

Whole Woman Reproductive Wellness

Session 1 Worksheet: Cycle Literacy & Seasonal Awareness

PART 1: Your Current Cycle Awareness

1. Average length of your cycle (if known): _____
2. Length of bleed: _____
3. Do you know when you ovulate? YES / NO
4. Do you experience PMS symptoms? List them:

PART 2: Seasonal Reflection

SPRING (Follicular Phase):

How do you feel mentally and physically during this time?

SUMMER (Ovulation):

Do you notice increased clarity, communication, or confidence?

AUTUMN (Luteal Phase):

Do you experience mood shifts, fatigue, or inflammation?

WINTER (Menstruation):

Is your bleed manageable or debilitating?

PART 3: Normal vs. Common Check-In

Circle any symptoms you experience regularly:

- Debilitating cramps
- Migraines
- Heavy clots
- Severe mood swings
- Sleep disruption
- Cycle shorter than 21 days
- Cycle longer than 35 days

PART 4: Stewardship Reflection

Psalm 139:14 – “Fearfully and wonderfully made.”

What would it look like to steward your cycle instead of managing it?

Action Step This Month:

One change I will make to support my hormonal rhythm:
