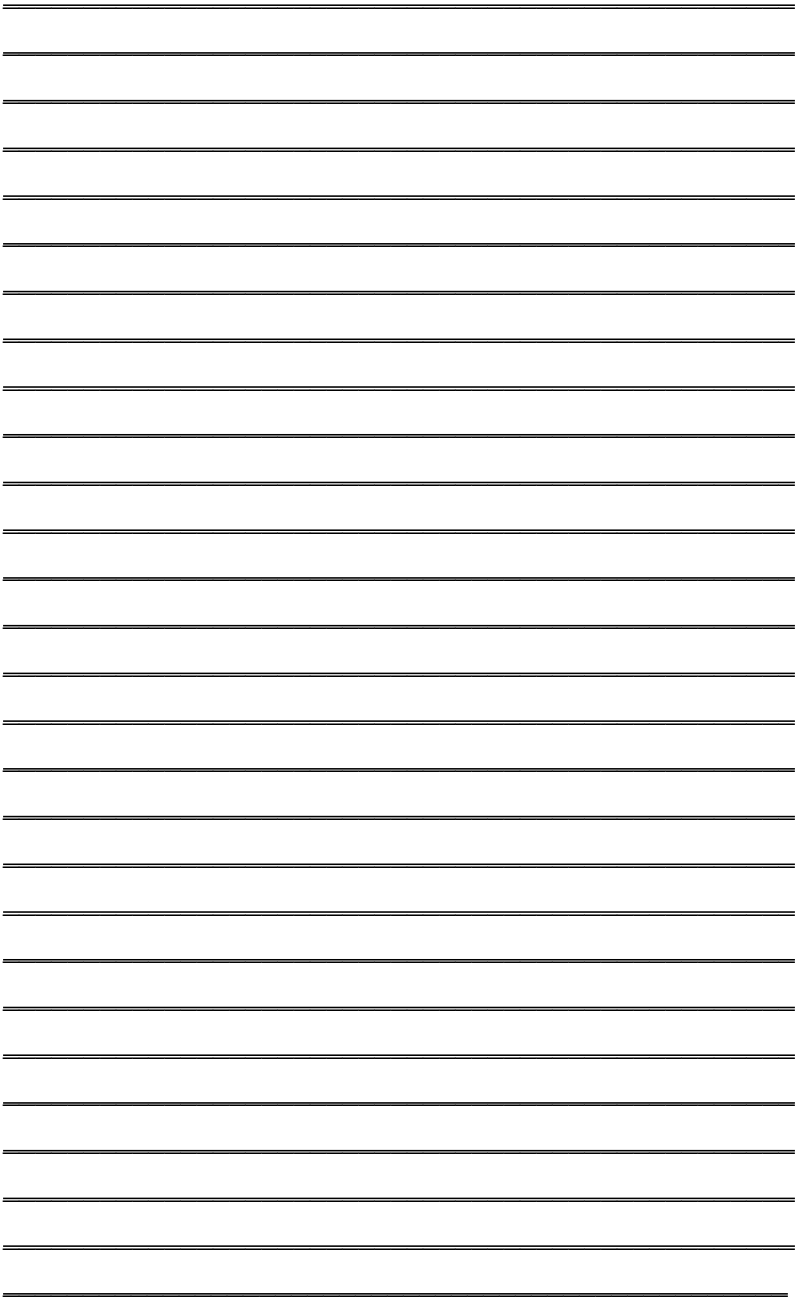
- pain free
- cramping
- headache
- migraine
- breast tenderness
- joints
- bloating
- ovulation
- vulvular
- lower back

sex life

- protected
- high sex drive
- low sex drive
- unprotected
- self pleasure

energy

- exhausted
- tired
- fatigue
- energetic
- vibrant
- alert



2026 SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
		BBT:	BBT:	BBT:	BBT:	BBT:
6	7	8	9	10	11	12
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
13	14	15	16	17	18	19
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
20	21	22	23	24	25	26
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
27	28	29	30			
BBT:	BBT:	BBT:	BBT:			

period



spotting
(brown)



spotting
(red)



light



medium



heavy



super heavy

pain

pain free joints

cramping bloating

headache ovulation

migraine vulvular

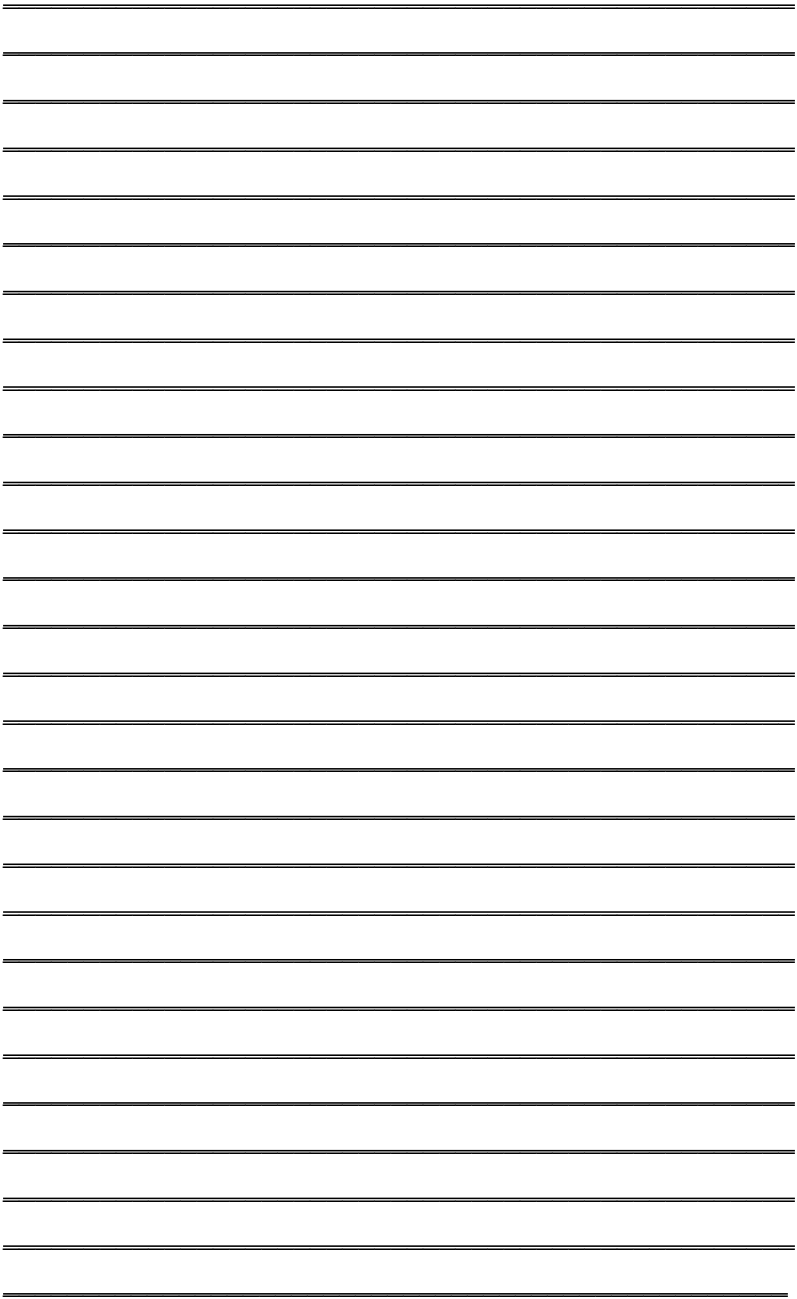
breast
tenderness lower
back

sex life

protected unprotected
high sex drive self pleasure
low sex drive

energy

exhausted energetic
tired vibrant
fatigue alert



2026 OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
				BBT:	BBT:	BBT:
4	5	6	7	8	9	10
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
11	12	13	14	15	16	17
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
18	19	20	21	22	23	24
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
25	26	27	28	29	30	31
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:

period

- spotting (brown)
- spotting (red)
- light
- medium
- heavy
- super heavy

pain

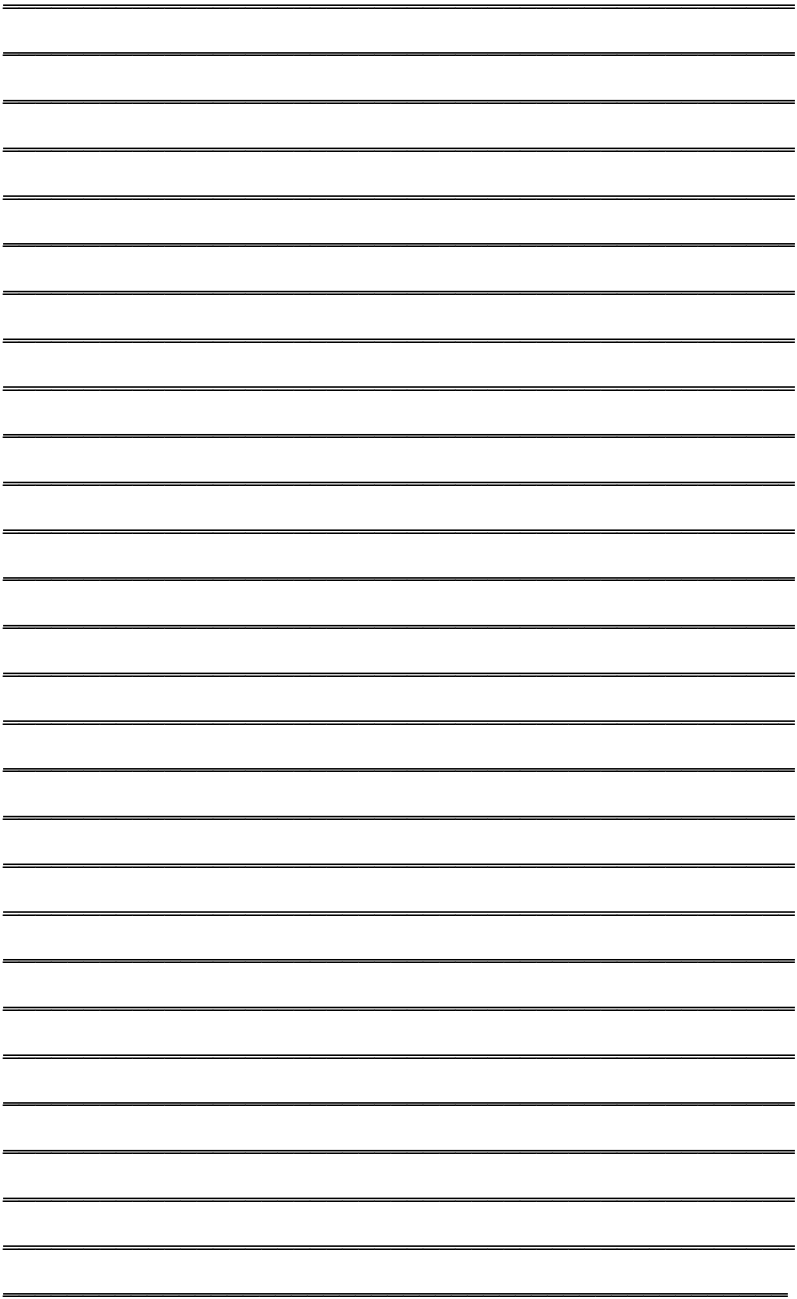
- pain free
- cramping
- headache
- migraine
- breast tenderness
- joints
- bloating
- ovulation
- vulvular
- lower back

sex life

- protected
- unprotected
- high sex drive
- self pleasure
- low sex drive

energy

- exhausted
- tired
- fatigue
- energetic
- vibrant
- alert



2026 NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1 	2	3	4	5	6	7
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
8	9 	10	11	12	13	14
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
15	16	17 	18	19	20	21
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
22	23	24 	25	26	27	28
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
29	30					
BBT:	BBT:					

period



spotting
(brown)



spotting
(red)



light



medium



heavy



super heavy

pain

pain free joints

cramping bloating

headache ovulation

migraine vulvular

breast
tenderness lower
back

sex life

protected unprotected

high sex drive self pleasure

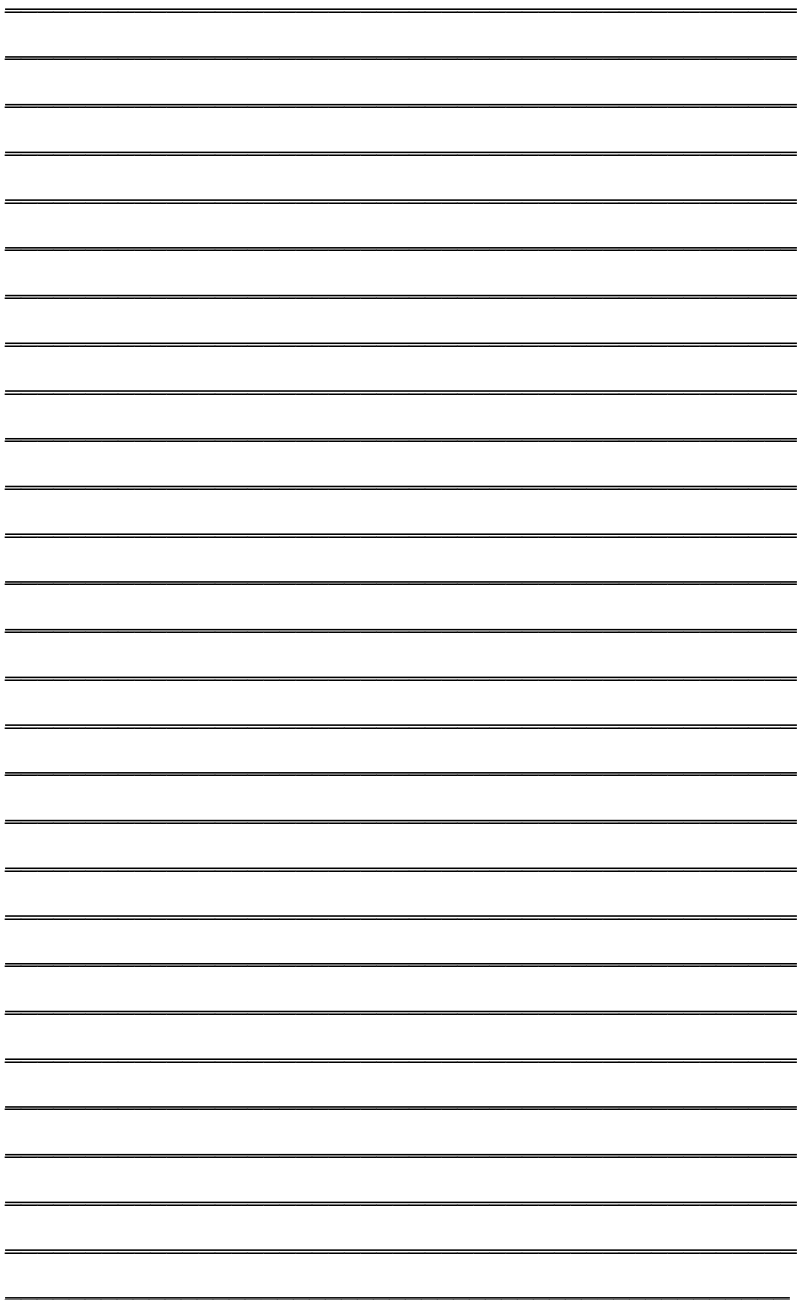
low sex drive

energy

exhausted energetic

tired vibrant

fatigue alert



2026 DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
		BBT:	BBT:	BBT:	BBT:	BBT:
6	7	8	9	10	11	12
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
13	14	15	16	17	18	19
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
20	21	22	23	24	25	26
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
27	28	29	30	31		
BBT:	BBT:	BBT:	BBT:	BBT:		

period



spotting
(brown)



spotting
(red)



light



medium



heavy



super heavy

pain

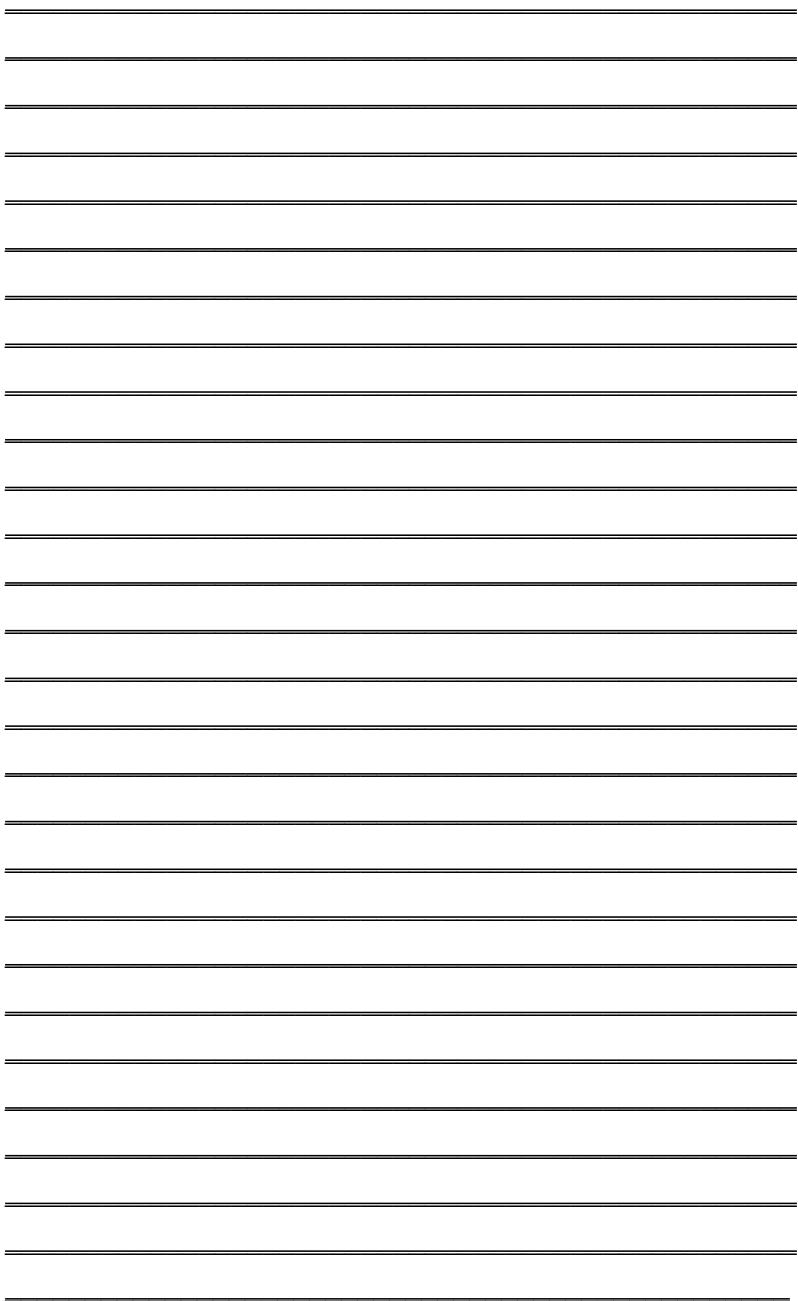
pain free	joints
cramping	bloating
headache	ovulation
migraine	vulvular
breast tenderness	lower back

sex life

protected	unprotected
high sex drive	self pleasure
low sex drive	

energy

exhausted	energetic
tired	vibrant
fatigue	alert



2027 Calendar

2027 JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
					BBT:	BBT:
3	4	5	6	7 ●	8	9
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
10	11	12	13	14	15 ●	16
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
17	18	19	20	21	22 ○	23
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
24 BBT:	25	26	27	28	29 ●	30
BBT: 31	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:

period

-  spotting (brown)
-  spotting (red)
-  light
-  medium
-  heavy
-  super heavy

pain

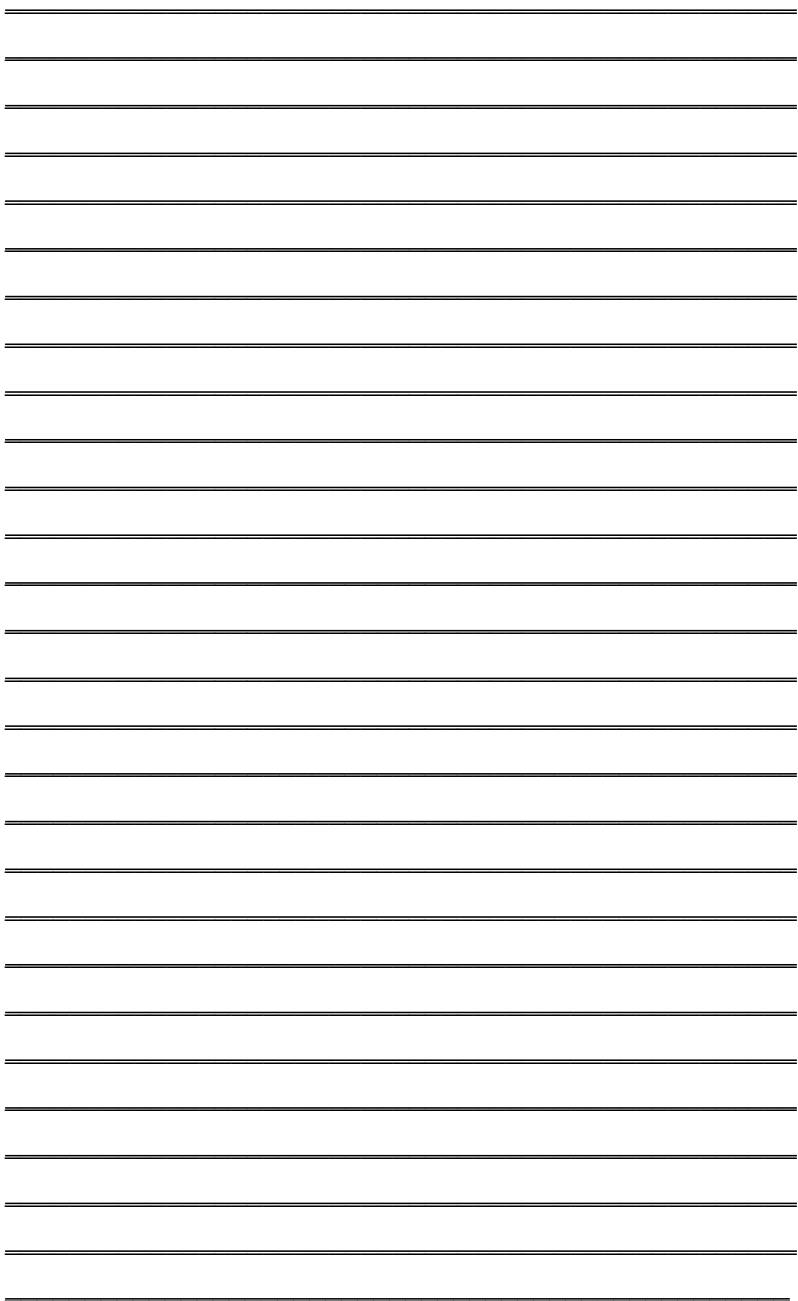
- pain free
- cramping
- headache
- migraine
- breast tenderness
- joints
- bloating
- ovulation
- vulvular
- lower back

sex life

- protected
- unprotected
- high sex drive
- self pleasure
- low sex drive

energy

- exhausted
- tired
- fatigue
- energetic
- vibrant
- alert



2027 FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6 ●
	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
7	8	9	10	11	12	13
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
14 ●	15	16	17	18	19	20 ○
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
21	22	23	24	25	26	27
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
28 ●						
BBT:						

period

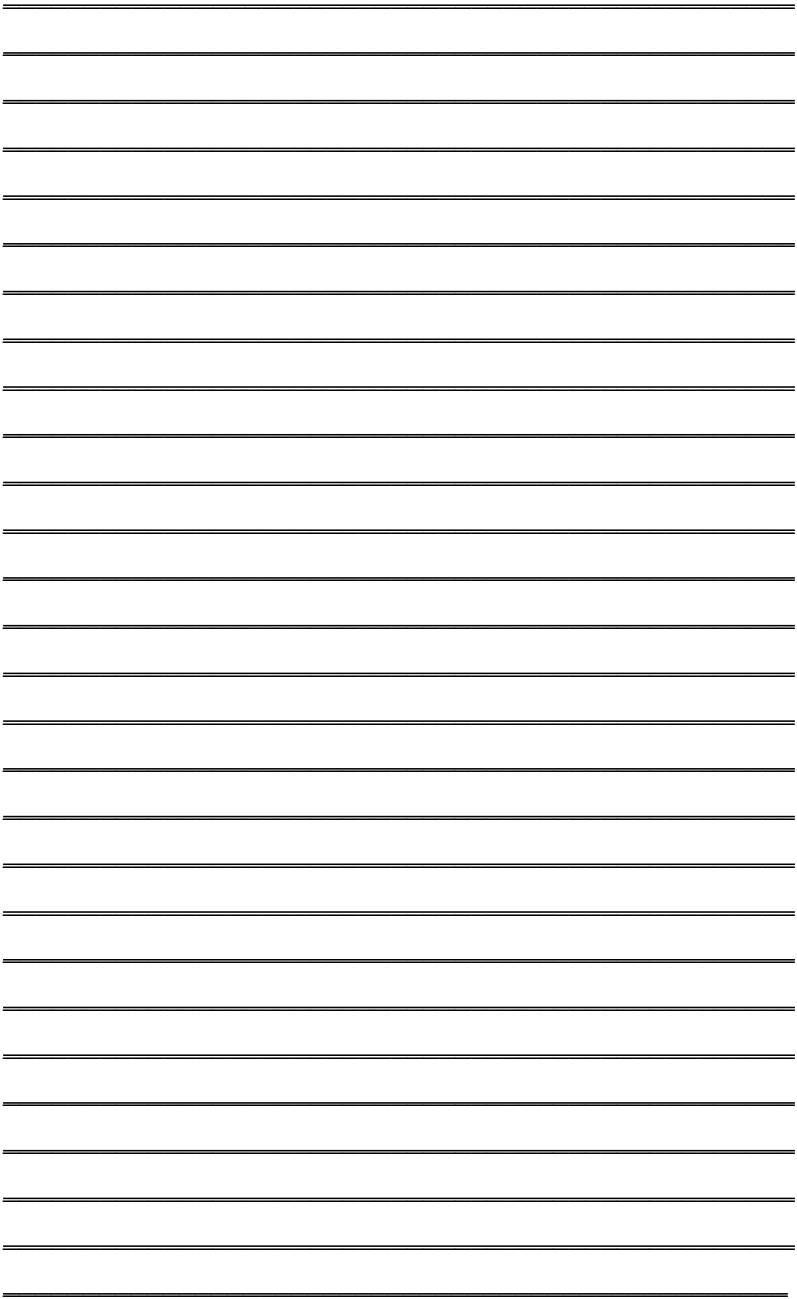
	spotting (brown)
	spotting (red)
	light
	medium
	heavy
	super heavy

pain

pain free	joints
cramping	bloating
headache	ovulation
migraine	vulvular
breast tenderness	lower back

sex life

protected	unprotected
high sex drive	self pleasure
low sex drive	
energy	
exhausted	energetic
tired	vibrant
fatigue	alert



2027 MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
7	8 ●	9	10	11	12	13
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
14	15 ◐	16	17	18	19	20
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
21	22 ○	23	24	25	26	27
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
28	29 ◑	30	31			
BBT:	BBT:	BBT:	BBT:			

period



spotting
(brown)



spotting
(red)



light



medium



heavy



super heavy

pain

pain free joints

cramping bloating

headache ovulation

migraine vulvular

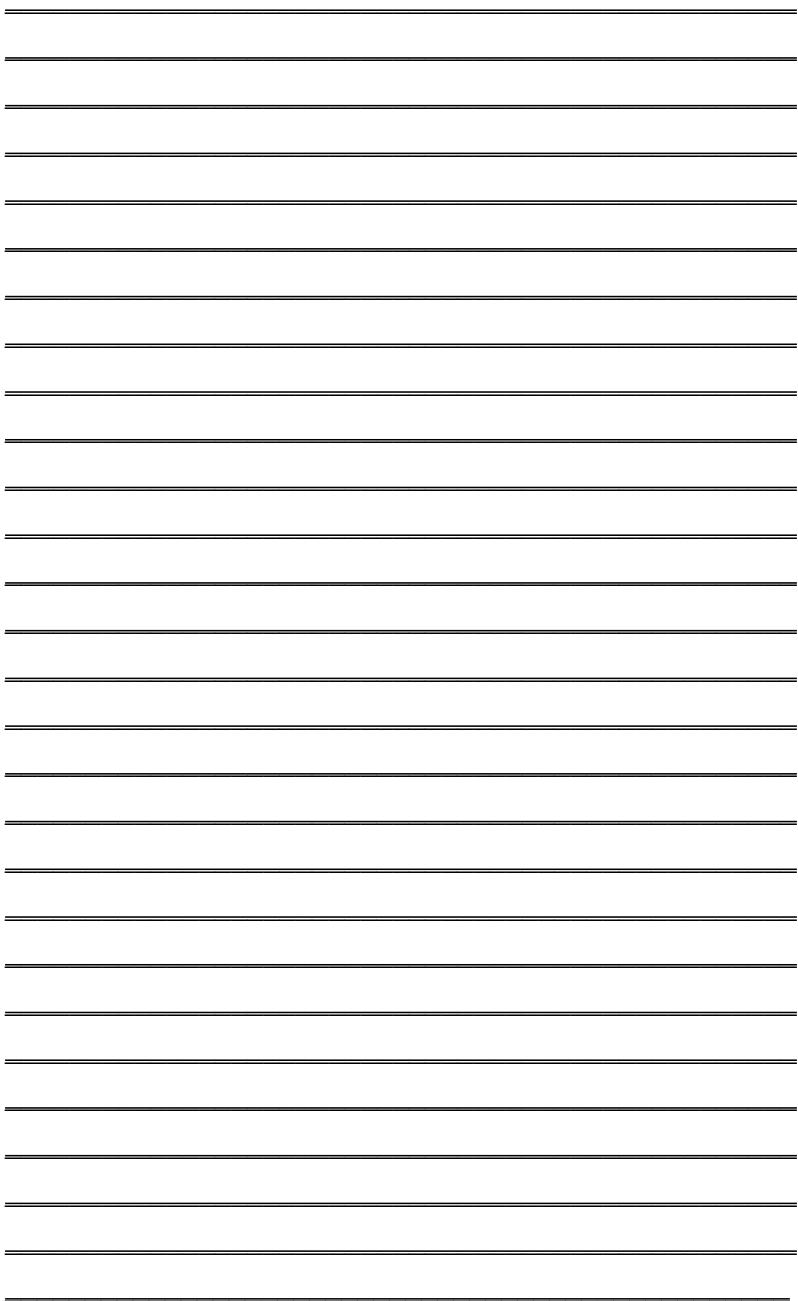
breast
tenderness lower
back

sex life

protected unprotected
high sex drive self pleasure
low sex drive

energy

exhausted energetic
tired vibrant
fatigue alert



2027 APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
				BBT:	BBT:	BBT:
4	5	6 ●	7	8	9	10
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
11	12	13 ◐	14	15	16	17
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
18	19	20 ○	21	22	23	24
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
25	26	27	28 ◑	29	30	
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	

period



spotting
(brown)



spotting
(red)



light



medium



heavy



super heavy

pain

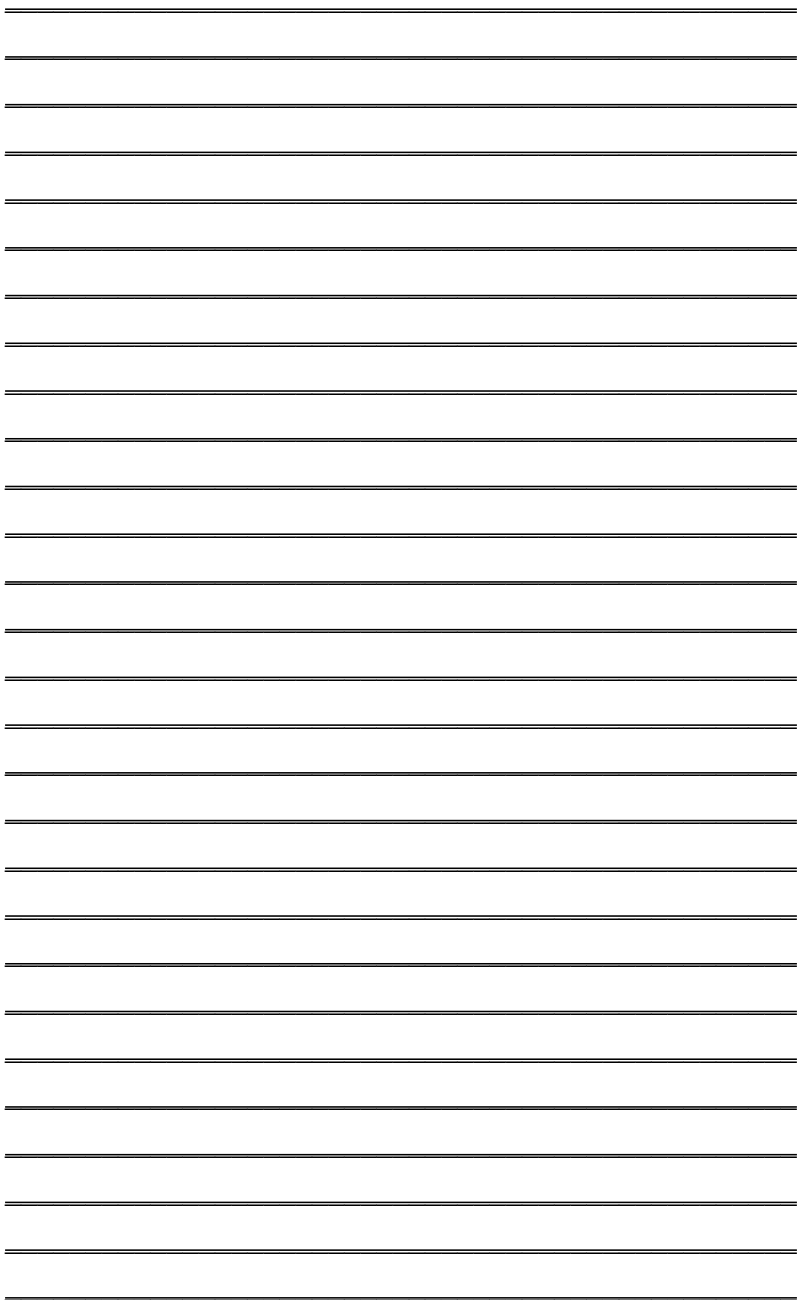
pain free	joints
cramping	bloating
headache	ovulation
migraine	vulvular
breast tenderness	lower back

sex life

protected	unprotected
high sex drive	self pleasure
low sex drive	

energy

exhausted	energetic
tired	vibrant
fatigue	alert



2027 MAY

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6 ●	7	8
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
9	10	11	12	13 ◐	14	15
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
16	17	18	19	20 ○	21	22
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
23 BBT:	24 BBT:	25	26	27	28 ◑	29
BBT: 30	BBT: 31	BBT:	BBT:	BBT:	BBT:	BBT:

period

-  spotting (brown)
-  spotting (red)
-  light
-  medium
-  heavy
-  super heavy

pain

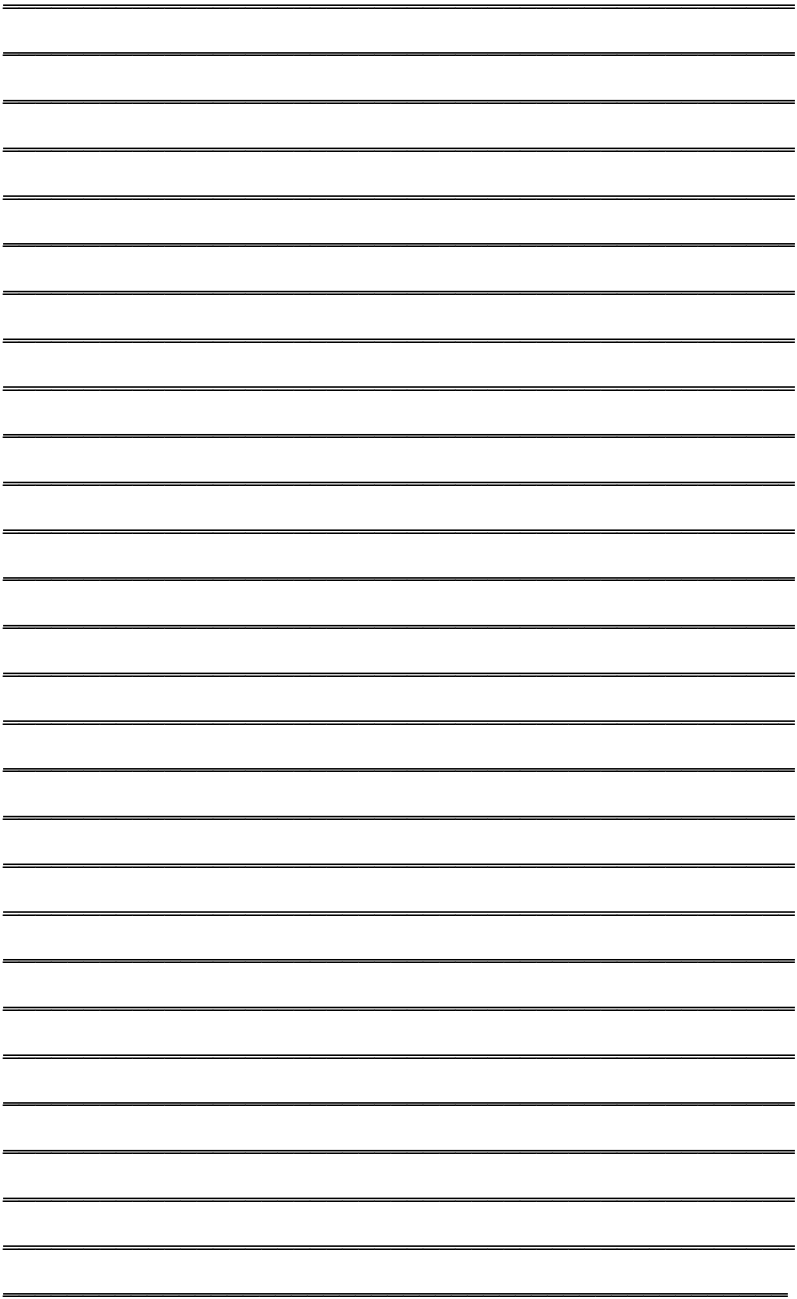
- pain free
- cramping
- headache
- migraine
- breast tenderness
- joints
- bloating
- ovulation
- vulvular
- lower back

sex life

- protected
- unprotected
- high sex drive
- self pleasure
- low sex drive

energy

- exhausted
- tired
- fatigue
- energetic
- vibrant
- alert



2027 JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4 ●	5
		BBT:	BBT:	BBT:	BBT:	BBT:
6	7	8	9	10	11 ●	12
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
13	14	15	16	17	18 ○	19
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
20	21	22	23	24	25	26
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
27 ●	28	29	30			
BBT:	BBT:	BBT:	BBT:			

period



spotting
(brown)



spotting
(red)



light



medium



heavy



super heavy

pain

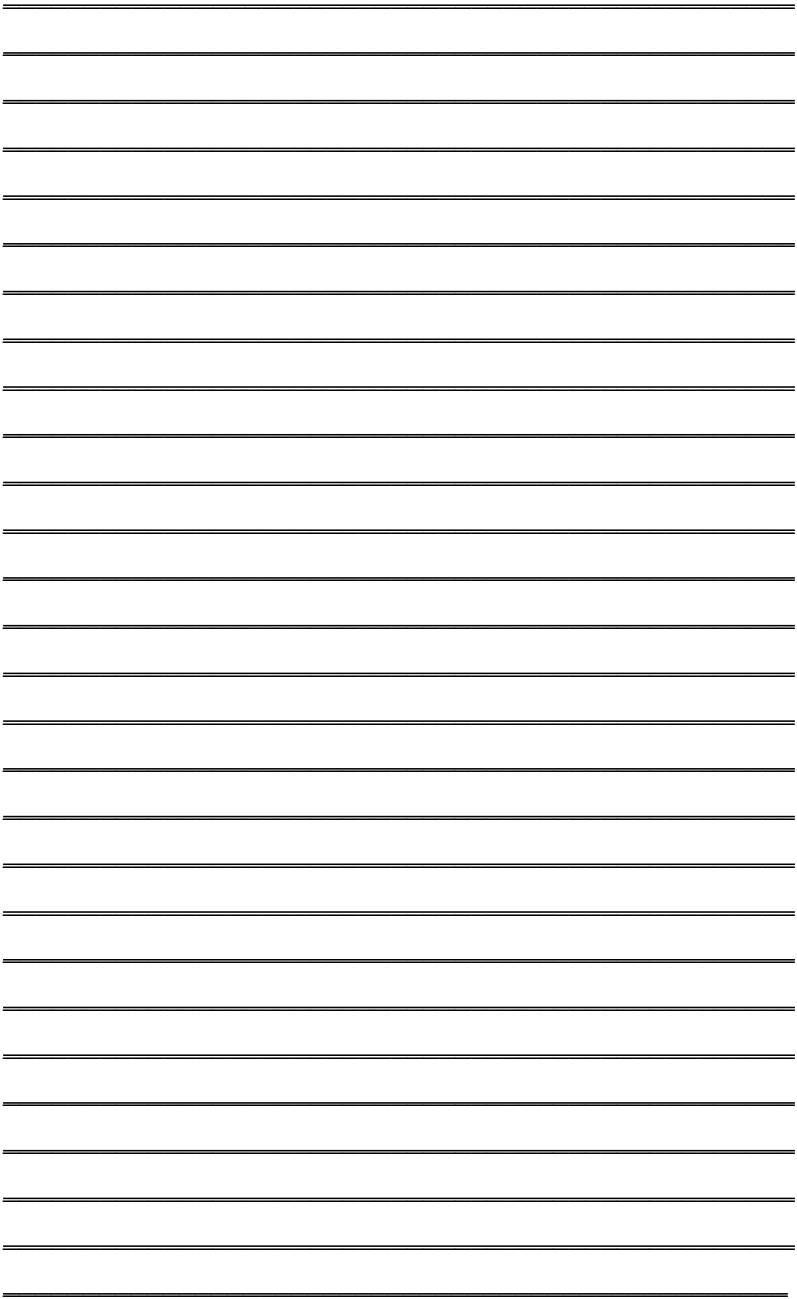
pain free joints
 cramping bloating
 headache ovulation
 migraine vulvular
 breast lower
 tenderness back

sex life

protected unprotected
 high sex drive self pleasure
 low sex drive

energy

exhausted energetic
 tired vibrant
 fatigue alert



2027 JULY

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3 ●
				BBT:	BBT:	BBT:
4	5	6	7	8	9	10 ☾
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
11	12	13	14	15	16	17
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
18 ○	19	20	21	22	23	24
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
25	26 ☾	27	28	29	30	
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	

period



spotting
(brown)



spotting
(red)



light



medium



heavy



super heavy

pain

pain free joints

cramping bloating

headache ovulation

migraine vulvular

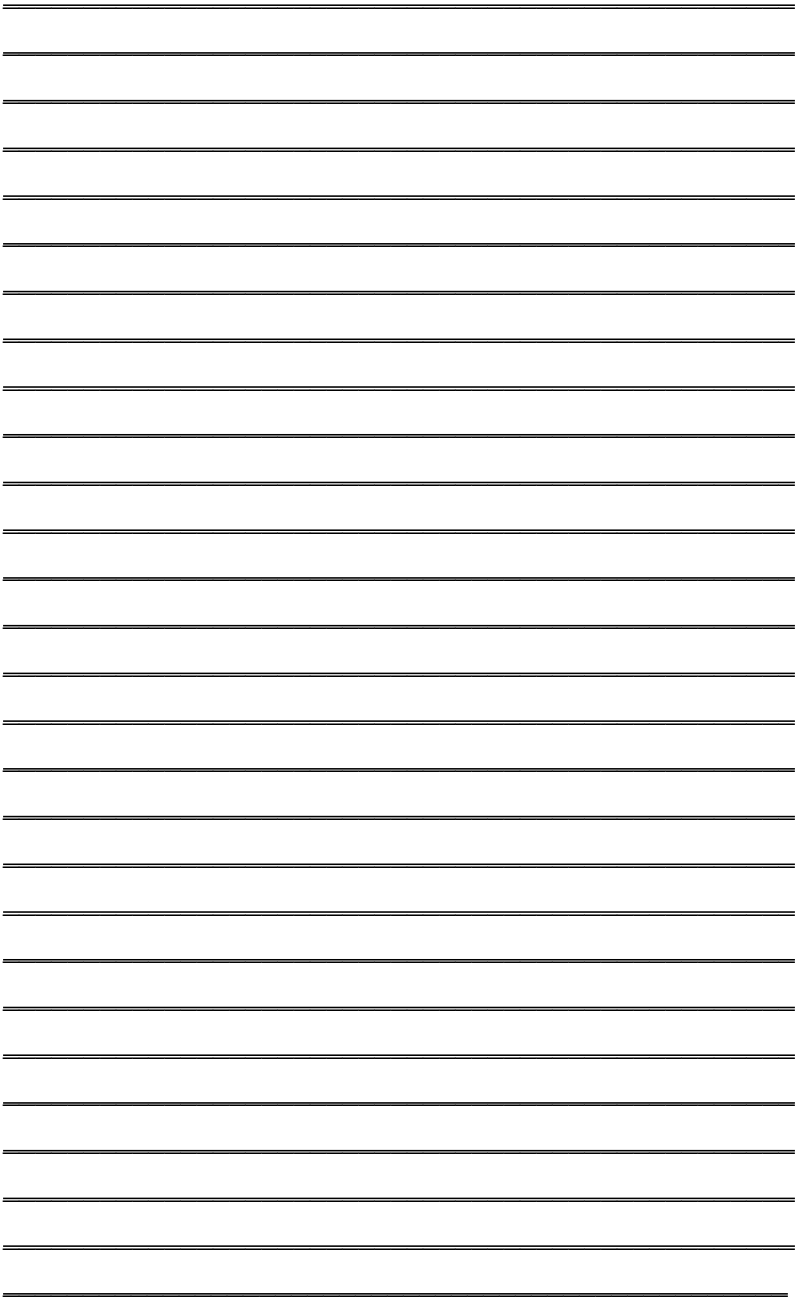
breast
tenderness lower
back

sex life

protected unprotected
high sex drive self pleasure
low sex drive

energy

exhausted energetic
tired vibrant
fatigue alert



2027 AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
1 BBT:	2 ● BBT:	3 BBT:	4 BBT:	5 BBT:	6 BBT:	7 BBT:
8 BBT:	9 ◐ BBT:	10 BBT:	11 BBT:	12 BBT:	13 BBT:	14 BBT:
15 BBT:	16 BBT:	17 ○ BBT:	18 BBT:	19 BBT:	20 BBT:	21 BBT:
22 BBT:	23 BBT:	24 ◑ BBT:	25 BBT:	26 BBT:	27 BBT:	28 BBT:
29 BBT:	30 BBT:	31 ● BBT:				

period

-  spotting (brown)
-  spotting (red)
-  light
-  medium
-  heavy
-  super heavy

pain

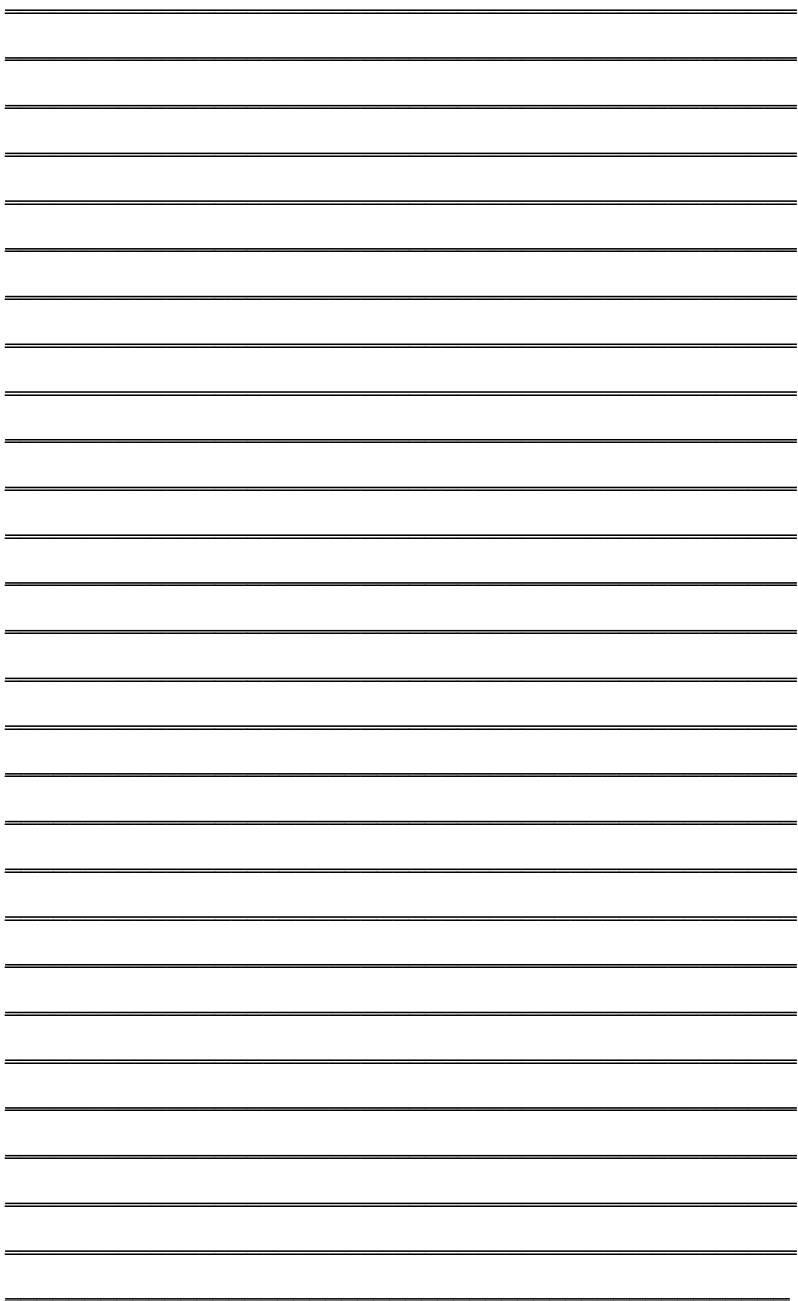
- pain free
- cramping
- headache
- migraine
- breast tenderness
- joints
- bloating
- ovulation
- vulvular
- lower back

sex life

- protected
- high sex drive
- low sex drive
- unprotected
- self pleasure

energy

- exhausted
- tired
- fatigue
- energetic
- vibrant
- alert



2027 SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
			BBT:	BBT:	BBT:	BBT:
5	6	7	8	9	10	11
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
12	13	14	15	16	17	18
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
19	20	21	22	23	24	25
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
26	27	28	29	30		
BBT:	BBT:	BBT:	BBT:	BBT:		

period

- spotting (brown)
- spotting (red)
- light
- medium
- heavy
- super heavy

pain

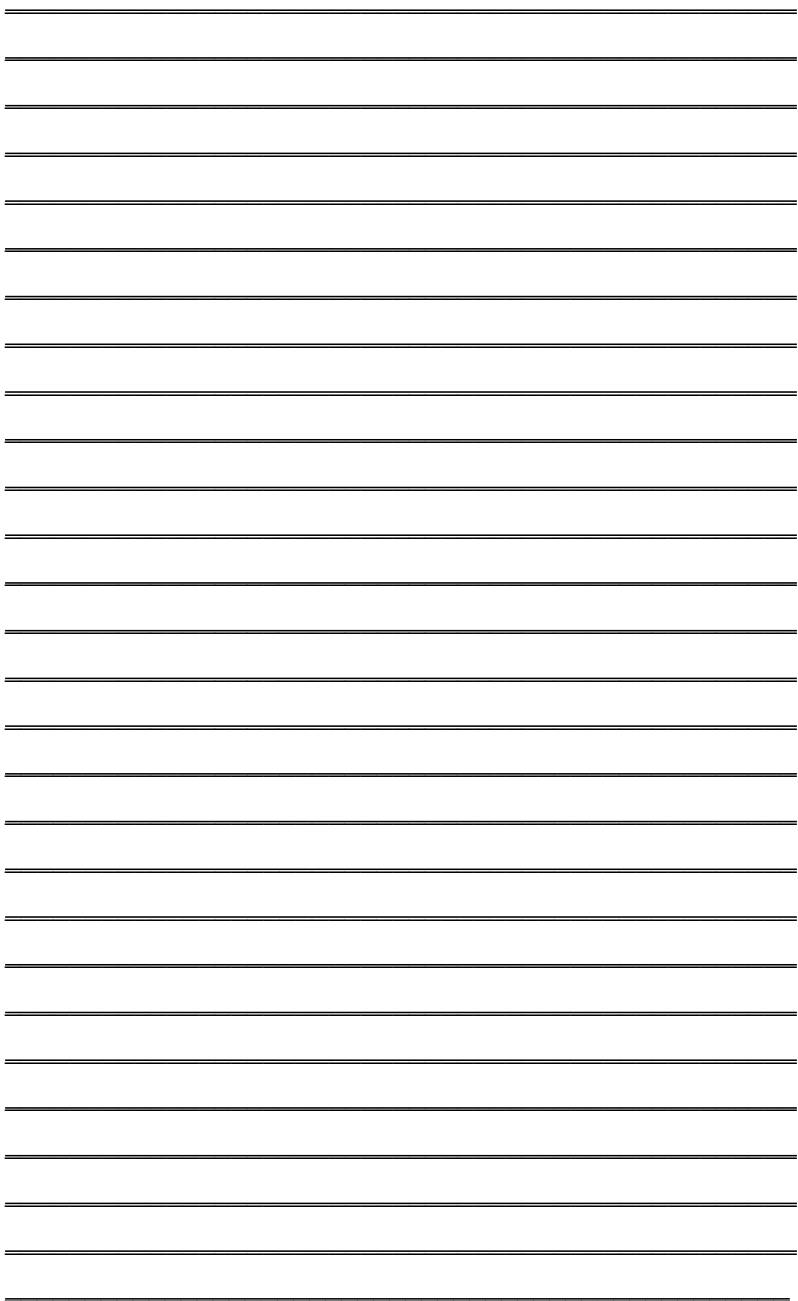
- pain free
- cramping
- headache
- migraine
- breast tenderness
- joints
- bloating
- ovulation
- vulvular
- lower back

sex life

- protected
- unprotected
- high sex drive
- self pleasure
- low sex drive

energy

- exhausted
- tired
- fatigue
- energetic
- vibrant
- alert



2027 OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
					BBT:	BBT:
3	4	5	6	7	8	9
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
10	11	12	13	14	15	16
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
17	18	19	20	21	22	23
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
24 BBT:	25	26	27	28	29	30
BBT: 31	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:

period

- spotting (brown)
- spotting (red)
- light
- medium
- heavy
- super heavy

pain

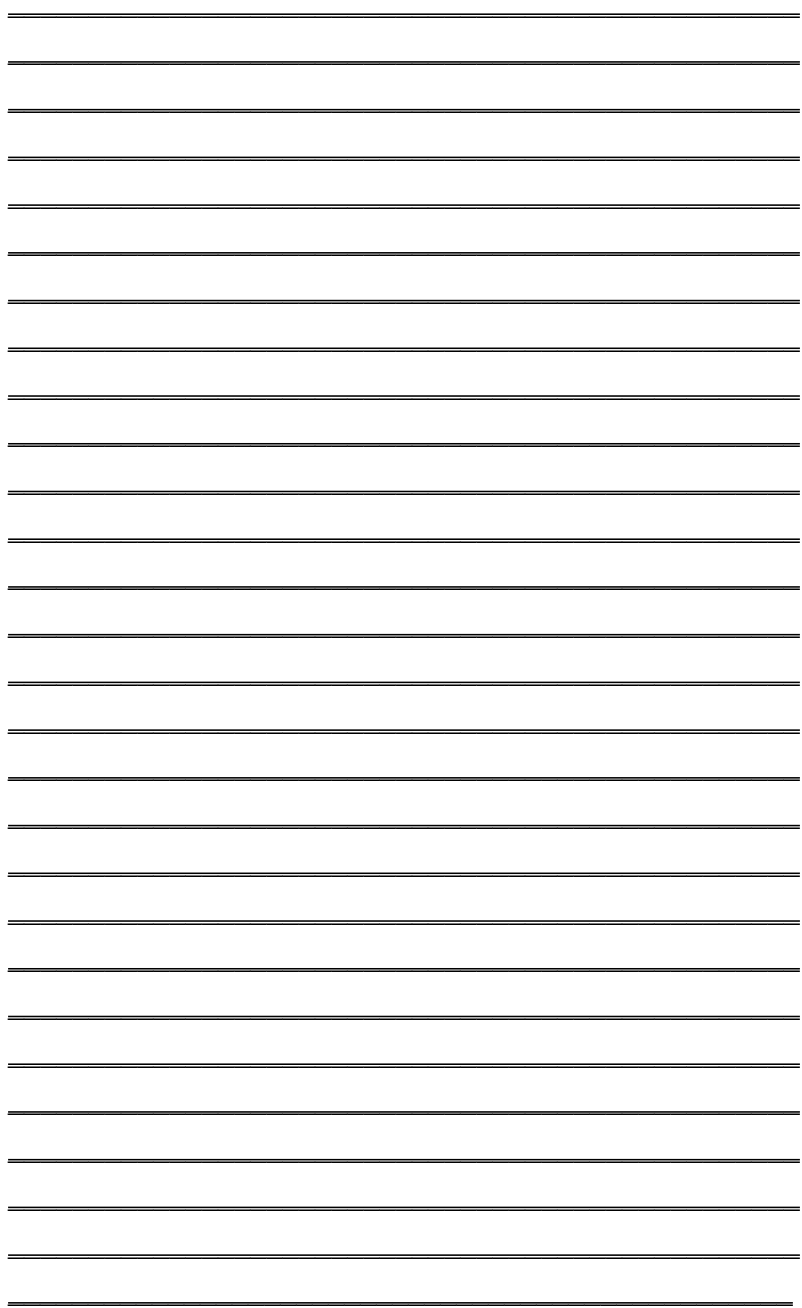
- pain free
- cramping
- headache
- migraine
- breast tenderness
- joints
- bloating
- ovulation
- vulvular
- lower back

sex life

- protected
- unprotected
- high sex drive
- self pleasure
- low sex drive

energy

- exhausted
- tired
- fatigue
- energetic
- vibrant
- alert



2027 NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6 
	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
7	8	9	10	11	12	13 
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
14	15	16	17	18	19	20 
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
21	22	23	24	25	26	27 
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
28	29	30				
BBT:	BBT:	BBT:				

period

	spotting (brown)
	spotting (red)
	light
	medium
	heavy
	super heavy

pain

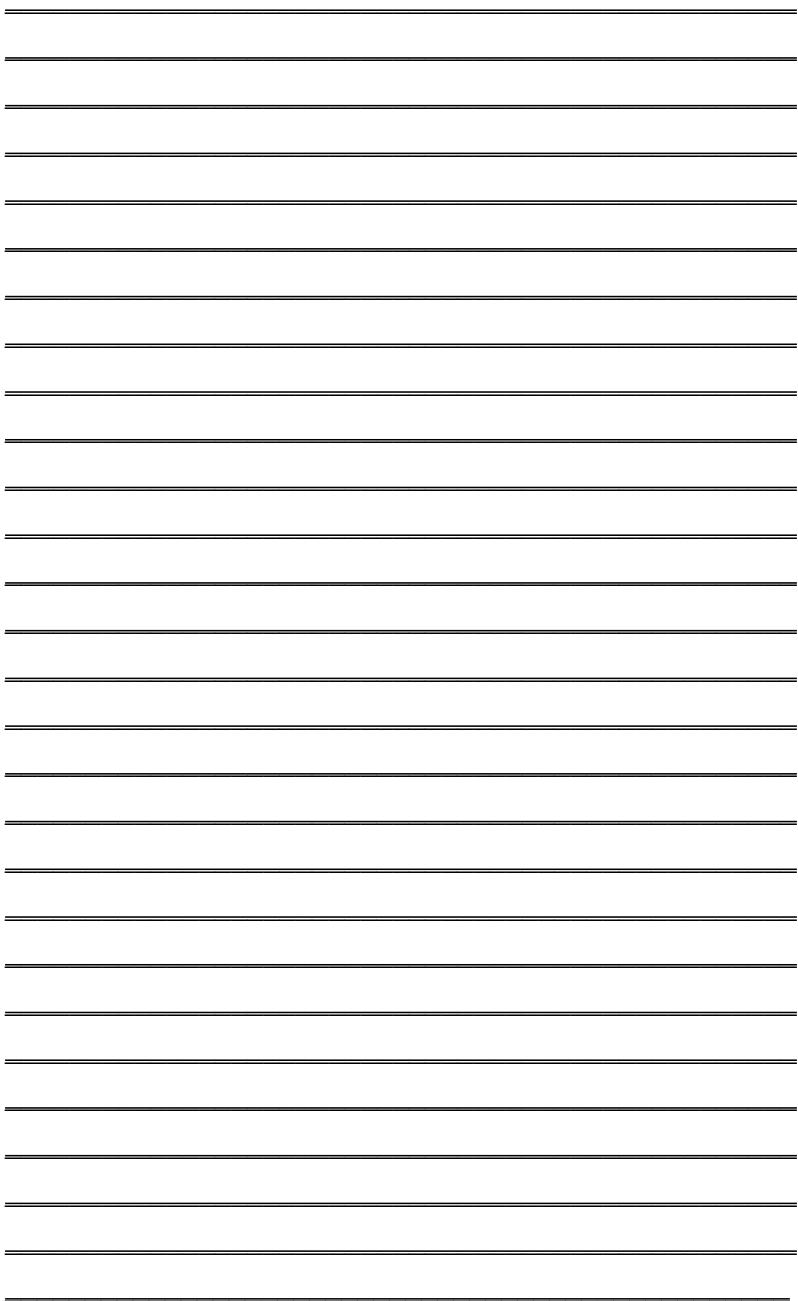
pain free	joints
cramping	bloating
headache	ovulation
migraine	vulvular
breast tenderness	lower back

sex life

protected	unprotected
high sex drive	self pleasure
low sex drive	

energy

exhausted	energetic
tired	vibrant
fatigue	alert



2027 DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
			BBT:	BBT:	BBT:	BBT:
5	6 	7	8	9	10	11
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
12	13 	14	15	16	17	18
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
19	20 	21	22	23	24	25
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	BBT:
26	27 	28	29	30	31	
BBT:	BBT:	BBT:	BBT:	BBT:	BBT:	

period

-  spotting (brown)
-  spotting (red)
-  light
-  medium
-  heavy
-  super heavy

pain

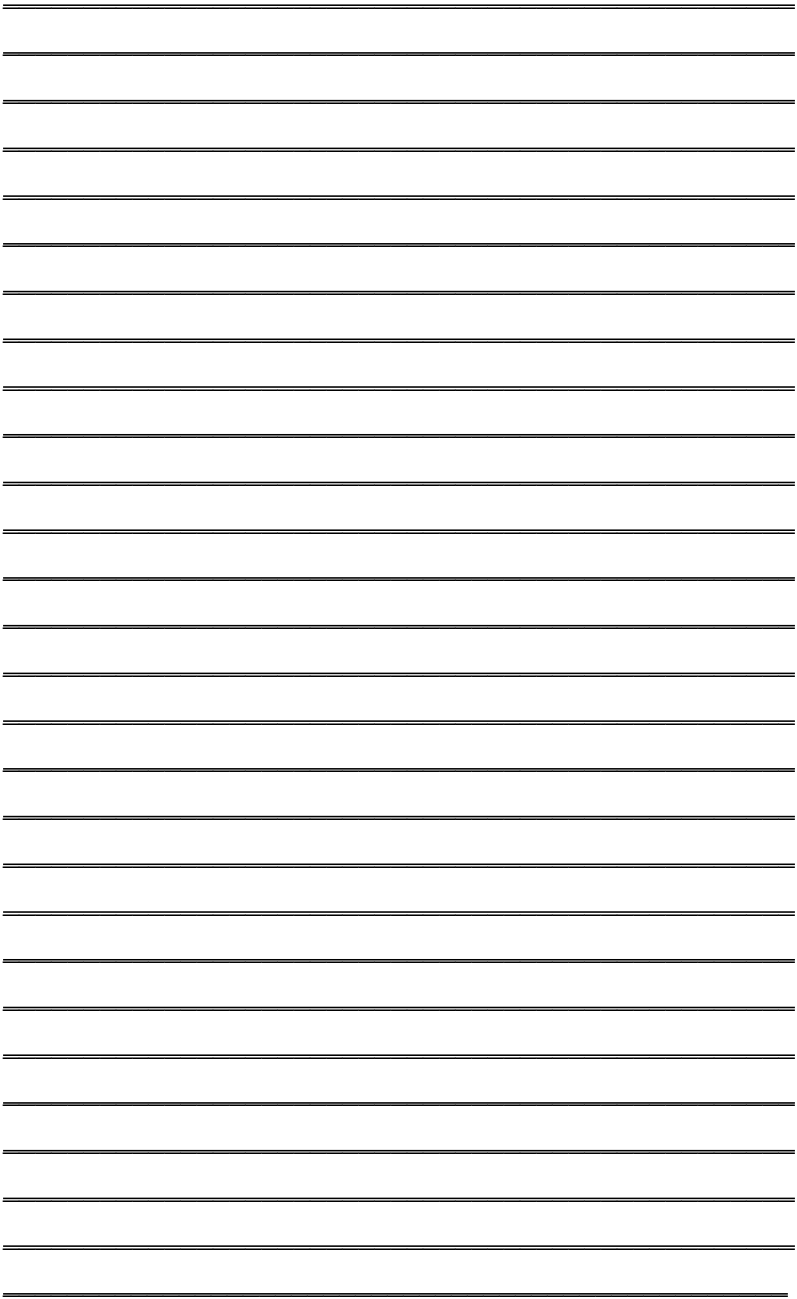
- pain free
- cramping
- headache
- migraine
- breast tenderness
- joints
- bloating
- ovulation
- vulvular
- lower back

sex life

- protected
- unprotected
- high sex drive
- self pleasure
- low sex drive

energy

- exhausted
- tired
- fatigue
- energetic
- vibrant
- alert





About the Author

Ajané, better known as Woman Of the Womb, is a mother, wife, creative, birth worker, author, and speaker who specializes in Womb Wellness, Shadow Work, and Inner Child Healing. Over the last 10 years, through workshops, intuitive readings, natal chart interpretations, and one-on-one spiritual guidance sessions, she has worked to assist others in discovering and overcoming their blockages to reclaim power over their lives and tap back into their abundance.