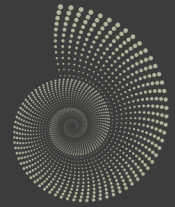
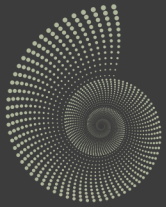




CYCLE TRACKING

# How-To Guide

CYCLE TRACKING





## **Please, Track Your Cycle**

It's easy to begin and fun and enlightening to build on.

The world is made in cycles: daily, weekly, monthly and seasonal cycles. Your most intimate cycle is your bio-physiological cycle that happens in your own body! Yes, your individual cycle is connected to outer cycles and influenced by what you consume, your sleeping habits, your environment, the time of day or year, and how much sunlight you are exposed to. among many other factors.

As a womb holder and sacred bleeder, harnessing your cycle is the gateway into greater health, well-being, vitality, and success. Women who track their cycle experience more body competence, confidence, clarity, and lifestyle organization. Most importantly, it will put the power of your body into your own hands!

## Step 1:

# Purchase a journal or Lunar Calendar.

- Here is a link to the one I used to get me started on the right track! It contains pre-sets for what to track and is set up to get you through the first 3 months of tracking.

[https://www.amazon.com/Happy-Hormone-Tracker-Wellness-Tracking/dp/1950968170/ref=sr\\_1\\_4?crid=2NSJS1SM318ZT&keywords=cycle+tracker+journal&qid=1656908352&prefix=cycle+tracker%2Caps%2C210&sr=8-4](https://www.amazon.com/Happy-Hormone-Tracker-Wellness-Tracking/dp/1950968170/ref=sr_1_4?crid=2NSJS1SM318ZT&keywords=cycle+tracker+journal&qid=1656908352&prefix=cycle+tracker%2Caps%2C210&sr=8-4)

- I also love to use red and pink hues to mark my calendar.
- Apps are great too and I have a couple to recommend, however, there is something extra potent about sitting down with paper and pen/pencil daily to chart your inner cycle. Call me old fashion, but it is more magical, intimate, and ritualistic this way!



## Step 2:

# Start Tracking

- DAY 1 is the first day of a full release of blood. If you know the exact day of your most recent bleed you can track back and start counting from there. Otherwise, get your calendar and ritual space all set-up and ready for when the first day of your next bleed begins.
- Some people experience some cramping, and/or a shift in energy, and/or some light pink, brown, or red spotting the day before their endometrial lining fully begins to shed (menstruation). NOTE, THIS IS NOT DAY ONE. DAY ONE IS THE FIRST DAY YOU HAVE A SUBSTANTIAL CONSISTENT FLOW. Therefore, if you have a little spotting and light cramping on DAY 29, but don't start your flow until the next day, the next day is considered DAY 1 meaning you had a 29 day cycle this month



## Step 3:

# Make it a Ritual

- Keep Tracking every day! If you miss a day, jump back in and keep going! Habits form from consistent action. You will carve a new place in your day AND in your brain by staying consistent, leaving self-judgement at the door, and following through with your commitment to knowing your body better.
- Set aside time every day-around the same time-to sit with your journal and mark down some special and specific notes about the day. Light a candle, brew some tea, and find a cozy place to return to each day. Your psyche will begin calling you to this same time and place every day after a while.
- This is a true self-care ritual that will contribute to your mental-well being because it develops body literacy that you can then create your lifestyle around.



## Step 4:

# Keep it Up

- My suggestion is to track consistently for a minimum of 3 months to start getting intimate and familiar with your own waves of being. At this point, basic self-care practices and emotional and biological awareness will become second nature.
- In your second and third months you will have the pleasure of noticing patterns in your cycle related to mood, energy, nutrition, relationships, career, and the greater yearnings of your heart and soul.
- Be curious and willing to make adjustments from one month to the next regarding energy expenditure, boundaries, intimacy, social engagements, nutritional intake and craving indulgences, and work flow. You are not meant to run at the same pace all month long.
- This is a huge AND minor step in the direction of body sovereignty and body literacy, staying true to the path will continue to bring you into alignment spiritually, emotionally, physically, and mentally.





# What to Track:

## The Basics

Each time you track note the following information

- Date (07/01/2022)
- Cycle Day (Menstrual Cycle Day/MCD 15)
- Fluids/Vaginal Discharge (Quantity, Quality, Color, Texture)
- Common Pains or ailments (for example, head-ache, breast tenderness, etc)
- Ovarian sensation
- Digestion Quality (healthy digestion is tied directly to healthy mensuration)
- Mood (you can come up with a language culture all your own to categorize your moods such as expansive, grumpy, romantic, flirtations, and dull)
- Energy (Quality, it might be helpful to create a common scale for yourself from 1-10 or from "Wet Worm" to "Super Woman." Be as creative or functional as works for you.)
- Quality and duration of Sleep
- Food and Emotional Cravings
- Nutritional Intake (like a food diary, this will help you potentially link certain symptoms with certain foods or cravings with specific phases of your cycle).
- Jot down at least a few sentences about your day. Pay special attention to the quality of certain interactions, inner dialogue, creative ideas, inspirations, and intuition.
- Phase of the Moon



# **The Menstrual Cycle**

## The Foundation

Your cycle has 4 distinct aspects or phases

One: Menstruation

Two: Follicular Phase

Three: Ovulation

Four: Luteal





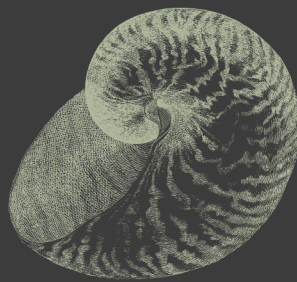
# One: Menstruation

Days 1-7  
Inner Winter  
Rest & Reset

Menstruation marks the first phase of your menstrual cycle. It lasts, on average, from 1-7 days with blood flow tapering off toward the last few days. Traditional Chinese Medicine (TCM) considers a healthy system to having a 4 day bleed. It also refers to this time as Inner Winter. Slow down during these days and rest as much as feels nourishing. Prioritize blood building, easy to digest foods like stews and baked roots during this time.

Eat well and drink plenty of water. Menstruation will not be a heavy, burdensome, pain ridden, and debilitating experience in a balanced body. Contrary to what modern allopathic medicine will tell you it is not healthy to bleed heavily or excessively, experience pain to the point of having to take large amounts of painkillers, experience fibroids or bleeding in between periods. Please be aware, what is "common" in our current medical paradigm is not synonymous with what is healthy, balanced, optimal, or vital, **ESPECIALLY IN WOMENS/WOMB HEALTH.**

If you are experiencing any of these issues I recommend you seek the care of an Integrative, Functional Doctor, Naturopathic Doctor, or other healthcare professional that specializes in holistic hormone health for women.



# Two: Follicular Phase

Days 4-16

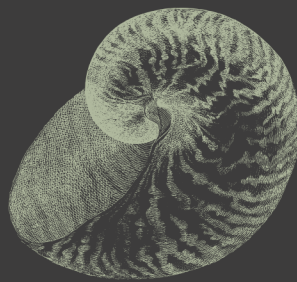
Inner Spring

Sow & Cultivate

The Follicular Phase is a time of building momentum and creative energy.

The necessary hormones for a healthy cycle are building up again.

Estrogen, Testosterone, and Follicular Stimulating Hormone (FSH) are building and playing an important role during this time. Your ovary is preparing multiple follicles for ovulation. TCM refers to this time as Inner Spring and shares the same energetic imprint. Think young, fresh, fruits and veggies, creative play, and the bud pushing up from the earth after a hearty winter. This will also be the phase of your cycle in which you are considered fertile. Watch for a shift in your fluids from creamy to slick-and-stretchy or viscous. This juice is a sperm-super highway. Because this fluid helps sperm thrive (whereas your other fluids will knock those little suckers dead in their tracks) you must use a barrier method when engaging sexually with someone with a penis during this time to avoid pregnancy. It cannot be understated that there is SO MUCH MORE about fertility, natural family planning, and fertility awareness than this brief note. It is just a very basic foundation for better understanding your menstrual cycle.



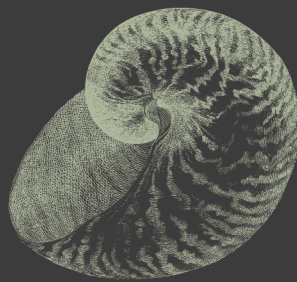
# Three: Ovulation

Days 13-18

Inner Summer

Bloom & Express

Ovulation is the apex of the follicular phase. One of those mighty follicles will be nourished above the others and be released by the ovary and coaxed into the uterine tube via sea anemone like fimbriae . This is when conception could take place. Your mature follicle or egg is viable for 4-24 hours. It is possible, although statistically low in probability, that you can release one additional egg within the first 24 hours after the first egg was released. ALSO! Note that the cervical fluids leading up to ovulation change and become more viscous. This fluid is a sperm super high-way and can keep sperm viable INSIDE YOUR BODY UP TO 5 DAYS. So, although ovulation is more of an event that takes place over 4-48 hours, your fertility window is greater than this and determined by many other factors. This all becomes even more important when you shift from cycle tracking to fertility planning which is a more sophisticated method of governing your cycle and body autonomy. TCM refers to this stage as Inner Summer. Think of that blossom in full bloom and Shakti pushing up all her energy into the heated production of long summer days.



# Four: Luteal

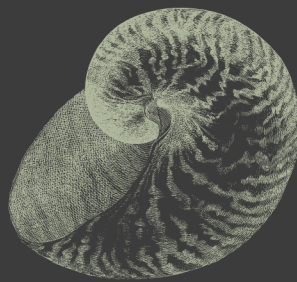
Days 15-35

Inner Fall

Retreat & Evaluate

After Ovulation you have reached the long and luscious stretch of the Luteal Phase. Estrogen has dropped off and, hopefully, there will be a gorgeous rise in Progesterone. This gorgeous hormone is vital for so much of a woman's health. TCM refers to this phase as Inner Fall. This is such a magical time of the cycle and holds so much wisdom. Finishing up projects, paying special attention to your edges and boundaries, and scaling back on social engagements will leave you in an optimal state during this time and come time for your moon cave.

And as the cycle goes, we end up back where we started. There is a big dip in reproductive hormones which signals the uterus to shed the endometrial lining and you have menses. When you begin bleeding again, begin back at DAY 1. Your final number of days before you begin to bleed again is the length of your cycle. When you track this overtime, you can become familiar with your own rhythm and better pinpoint potential disruptions.





## Just The Beginning

There is so much to learn from becoming more intimate with our personal rhythms. We gain emotionally, spiritually, physically, and in our mental health when we centralize our body and her natural ebbs and flows throughout the moonth. Committing to tracking your cycle is the first step in integrating millennia of lost ancestral, herbal, and magic knowledge about the creative cycle and potential of the divine human vessel.

I invite and encourage you to take up the practice and see what evolves for you.

## Resources

### Books

Fix Your Period by Nicole Jardim

Wild Power

by Alexandra Pope & Sjanie Hugo Wurlitzer

The Moon Cycle Cookbook

by Devon Loftus & Jenna Radomski

Pussy: A Reclamation

by Regena Thomashauer

Taking Charge of Your Fertility

by Toni Weschler, MPH

### Tracking Apps

Kindara

Clue

Flo

Natural Cycles

DISCLAIMER: Cycle Tracking is not a form of birth control or a concise fertility tracker. It is not synonymous with Natural Family Planning or Sympto-Thermal Methods of Birth Control that rely on the scientific data of your cervical and vaginal symptoms along with daily data collection and graphing of your basal body temperature to determine ovulation. However, these methods are reliable when used appropriately and very much in your reach if you are looking for non-hormonal birth control methods.



## Come Closer

Interested in going deeper?

Please Join me and a Community of Powerful Wisdom Keepers in GENERATIVE, a Menstrual Cycle Primer, Wisdom School, and Anatomy and Physiology Lesson you wish you'd gotten at puberty. Part Science, Part Ceremony, Part Embodiment Mastery you'll gain the tools and information to live a more organized, vital, and connected life while being able to share your wisdom with the next generation of womb holders.

LEARN MORE AT

<https://www.meganjoymay.com/services-1/generative>

Need an even more intimate Container?

I invite you into my Sovereign Feminine Coaching Package where we will deep dive into the most pertinent aspects of your maturity, mastery, and agency as a feminine being during these most potent of times. Emerge transformed through the alchemy of being unconditionally loved, witnessed, and held accountable in your greatest vision of your potential as a divine human. I look forward to cultivating metamorphosis with you in an embodied and actionable relationship of change.

SCHEDULE A FREE INTRODUCTORY SESSION

<https://www.meganjoymay.com/work-with-me>