

**GLOWBACK
HORMONE
& CYCLE
SYMPTOM
TRACKER**



4 Weeks of Awareness, Regulation & Hormonal Support

Clarity creates calm. Calm creates change.

WHY HORMONE TRACKING MATTERS

Hormones don't betray women.

They respond to how we live.

Most women feel “off” because they're disconnected from:

Their cycle

Their nervous system

Their stress load

Their recovery

Their fuel

This tracker helps you see patterns instead of blaming yourself.

You are not broken.

Your body is communicating.

HOW TO USE THIS TRACKER

- ✓ **Use daily for 4 weeks**
- ✓ **Track symptoms honestly — not dramatically**
- ✓ **If you no longer have a cycle, track daily symptoms instead**
- ✓ **Review weekly for patterns**

This is awareness, not diagnosis.



CYCLE STATUS (CHECK ONE)

- Regular cycle
- Irregular cycle
- Perimenopause
- Post-menopause
- Unsure

If cycling:

Cycle Day: _____

Phase (if known):

- Menstrual
- Follicular
- Ovulatory
- Luteal

DAILY HORMONE TRACKER (REPEAT FOR 28 DAYS)

DAY _____ | **DATE** _____

PHYSICAL SYMPTOMS

(check all that apply)

- Bloating
- Breast tenderness
- Headache
- Joint pain
- Water retention
- Fatigue
- Muscle soreness
- Dizziness
- Cravings

Other notes:

ENERGY & SLEEP

Energy level today: 1 2 3 4 5 6 7 8 9 10

Sleep quality: 1 2 3 4 5 6 7 8 9 10

Woke during the night? Yes No

Rested upon waking? Yes No

MOOD & EMOTIONAL STATE

(circle all that apply)

Calm | Anxious | Irritable | Emotional | Focused | Low | Empowered

Emotional sensitivity today:

Low Moderate High

STRESS & NERVOUS SYSTEM

Stress level today: 1 2 3 4 5 6 7 8 9 10

Felt overwhelmed? Yes No

Took time to regulate (walk, breath, prayer)? Yes No

DIGESTION & APPETITE

Appetite today: Low Balanced High

Cravings today:

None Sugar Salt Carbs Chocolate

Bowel movement today? Yes No

Bloating today: None Mild Moderate Severe

TRAINING & MOVEMENT

Workout completed? Yes No

Training felt: Strong Average Heavy Difficult

Walk completed? Yes No

INTIMACY & CONNECTION

Libido today: Low Moderate High

Felt connected to my body? Yes No

Felt emotionally sensitive? Yes No

NOTES

One thing my body needed today:

WEEKLY HORMONE CHECK-IN (END OF EACH WEEK)

WEEK _____ REVIEW

Overall energy this week:

Improved Same Lower

Most common symptoms:

Stress patterns I noticed:

Foods that felt supportive:

Training that felt best this week:

One adjustment I'll make next week:

IMPORTANT REMINDERS

Hormonal shifts are normal

Symptoms are information

Your body is not against you

Regulation matters more than restriction

This tracker helps you respond instead of react.

CLOSING PAGE

**When you understand your hormones,
you stop fighting your body.**

**And when you stop fighting your body,
everything begins to work with you.**

GlowBack Mantra

“I listen to my body and lead myself with compassion.”

