**Fertility Tracking Chart**

**Track Your Cycle and Boost Your Fertility with support**

| **Cycle Phase** | **Start Date** | **End Date** | **Symptoms** | **Mood/Emotion** | **Notes on Nutrition & Lifestyle** |
| --- | --- | --- | --- | --- | --- |
| **Menstrual Phase** |  |  | Bleeding, fatigue, cramps | Low energy, reflective | Stay hydrated, focus on iron-rich foods |
| **Follicular Phase** |  |  | Increased energy, lighter mood | Optimistic, energised | Include healthy fats and leafy greens |
| **Ovulatory Phase** |  |  | Cervical mucus changes, libido ↑ | Confident, social | Eat antioxidant-rich and zinc foods |
| **Luteal Phase** |  |  | Breast tenderness, bloating | Irritable, introspective | Support with magnesium and whole grains |