

Seed Cycling Tracker

Month :

Year :

Date	Cycle Day	Symptoms	Seed Cycling	Nutrient Recs	Other Recs	Notes:
	Day 1					
	Day 2					
	Day 3					
	Day 4					
	Day 5					
	Day 6					
	Day 7					
	Day 8					
	Day 9					
	Day 10					
	Day 11					
	Day 12					
	Day 13					
	Day 14					
	Day 15					

Monthly Tracker

Month :

Year :

Date	Cycle Day	Symptoms	Seed Cycling	Nutrients in Focus	Other	Notes:
	Day 16					
	Day 17					
	Day 18					
	Day 19					
	Day 20					
	Day 21					
	Day 22					
	Day 23					
	Day 24					
	Day 25					
	Day 26					
	Day 27					
	Day 28					
	Day 29					
	Day 30					

Monthly Tracker

Month :

Year :

Date	Cycle Day	Symptoms	Seed Cycling	Nutrients in Focus	Other	Notes:
	Day 31					
	Day 32					
	Day 33					
	Day 34					
	Day 35					
	Day 36					
	Day 37					
	Day 38					
	Day 39					
	Day 40					
	Day 41					
	Day 42					
	Day 43					
	Day 44					
	Day 45					

Nutrients in Focus

Follicular Phase (Phase 1 Days 1 - 14)

- **Pumpkin seeds**
- **Flax seeds**

Luteal Phase (Phase 2 Days 15 - 28)

- **Sesame seeds**
- **Sunflower seeds**

Irregular Cycles:

Start phase 1 with the next new moon date. Switch to Phase 2 on full moon day 15.

Menopause - start on any day and follow the same 2 week cycles