

# *My Monthly Rhythm Journal*

*Cycle, Mood, Symptom & Habit Tracking*

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Vitality Flame

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*This is my little private space*

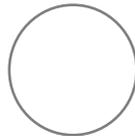
*Name:*

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*Date of birth:*

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*Moon phase at my first birthday*



*These pages hold my personal reflections and cycle stories. If you're not me, please read no further this journal and and return it with care and discretion.*



## Cycle & Body Signals Tracker – How to Use

This cycle calendar is your cozy space to notice patterns in your menstrual cycle, sensations, symptoms and habits. There’s no “right” or “wrong” way to fill it in—this is about curiosity and awareness, not perfection. Jot down whatever feels useful to you. You can track how much, how strong, or what kind of a feeling or symptom you notice by using simple codes. The calendar points out some common cycle-related signs and qualities to get you started. Think of them as friendly suggestions, not rules—feel free to change, skip, or add anything that suits you better. There’s also extra space to note anything else you’d like to keep an eye on, such as recurring symptoms, treatments, supplements, medications, habits, sport activity, hobbies or meaningful life events. For quick notes, you can use: a number to show intensity the first letter of a word to show quality or combine both (for example: a letter + a number).

Make it your own—and have fun getting to know your rhythm

Cervical Mucus Amount:					Blood amount:					
none/dry	light	moderate	abundant		none	spotting	light	moderate	abundant	too much
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>					
Symptom intensity:					Example:					
none	mild	moderate	strong	very strong	Strong Irritability					
<input type="checkbox"/>										

Blood Colour: R Bright red | D Deep red | B Brown | P Pale pink

Blood Texture: F Fluid/silky | D Dense | C Coagulated | G Gel-like/stringy

Cervical Mucus Texture: D Dry | T Tacky | L Lotion-like | W Watery | S Stretchy egg-white | C Clumpy

Cervical Mucus Colour: C Clear | M Milky white | C Clouded | Y Yellow | G Green | Gy Grey | B/P Brown or pink

Mood: L Low | S Short-tempered | W Worried | E Emotionally sensitive | C Calm/steady | U Upbeat

Sleep: T Trouble falling asleep | B Broken sleep | W Waking too early | L Light/uneasy | D Deep/restful

Appetite: Q Queasy | D Decreased | S Steady | H Heightened | C Food cravings

Stool: H Hard/constipated | T Typical | L Loose/Soft | W Watery | B Blood

Nutrition: M Meat | S seafood/Fish | E Eggs | D Dairy | V Vegetables | F Fruit | N Nuts/seeds | P Pulses | G Grains | R Refined grains | S Sugary foods | C Coffein/stimulants | A Alcohol | J Juice | W Water | U Ultra-processed | Fe Fermented | ~ Skipped meals

Moon Phase at Ovulation: The Jonas Method is a traditional, astrology-inspired way of looking at possible links between the moon’s rhythm and a woman’s fertility cycle. From this viewpoint, some women have noticed that conception seemed to happen when ovulation occurred under the same moon phase as the one present at their birth. This idea comes from personal stories and traditional cycle observations—not from medical or scientific research. If you feel curious, you can colour in the moon to match how it looked on the day you believe ovulation happened. Treat this as a simple visual note—no analysis, no expectations, just gentle observation

