



Petal & Paper

YOUR FREE PRINTABLE

Period tracker



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TRACK YOUR CYCLE

period tracker

Cycle overview

Cycle start date: ____ Cycle end date: ____
Cycle length: ____ days Period length: ____ days
Last cycle length: ____ days Average: ____ days
Next expected period: _____

Flow and symptoms (tick each day)

Day 1: Flow ____ (L/M/H) Cramps: yes/no
Mood: ____
Day 2: Flow ____ (L/M/H) Cramps: yes/no
Mood: ____
Day 3: Flow ____ (L/M/H) Cramps: yes/no
Mood: ____
Day 4: Flow ____ (L/M/H) Cramps: yes/no
Mood: ____
Day 5: Flow ____ (L/M/H) Cramps: yes/no
Mood: ____

Symptoms and notes

Energy level this week: ____/5
Sleep quality: ____/5
Other symptoms: _____
Notes: _____

Patterns noticed

Consistent symptoms: _____
Changes from last month: _____
To discuss with GP: _____