



IDALARO
SHIVA

Monthly Cycle Tracker

A gentle tool to help you notice and understand your body.

Welcome to your Monthly Cycle Tracker

This is a safe space to get to know your body and feelings. There is no “perfect” cycle and no perfect way to use this tracker.

Every body is different and each cycle can change with age, lifestyle and stress.

You can use this tracker every day, some days, or whenever you remember. You can write a lot or just one sentence.

There is no pressure and no right or wrong way. The goal is to slow down, notice how you feel and be kind to yourself.

Understanding Your Cycle (short & simple)

Menstrual phase (your period)

What it is:

The time when you bleed.

It often lasts 3-5 days.

How it can feel:

You might have low energy, cramps, tender breasts or mood swings. Some people feel relieved when hormones return to normal.

What can help:

Rest as much as you can, eat nourishing foods and drink water. Light movement like walking or stretching can ease cramps and aches.

Follicular phase (after your period)

What it is:

Your body builds up the lining of your uterus again.

How it can feel:

Energy often rises. You might sleep better and feel more positive and motivated.

What can help:

Use your energy for projects or exercise if you feel like it. Try new activities, but also listen to your body.

Ovulation

What it is:

Mid-cycle, one of your ovaries releases an egg.
This phase usually lasts 1-2 days.

How it can feel:

You may notice a slight rise in body temperature,
more discharge and sometimes cramps. Many
people feel more social and confident.

What can help:

Stay hydrated. Enjoy social connections if you
feel outgoing. It's okay to rest if you don't.

Luteal phase (before your next period)

What it is:

After ovulation, progesterone rises for about two weeks. If there is no pregnancy, hormone levels drop and premenstrual symptoms may appear.

How it can feel:

You might have tender breasts, bloating, cravings, trouble sleeping, headaches, mood swings, sadness, fatigue or anxiety.

What can help:

Prepare comfort foods and drinks that don't spike your blood sugar, like dark chocolate. Gentle exercise and stretching can improve mood and reduce discomfort. Allow yourself to rest and say no when needed.

PMS (premenstrual syndrome)

What it is:

PMS is part of the luteal phase when hormone changes can make you feel irritable, tired or emotional.

How it can feel:

Mood swings, cravings, low energy and aches.

What can help:

Be gentle with yourself. Plan quiet activities, eat balanced meals and sleep well. If symptoms feel extreme, talk to a doctor.

Remember: Everyone experiences these phases differently. Use this information as a guide, not a rule.

Monthly Overview

Use this page at the start or end of each cycle.

Write the dates you start and finish bleeding. Cycle length is the number of days from the first day of one period to the first day of the next. Use the notes area to record anything you notice, like changes in mood, energy or lifestyle.

Start date:

End date:

Cycle length:

Next expected period:

Notes:

Phase: _____

Day: _____

Date: _____



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Take a few minutes each day to fill in what feels right. You can leave sections blank or add more space. This is for you to notice patterns and be kind to yourself.

How do I feel today?

Energy level (low / medium / high)

Body sensations (cramps, bloating, tender breasts, calm, light, heavy...)

Emotions (happy, anxious, relaxed, irritated...)

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