

# Understanding Your Menstrual Cycle

Are you having a hard time adjusting to your menstrual cycle?

Do you feel that your moods are somewhat unpredictable?

Do you feel uncomfortable and bloated during your period?

Do you worry that your period will come at a time when you are unprepared and that you will be embarrassed?

This worksheet is designed to help you keep track of your menstrual cycle so that everything is more predictable. If you use this worksheet for three or four cycles, then you will probably see a pattern to your moods and physical changes and this will help you feel more comfortable with your cycle. You will also be more prepared for when your period starts.

Most women have a cycle that lasts 28 days, but some women have a cycle as short as 21 days or as long as 35 days, and this is still considered to be “normal.” We’ve created a worksheet for up to 45 days, but of course, you will only write-in the days of your actual cycle. Day 1 will be the first day of your period. When your period starts again, begin with a new worksheet.

Some of the emotions you might experience include: happy, calm, frisky, in love, confident, excited, chatty, focused, motivated, sad, worried, frustrated, stressed, anxious, cranky, blah, emotional, impatient, angry, depressed, and weepy.

Some of the physical changes you might experience include: body aches, nausea, fatigue, hot flashes, acne, headaches, dizziness, tender breasts, stomachaches, constipation, bloating, cramps, frequent urination, vaginal itching or discharge.

If you want to learn more about what happens to your body during your menstrual cycle, as well as related topics, we recommend going to:

<http://kidshealth.org/en/teens/menstruation.html?ref=search#>

**If you have any concerns at all, you should immediately talk to your parents and/or a medical professional such as your doctor or the school nurse.**

Please note your mood, physical changes, and any thoughts you have on the chart below. Physical changes can include cramps, headaches, bloating, and other changes as well.

Day 1 Date \_\_\_\_\_

Day	Mood	Physical Changes	Thoughts
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			

20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			
31			
32			
33			
34			
35			
36			
37			
38			
39			
40			

