

# Menstrual Cycle Map

Start in your period week at the bottom left. Progress clockwise through each cycle phase in each week of this challenge. Draw, collage, or write anything you notice about yourself during that phase. Consider: What would you like your loved ones to know about you?



## 2. Pre-Ovulation

What do you observe about yourself in the week (or so) following your period? How's your energy? What goals do you feel you can conquer?



## 3. Post-Ovulation

Do you sense a sudden shift? Notice changes in your focus and energy? Who are your go-to people and things during this time?



## 1. Menstruation

Begin here. Ask yourself: What brings comfort during your period? How do you practice self-care? What preparations do you want to make?



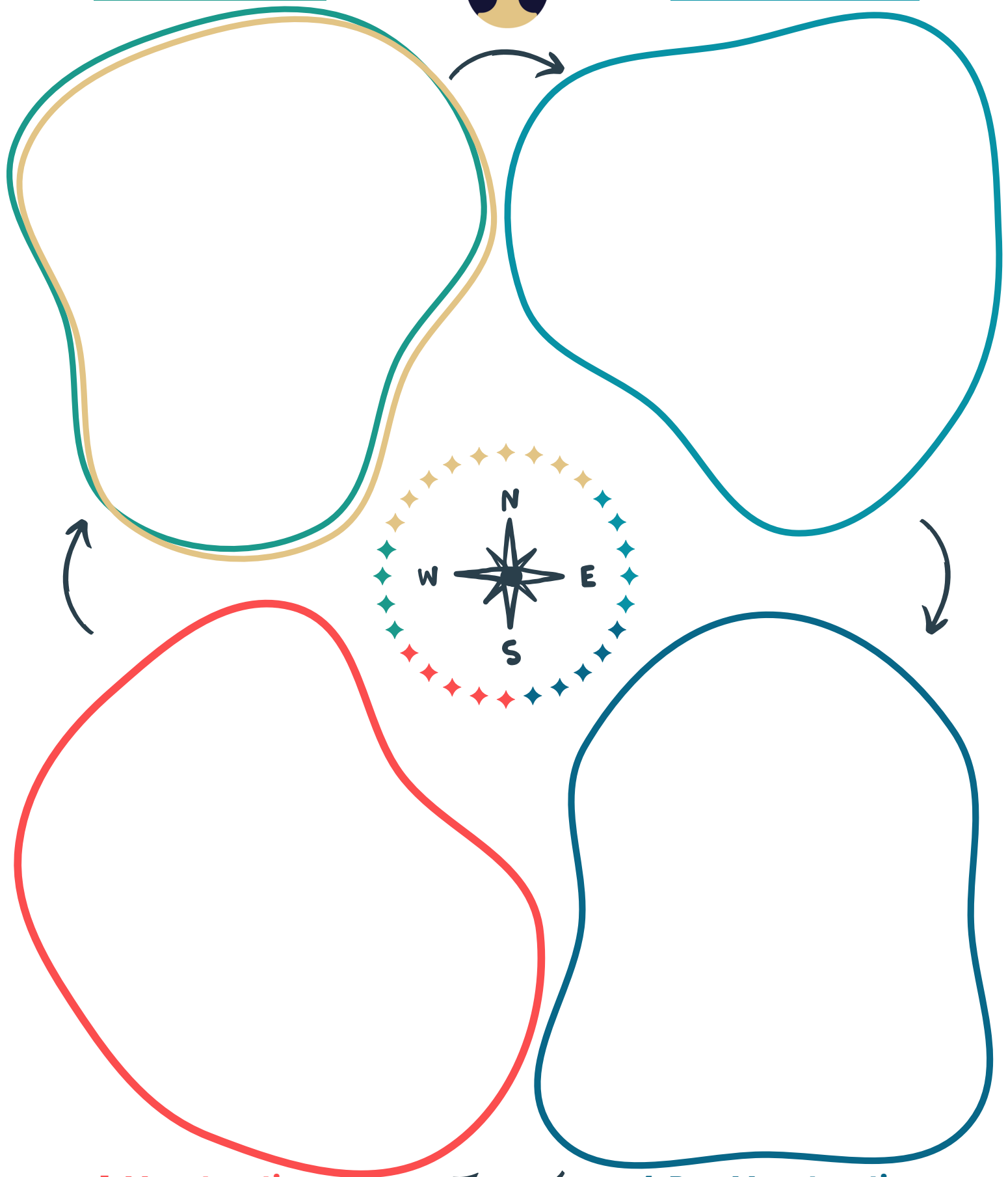
## 4. Pre-Menstruation

What are your PMS symptoms? How do you navigate emotions and conflicts during this phase? What do you wish your loved ones knew about you?



2. Pre-Ovulation

3. Post-Ovulation



1. Menstruation

4. Pre-Menstruation