



Winter

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Spring

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Summer

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Autumn

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cycle day _____
date _____

what went well this cycle?

What could be improved?

.nourish.

● SUGGESTIONS FOR USING THE ●

cycle chart



- 1 start on day 1 of your bleed (1st day of full flow)
- 2 create a peaceful space where you are undisturbed
- 3 take the biggest breath and exhale slowly
- 4 ask yourself how you are today, a few words is fine
- 5 do this practice daily for at least 3 cycles to see patterns

