

Period Power

Track Your Cycle

Menstrual cycle tracking is a great way for you to understand your own experience of your menstrual cycle and how your hormones make you feel from day to day.

Why track?

When it comes to engaging in exercise, by tracking when your period starts, how heavy it is, and what symptoms you get, you can have a better understanding of what movement works best for you at certain points of your cycle. This way you can work with your body rather than against it, to step onto the field and all aspects of life, with confidence and without fear of limitations.



To track your menstrual cycle you could log just one word each day, make notes on a calendar or rate symptoms out of five on the days they show up.

Tracking should include



Day of Cycle
day 1, day 2 etc.



Flow
light / medium / heavy



Symptoms
emotional & physical

You can also track your

Sleep

quality and length

Training

volume, intensity and type

Emotions

mood and feelings

Motivation

to exercise and train

Lifestyle

nutrition and hydration

Recovery

time and niggles