

CAOcherry

PERIOD CHECKER & MONTHLY CYCLE TRACKER

A simple, private way to record your period dates, cycle patterns, symptoms, mood and self-care notes. Use your tracker consistently to understand your personal pattern over time.

Name: _____	Month/Year: _____
Average cycle length: _____ days	Typical period length: _____ days

1. PERIOD DATE CHECKER

Mark the first day of your period with ●. Mark spotting with ■ if you want to distinguish it.

MON	TUE	WED	THU	FRI	SAT	SUN
					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						
■						

Legend: ● Period day ■ Spotting ★ Predicted period day

2. DAILY BODY & MOOD CHECK-IN

Date	Flow	Cramps	Mood	Energy	Symptoms / Notes

3. CYCLE SUMMARY

First day of period	Last day of period	Cycle length	Period length
_____	_____	_____ days	_____ days

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MY CYCLE NOTES

SYMPTOM & WELLNESS TRACKER

Symptom / Feeling	None	Mild	Moderate	Strong	Notes
Cramps / pelvic discomfort	■	■	■	■	
Headache	■	■	■	■	
Bloating	■	■	■	■	
Back pain	■	■	■	■	
Breast tenderness	■	■	■	■	
Fatigue / low energy	■	■	■	■	
Mood changes	■	■	■	■	
Other	■	■	■	■	

SELF-CARE NOTES

What helped me feel better this cycle?

What would I like to prepare for next cycle?

Anything I want to discuss with a healthcare professional?

NEXT PERIOD ESTIMATE

Based on your recorded cycle pattern, you may estimate your next period by counting forward from the first day of your current period. Cycle lengths can naturally vary, so use this as a planning aid rather than an exact prediction.

Current period started	Average cycle length	Estimated next period
_____	_____ days	_____

CAOcherry — Designed to help you track, prepare and feel more in control of your cycle.

This tracker is for personal record-keeping and does not provide medical diagnosis or treatment. If your symptoms are severe, unusual, or concerning, consider speaking with a qualified healthcare professional.