

oklahoma women's health collective

THE CYCLE CLARITY TRACKER

a simple tool to help you track your cycle, notice patterns,
and advocate for the care you need.



WELCOME

This resource is one small piece of a much larger mission. The Oklahoma Women's Health Collective was created to make trusted women's health education more accessible, approachable, and empowering — because understanding your health shouldn't feel confusing, overwhelming, or out of reach.

We believe productive healthcare conversations start with better information, practical tools, and the confidence to ask questions, notice patterns, and advocate for yourself. Whether through educational resources, community events, or provider partnerships, our goal is to help women feel more informed, more supported, and less alone in navigating their health.

This tracker was designed as an educational wellness tool to support awareness, reflection, and conversations with your healthcare team. It is not intended to diagnose, treat, or replace personalized medical advice.

For questions about your individual health, symptoms, or care plan, please consult a licensed healthcare professional.

You deserve clear information, thoughtful support, and a place where your questions belong.

We are so glad you're here.

Oklahoma Women's Health Collective

symptom cheatsheet

a quick reference guide for tracking with clarity.

your menstrual cycle affects your whole body — not just your pelvic area.

use this guide to better understand what you're noticing and how to describe it.

cramps

Pain or pressure in the lower abdomen, back, or thighs, ranging from mild to severe, typically strongest in the day or two before or during flow.

bloating

A feeling of fullness, tightness, or swelling in the abdomen, often most noticeable in the days leading up to your period.

mood changes

Increased irritability, emotional sensitivity, tearfulness, or low mood that feels tied to your cycle.

fatigue

Persistent tiredness not relieved by rest, often more noticeable just before or during your period.

breast tenderness

Soreness, swelling, or sensitivity in breasts, usually in the week or two before your period.

headache

Head pain that follows a cycle pattern, often clustering around ovulation or the days just before a period.

skin changes

Breakouts, oiliness, or other skin shifts that follow a predictable pattern across your cycle.

other

Any additional symptom you notice — digestive changes, sleep changes, appetite or cravings, joint aches, libido changes, etc.

rate each symptom daily using a 0-5 numerical scale (0= none, 5=severe).
at the end of your cycle, look for patterns in frequency, severity, triggers, and trends.

Month: _____

Cycle Start Date: _____ Cycle Length: _____

[illegible]

rate each symptom daily using a 0-5 numerical scale (0= none, 5=severe).
at the end of your cycle, look for patterns in frequency, severity, triggers, and trends.

Month: _____

Cycle Start Date: _____ Cycle Length: _____

[illegible]

rate each symptom daily using a 0-5 numerical scale (0= none, 5=severe).
at the end of your cycle, look for patterns in frequency, severity, triggers, and trends.

Month: _____

Cycle Start Date: _____ Cycle Length: _____

[illegible]

provider visit companion

use this page to guide a focused, productive conversation about any concerns or questions you may have.

The symptom I'm most
concerned about is:

My cycle length or pattern
has changed in this way:

My symptoms are worse during
this part of my cycle:

It affects my day to day by:

VISIT NOTES

clarifying questions

consider using these example questions during your appointment to help clarify any information or concerns you may have.

Understanding What's Happening

- ☒ Are these symptoms consistent with a typical menstrual cycle?
- ☒ Could anything else be contributing?
- ☒ Would labs be helpful — and how should they be interpreted alongside symptoms?
- ☒ Is there anything I should be concerned about?

Treatment Options

- ☒ What non-hormonal options are available?
- ☒ Am I a candidate for hormonal birth control? Why or why not?
- ☒ What are the benefits and risks of using hormonal treatment?
- ☒ How will we monitor effectiveness and safety?

Symptom-Specific Support

- ☒ What can help with cramps or pelvic pain?
- ☒ What helps with heavy or irregular bleeding?
- ☒ What are effective treatments for mood changes tied to my cycle?
- ☒ How can I manage bloating, headaches, or fatigue?

Long-Term Health

- ☒ What lifestyle changes would support my cycle?
- ☒ Should we discuss fertility, bone, or metabolic health?
- ☒ What screenings should I prioritize?

Before You Go

- | | |
|--|--|
| ☐ I understand what's happening | ☐ I understand my treatment options |
| ☐ I know my next steps | ☐ I know when to follow up |

stay connected to the COLLECTIVE

scan to join the community — trusted health
education, meaningful events, and support, all in
one place.



created by women, for women.

