

Monthly Cycle Tracker

Mood

Fatigued but optimistic!

Self-Care practices:

Sleep in
Silence and Solitude
Hot bath
Take a nap
Journal
Nature walk
Heating Pad
Avoid alcohol

Homeschool ideas

Read aloud on the couch
Audiobook
Watch a movie or documentary
Music appreciation
Puzzle
Unschooling
Free Day

Daily Declaration:

"I am loved and chosen by the Lord."

"I have loved you with an everlasting love, I have drawn you with unfailing kindness" Jeremiah 31:3

What's going on?

Your progesterone is low which can cause breast tenderness, fatigue, and mood swings. But estrogen is on the rise, which will make you feel optimistic!

Note: if you're a heavy bleeder, you might feel extra fatigued or even have headaches during your heavy days. Consider taking extra iron or some grass-fed beef liver tablets!

Menstrual Day 1-7

What's going on?

Your estrogen is peaking during this phase and usually means plenty of energy and motivation. So take advantage of those good feels and do all the things you've been putting off.

Follicular Day 8-14

Mood

Happy

Self-Care practices:

Fun Workout
Socialize with friends
Meet new people
Take initiative on a project

Homeschool ideas

Hands on projects
Field trips
Science experiments
Art project
Put on a play
Tea and Poetry

Daily Declaration:

"I am equipped to do God's work"

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do." Ephesians 2:10

Mood

Low energy

Self-Care practices:

Sleep in when tired
Avoid caffeine
Hot bath
Take a nap
Journal
Light workout
Enjoy some dark chocolate
Watch a funny show

Homeschool ideas

Read aloud on the couch
Independent Art
Nature Study
Visit the library
Tea and Poetry
Gameschooling
Field Trips
Reading Day

Daily Declaration:

"I have the mind of Christ."

"Take captive every thought to make it obedient to Christ." 2 Corinthians 10:5

What's going on?

Your estrogen levels are low now and you may be feeling reactive. Take some deep breathes and enjoy some fresh air.

Luteal Day 22-28

Ovulation Day 15-21

What's going on?

Your hormones shift rapidly during this phase and many women feel their emotions more intently. Take some time for reflection and self care.

Mood

Emotional

Self-Care practices:

Facial
Manicure and pedicure
Hot bath
Take a nap
Journaling and reflection
Workout more vigorously
Read a book outside

Homeschool ideas

Independent work
Audiobook
Have children read aloud
Online math games
Art
Legos
Free writing

Daily Declaration

"God sees me."

"She gave this name to the Lord who spoke to her: "You are the God who sees me," for she said, "I have now seen the One who sees me." Genesis 16:13