

Charting your Cycles

On the first day of your period or the New Moon, you can start recording your thoughts and feelings on Day One of this Dreaming Chart. Two words each day: emotional & physical. Watch the patterns of your cycles unfold as you continue to record over a number of months. Begin a new chart at the start of each period or New Moon.

Copy this blank sheet as needed.

The chart is a large circle divided into 30 equal segments, each representing a day. The segments are arranged in a clockwise direction starting from the top. Each segment is labeled with a day number (DAY 1 to DAY 30) and a 'Date' field. The chart is divided into four quadrants representing seasons: Autumn (top-left), Winter (top-right), Summer (bottom-left), and Spring (bottom-right). The center of the chart contains the text 'My thoughts and feelings'.

Autumn

Winter

Summer

Spring

DAY 1 Date

DAY 2 Date

DAY 3 Date

DAY 4 Date

DAY 5 Date

DAY 6 Date

DAY 7 Date

DAY 8 Date

DAY 9 Date

DAY 10 Date

DAY 11 Date

DAY 12 Date

DAY 13 Date

DAY 14 Date

DAY 15 Date

DAY 16 Date

DAY 17 Date

DAY 18 Date

DAY 19 Date

DAY 20 Date

DAY 21 Date

DAY 22 Date

DAY 23 Date

DAY 24 Date

DAY 25 Date

DAY 26 Date

DAY 27 Date

DAY 28 Date

DAY 29 Date

DAY 30 Date

My thoughts and feelings