

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.

Autumn

Winter

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 circle is divided into four quadrants by a vertical line and a horizontal line. The quadrants are labeled with seasons: Autumn (top-left), Winter (top-right), Spring (bottom-right), and Summer (bottom-left). The center of the circle contains the text 'My thoughts and feelings'.

DAY 30	DAY 29	DAY 28	DAY 27	DAY 26	DAY 25	DAY 24	DAY 23	DAY 22	DAY 21	DAY 20	DAY 19	DAY 18	DAY 17	DAY 16	DAY 15	DAY 14	DAY 13	DAY 12	DAY 11	DAY 10	DAY 9	DAY 8	DAY 7	DAY 6	DAY 5	DAY 4	DAY 3	DAY 2	DAY 1
Date	Date	Date	Date	Date	Date	Date	Date	Date	Date																				

Summer

Spring