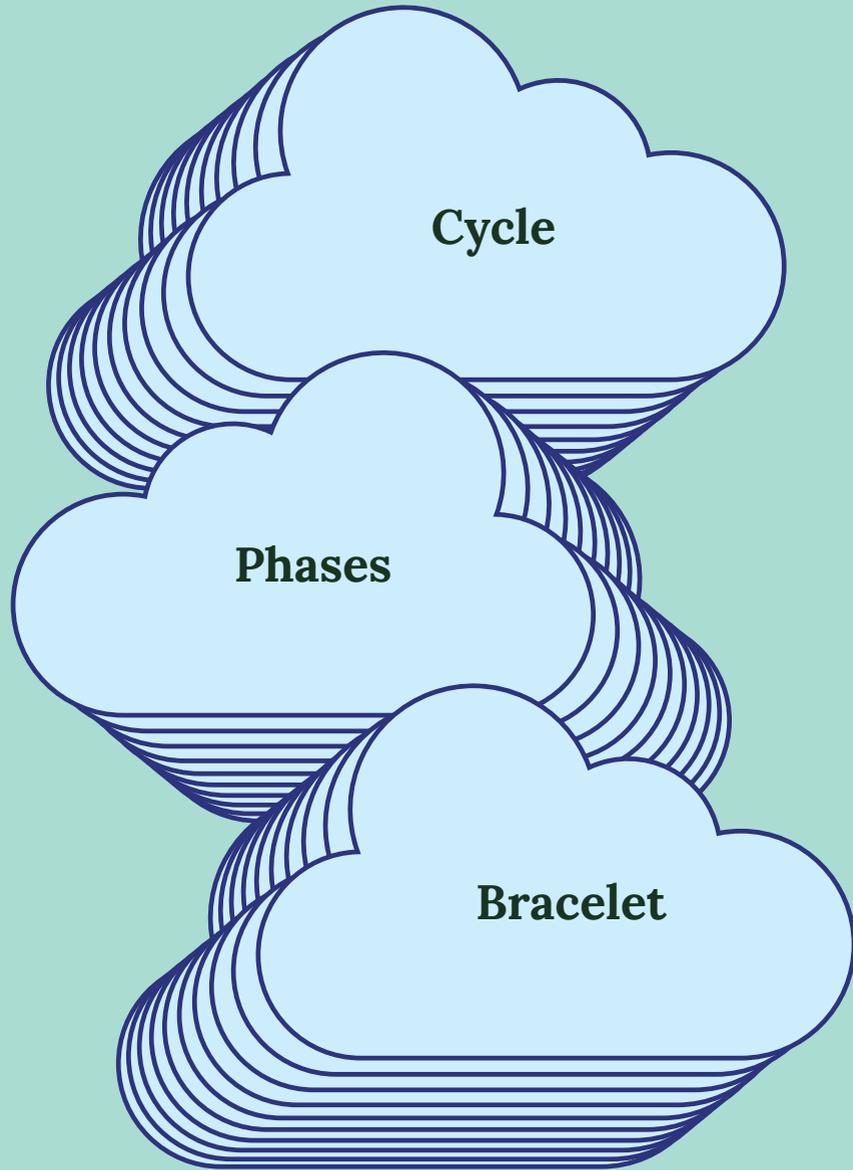


Period Tracking

LEVEL 1



How To Track Your Cycle

Why is tracking your period so important?

Tracking allows you to be more prepared and feel more in control. Putting all of that information together prepares you for your next cycle and connects you with your own body.

Pain

This can allow you to determine the difference between period pains and other bodily pains.

Blood flow

This allows you to know if you're losing too much blood and can determine irregularities in your flow.

Emotions

This helps you control your behaviour and mood swings which can occur or worsen during the course of your cycle.

Knowing your period will help you prepare and pack menstrual products in advance. The more you know about your own health the better.

The simplest way to track your cycle is to log when your period occurs so you can start to understand your average cycle. A 28-day cycle is a global average, but may not be your personal average. To find out what's normal for you, start keeping a record of your menstrual cycle on a calendar. Begin by tracking your start date every month for several months in a row to identify the regularity of your periods along with other factors such as:

End date

How long does your period typically last? Is it longer or shorter than usual?

Flow

Does it seem lighter or heavier than usual? How often do you need to change your sanitary protection? Have you passed any blood clots? How much blood are you losing?

Mood and behaviour

Have you experienced any changes in mood or behaviour? Are you angrier or sadder than usual? Did any major event happen during or before your period?

Pain

Describe any pain associated with your period. Does the pain feel worse than usual? Does it happen in a different area than usual?

Other changes

Keep track of your sleeping patterns. Having trouble sleeping? How's your diet? Eating more junk food than usual?

Abnormal bleeding

Are you bleeding in between periods?

You can use the calendar on the next page to make notes!



Period tracking

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MON					
TUE					
WED					
THURS					
FRI					
SAT					
SUN					

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MON					
TUE					
WED					
THURS					
FRI					
SAT					
SUN					

Period tracking

Period Tracking Bracelet

A way to help you track your cycle

Using a menstruation bracelet is a very easy and fun way to track your period. You can follow this simple tutorial to make your very own. **Please note:** this tutorial is for a **28 day cycle** and it will help to be familiar with your own cycle so that if your cycle is different, you are able to personalise the bracelet.

What you will need



ELASTIC
WIRE
OR THREAD



GLUE



4 BLACK
BEADS



5 RED
BEADS



9 PINK
BEADS



10 WHITE
BEADS

Original guide by Feby

Instructions:

1. Start the bracelet with the red beads.
2. Then add the white beads
3. Followed with the pink beads
4. And finally, add the black beads.
5. Close the bracelet by making a knot.

Each day represents one bead. To track your period, each morning, slide the knot one bead to the right.

Start using the bracelet on your first bleeding day. Your cycle always starts with a red bead and ends with a black bead, flowing clockwise.

Red indicates the days of your period. The first red bead represents the first day of your period as red symbolises blood. If you bleed for 5 days, use 5 red beads.

White indicates neutral days. White beads symbolise the days between the end of your period (red) and the first day of ovulation (pink) during your menstrual cycle.

Pink indicates ovulation. Pink beads suggest ovulation and fertility. You may notice an increase in vaginal discharge.

Black beads indicate days you may suffer from pre-menstrual syndrome (PMS). They indicate days you may exhibit PMS, such as physical and emotional symptoms. After the PMS stage, you will start the cycle all over again by getting your period.

