HERBAL 🌿 WELL

C Y C L E
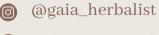## CHART

Hi I'm Sulin and I'm a womens naturopath and herbalist. I provide natural treatment solutions for hormonal conditions that typically affect mood, weight, skin and fertility. I've helped countless women to understand the causes of their hormone imbalance and to treat their symptoms in a range of endocrine conditions, especially PCOS (Polycystic Ovarian Syndrome), Premenstrual Syndrome (PMS), Natural Fertility and Perimenopause. I work with women of all ages from the first great hormonal events when menstruation begins, through to the last bleed and transition to menopause. What I've found over the years in clinical practice, is that every woman has a unique body composition, family history and health needs. I use functional testing to inform my treatment protocols which are typically a combination of dietary guidance, herbal and nutritional support.

This chart is designed to identify and assess hormone abnormalities throughout your cycle, and explore menstrual symptoms. At the end of the cycle before your next bleed begins you can book a consultation with me to get a tailored protocol to treat hormonal symptoms and normalise your cycles. Head to www.herbalwell.com.au for more information and to book in.
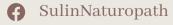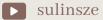
Love + Light,

xo Sulin

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Cycle Chart

HERBAL WELL

Please complete this chart by marking (or rating) any symptoms that you experience throughout your cycle. Add the date in underneath the relevant day of your cycle.

~ Month:

~ Day of Cycle	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	32	33	34	35	36	37	38	39	40	41	42
Date {Day of Month}																																										
Bleed volume ~ { L/M/H }																																										
Clots present?																																										
Pain present? ~ { L/M/H }																																										
Number Pads/Tampons used																																										
Mood fluctuates ~ instability																																										
Irritable ~ Angry ~ Hostile																																										
Teary ~ Hopeless ~ Apathy																																										
Emotional sensitivity ~ { /10 }																																										
Motivation level ~ { /10 }																																										
Stress level ~ { /10 }																																										
Average daily energy ~ { /10 }																																										
Average daily energy ~ { /10 }																																										
Sugar cravings severity ~{/10}																																										
Salt cravings severity ~ { /10 }																																										
Appetite strength ~ { L/M/H }																																										
Number of Headaches																																										
Lower Back Pain ~ { L/M/H }																																										
Skin Breakouts ~ { L/M/H }																																										
Breast tenderness ~ { L/M/H }																																										
Fluid retention/Bloating																																										

Category labels (left margin): . MENSES . | . PSYCHOLOGICAL . | . METABOLIC . | . PHYSICAL .