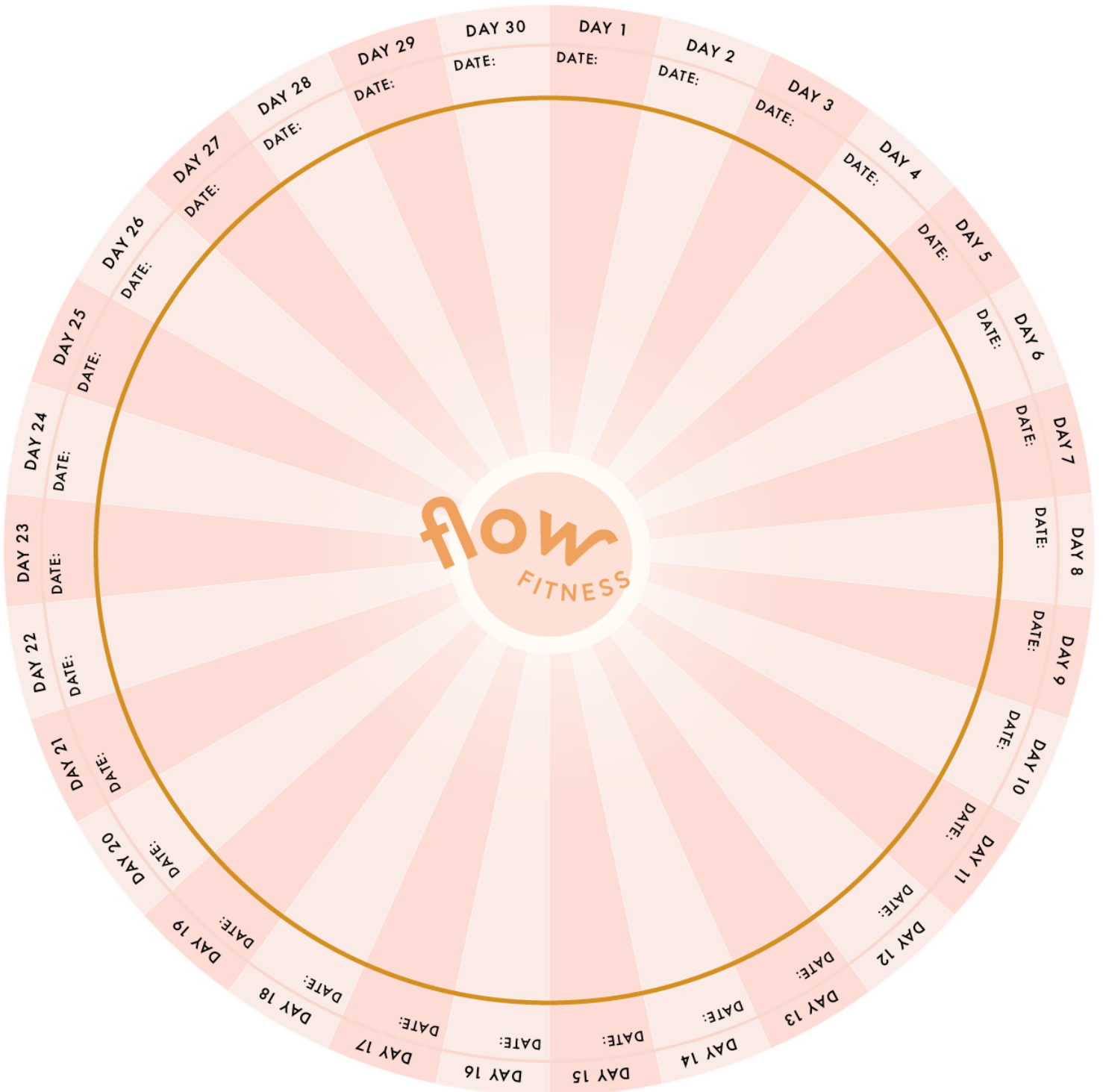


CYCLE MAPPING



The chart is a circular diagram divided into 30 equal segments, each representing a day of the cycle. The segments are arranged in a clockwise direction starting from the top. Each segment is labeled with 'DAY' followed by a number from 1 to 30, and 'DATE:' below it. The center of the chart contains the 'flow FITNESS' logo. The segments are shaded in a light pink color.

Print this menstrual chart and on the first day of your period (day 1) start recording your thoughts, feelings, mood and energy levels. Watch the patterns of your cycle unfold as you continue to record over a few months. Begin a new chart at the start of each period.