

Cycle Symptom Tracker

A simple 3-cycle log to bring to your next appointment

Dr. Pooja, PharmD • Medically reviewed by Dr. Prerana Suryawanshi, MBBS

This tracker is for educational purposes and personal record-keeping only. It does not diagnose, treat, evaluate, or rate any health condition. The information you record here is meant to be interpreted together with a qualified healthcare practitioner — not on its own.

Your privacy: this is a printable, offline tracker. Nothing you write here is transmitted anywhere — it stays on the paper in your hands.

A single cycle can look ordinary from the outside and still tell you very little. Tracking three cycles side by side turns scattered impressions — a headache here, a rough night there — into a pattern you and your practitioner can actually look at together.

How to use this tracker

- 1 Write down your cycle start date each time your period begins.
- 2 Confirm ovulation using one method — LH strip, basal body temperature, urinary PdG, ultrasound, or mark “unsure” if you didn’t track it that cycle.
- 3 Check off any symptoms you notice as the cycle goes on, and jot a quick note on timing.
- 4 Repeat for three cycles, then bring these pages to your appointment.

Ovulation confirmation methods

Any one of these is fine to use — pick whichever fits your routine. If you’re not tracking ovulation this cycle, that’s useful information too; just mark “unsure.”

LH strip	A urine test that detects the hormone surge just before ovulation.
Basal body temperature (BBT)	A small, sustained rise in resting temperature after ovulation.
Urinary PdG	A urine marker that rises after ovulation has occurred.
Ultrasound	Ovulation confirmed by a healthcare provider via imaging.

Cycle 1

Cycle start date: _____

Ovulation date: _____

Confirmed via:

☐ LH strip ☐ BBT ☐ Urinary PdG ☐ Ultrasound ☐ Unsure

Next cycle start date: _____

Cycle length: _____ days

Luteal phase length: _____ days

Luteal phase length = days from ovulation to your next cycle start. Your practitioner can help place this number in context alongside everything else going on for you — it isn't meant to be read on its own.

Symptoms this cycle

Symptom	Noticed this cycle?	Notes — which days, how it felt
Spotting before period	☐	
Premenstrual anxiety or irritability	☐	
Sleep disruption	☐	
Headache or migraine	☐	
Breast tenderness	☐	
Bloating or water retention	☐	
Low libido	☐	
Mood changes	☐	
Other:	☐	

Optional self-ratings (1 = worst, 5 = best — your own scale, no right answer)

Sleep quality ☐1 ☐2 ☐3 ☐4 ☐5

Overall mood ☐1 ☐2 ☐3 ☐4 ☐5

Cycle 2

Cycle start date: _____

Ovulation date: _____

Confirmed via:

☐ LH strip ☐ BBT ☐ Urinary PdG ☐ Ultrasound ☐ Unsure

Next cycle start date: _____

Cycle length: _____ days

Luteal phase length: _____ days

Luteal phase length = days from ovulation to your next cycle start. Your practitioner can help place this number in context alongside everything else going on for you — it isn't meant to be read on its own.

Symptoms this cycle

Symptom	Noticed this cycle?	Notes — which days, how it felt
Spotting before period	☐	
Premenstrual anxiety or irritability	☐	
Sleep disruption	☐	
Headache or migraine	☐	
Breast tenderness	☐	
Bloating or water retention	☐	
Low libido	☐	
Mood changes	☐	
Other:	☐	

Optional self-ratings (1 = worst, 5 = best — your own scale, no right answer)

Sleep quality ☐1 ☐2 ☐3 ☐4 ☐5

Overall mood ☐1 ☐2 ☐3 ☐4 ☐5

Cycle 3

Cycle start date: _____

Ovulation date: _____

Confirmed via:

☐ LH strip ☐ BBT ☐ Urinary PdG ☐ Ultrasound ☐ Unsure

Next cycle start date: _____

Cycle length: _____ days

Luteal phase length: _____ days

Luteal phase length = days from ovulation to your next cycle start. Your practitioner can help place this number in context alongside everything else going on for you — it isn't meant to be read on its own.

Symptoms this cycle

Symptom	Noticed this cycle?	Notes — which days, how it felt
Spotting before period	☐	
Premenstrual anxiety or irritability	☐	
Sleep disruption	☐	
Headache or migraine	☐	
Breast tenderness	☐	
Bloating or water retention	☐	
Low libido	☐	
Mood changes	☐	
Other:	☐	

Optional self-ratings (1 = worst, 5 = best — your own scale, no right answer)

Sleep quality ☐1 ☐2 ☐3 ☐4 ☐5

Overall mood ☐1 ☐2 ☐3 ☐4 ☐5

Notes and questions for my practitioner