

STEP BY STEP INSTRUCTIONS

MENSTRUAL TRACK

BEFORE STARTING

The menstrual cycle is a vital sign that is going to provide valuable information about your health.

To understand the cyclic female nature we can use different tools as a menstrual calendar.

Every cycle has 31 gaps to make you able to fill up the dates of the month you choose.

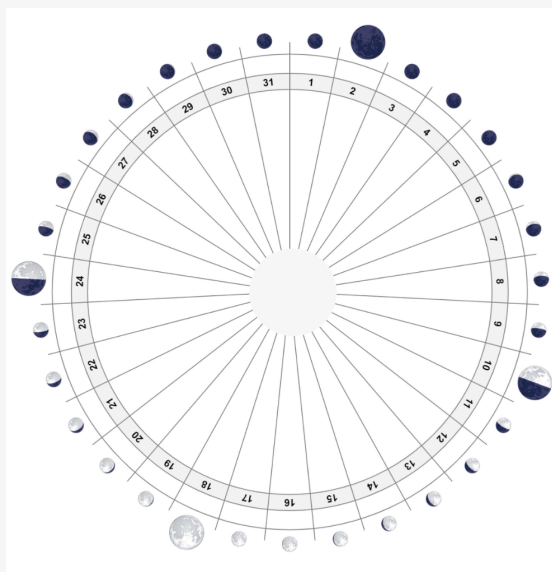
Checking the moon phase you will be able to match the date with the current lunar calendar:



Full moon



New moon



My personal recommendation is to check up the date of the New Moon and the full Moon of the month and start writing the dates.

The menstrual cycle is divided in 4 different stages: menstruation, follicular phase, ovulation and the luteal phase. In each moment of the cycle different hormones rule our body in order to change our metabolism and fertile moment.

The hormonal ups and downs are going to make us have different sensations in our body that we can interpretate and track in the calendar to understand better our own path.

Every woman is different and different external factors can alterate how you perceive your feelings during each menstrual cycle but this 4 phases are very similar to the moon stages.

Keep reading to learn how to track your cycle.

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Your cycle starts the first day of the bleeding, the first day of the menstruation. Sometimes your cycle can be synchronous with the moon's cycle, depending of the length of your own.



To explain about the different phases I will use a cycle of 28 days to compare it with the moon stages and make it easier to remember, but yours can be from 21 to 45 days for teenagers and 21-35 for adults.

Some researchers consider a mature regular menstrual cycle can last up to 12 years to be established, and 10 years before the menopause your menstrual cycle can start to change and become longer or shorter.

With the menstrual calendar you can track:

- Your mood and feelings.
- Your under-the-tongue temperature first thing in the morning after you wake but before you get out of bed.
- The vaginal discharge.

Remember that your follicles will take 100 days to mature and produce an egg, so you can be experiencing changes related with what happened around you 3 months ago.

Menstruation should be painless, without clots and a bleeding around 25-80 ml. If you feel pain, you find bleed cloths or the quantity of bleeding is not average it's very important to visit your doctor to find out what might be affecting your menstrual cycle, an annual gynecological visit is a must since you start having your first menstruation, don't need to wait to have any symptom.

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MENSTRUAL PHASES

Menstruation (new moon): the first day of heavy bleeding is considered the first day of the cycle, the spotting before the bleeding are from the previous cycle. During the menstruation you might feel like living at a slower pace. Remember that bleeding less than 25ml or more than 80ml is a reason to check with your doctor what's going on(a regular tampon is 5ml) You should not have clots bigger than 2cm. You should have 2-7 days of moderate-painless bleeding. If your menstruation is different is important to mention to your doctor.

Follicular phase (Waxing moon): as the moon has re-emerged with new energy, the uterus start creating lining and stimulating the follicles of the ovaries with the rise of the estrogen hormone. This is the hormone of happiness, libido, and good mood. That's why this is a time of new ideas and imagination. This is the perfect moment to focus your workouts in strength gain.

Ovulatory phase (Full moon): one of the follicles releases an egg. Your fertile days are the five days before ovulation (because that's how long sperm survive), and one day after ovulation (because that's how long the egg survives). The average day of the ovulation is the 15th day of the cycle but this will depend of how long your follicular phase was. During this phase the vaginal discharge is sticky to increase the fertility.

Luteal Phase (Waning moon): after ovulation, progesterone increases your waking temperature by about 0.5°F (0.3°C), and maintains it at that higher. This phase last from 10 to 16 days and it can be affected by everything affecting the follicles during the previous 100 days as stress or undereating. Progesterone counterbalance the estrogens and reduce inflammation, builds up muscle, promotes sleep and makes easier to cope with stress. This is the perfect moment to focus your workouts in fats loss and cardio. We can feel high emotions during this period due to the progesterone, but usually the lack of it is what make us feel irritated right before the menstruation.

If the egg is not fertilized, the luteal phase will end with the beginning of the menstruation and the start of new cycle.



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HOW TO START

1.- Find out when is the new moon or the full moon of the month that you can fill up to add the rest of the dates .

2.-Mark the first day of your period in the calendar, you can add the amount of bleeding with different colours intensities and you have also space to write down if you felt pain, heaviness or bloatiness. You can keep track of the menstrual products that you use to control the bleeding amount.

2.- Keep track of your vasal temperature and your vaginal discharge.

3.- When you are fertile the disgarge is sticky and transparent

4.- Aafter ovulation, progesterone increases your waking temperature by about 0.5°F (0.3°C), and maintains it at that higher. if you see a constant raise in your temperature you can consider that you have already ovulated and you can expect your menstruation in around 2 weeks.

