

PERIOD OF CHANGE

FOUR SEASONS CYCLE TRACKER

This cycle tracking wheel is a simple, gentle way to get to know your body and your inner seasons. This is a tool for noticing patterns. It helps you see how your energy, emotions, and needs change across your cycle. Over time, it becomes a visual story of you. There is no right way to use it. There is only your way.

Each full circle represents one menstrual cycle, and each slice represents one day. The outer ring shows the four inner seasons and their matching moon phases.

At the center of the wheel is one question: How do I feel today? This question is your guide.

HOW TO BEGIN

Start with the number 1 on the first day that you notice spotting or bleeding red blood. This is Day 1 of your cycle. (Brown blood belongs to the end of the previous cycle, so don't mark Cycle Day 1 if you see only brown blood.)

Each day, continue clockwise around the circle. Write the next day number near the moon symbol for that slice. Once the number is written, pause for a moment. Ask yourself the question in the center. How do I feel today?

You might notice:

- Your energy level*
- Your mood*
- Your focus*
- Your body sensations*
- Your desire for rest, connection, or creativity*

HOW TO MARK YOUR DAY

You can use this cycle tracker in many ways:

- Color lightly or boldly*
- Shade part of a slice*
- Use symbols or simple marks*
- Write a few words*

As a reminder, not all people will have a cycle that is exactly 28 days; some will be shorter, and some will be longer. Not all cycles will flow in precise 7-day segments, but will shift in observable ways through the four seasons.

THE INNER SEASONS

INNER WINTER

Inner Winter is connected to menstruation.

It is often a time of lower energy, inward focus, and a desire for rest. Many people feel quieter, more reflective, or more sensitive during this phase.

Inner Winter often mirrors winter in nature. Just as the land rests and gathers strength beneath the surface, your body is doing important work. This phase can also feel like the deepest part of the night, when our body needs deep sleep and cozyness.

INNER SPRING

Inner Spring begins after bleeding ends.

Energy often starts to rise, along with curiosity and creativity. Many people feel more hopeful, open, or interested in new ideas.

Inner Spring often mirrors spring in nature. There is a sense of awakening, growth, and fresh starts. This phase can feel like early morning, when the body is waking up and energy starts to return.

INNER SUMMER

Inner Summer is connected to ovulation.

Energy, confidence, and connection often feel strongest here. Many people feel more expressive, social, or comfortable being seen.

Inner Summer often mirrors summer in nature. This is a time of fullness, brightness, and outward energy. It can feel like the middle of the day, when the body is awake, fueled, and ready to engage.

INNER AUTUMN

Inner Autumn comes after ovulation and before the next period.

Energy often begins to shift inward again. Many people feel more sensitive, intuitive, or aware of what no longer fits.

Inner Autumn often mirrors autumn in nature. There is a natural slowing and a turning inward. This phase can feel like evening, when the body starts to wind down and prepare for sleep.

OVER TIME

As you complete more than one cycle tracker, patterns may begin to appear. You may notice times when you need more rest or quiet; you may notice times when you feel more social or expressive. You may notice how your body asks for care. Your body is always communicating, and this is one way to learn its language.

A NOTE FOR MOTHERS & CAREGIVERS

This cycle tracker is an invitation into awareness, conversation, and connection.

Many of us grew up without language for our cycles. We learned to track bleeding, if we tracked anything at all. What we were rarely taught was how our energy, emotions, needs, and intuition move across the month.

This tool offers something different: it supports girls in building a relationship with their bodies based on noticing rather than judging.

WHAT THIS PRACTICE BUILDS

Using the Four Seasons Cycle Tracker supports:

Emotional literacy

Body awareness

Pattern recognition

Self-trust

Rather than asking a girl to explain or defend how she feels, this practice gives her a quiet, private way to observe herself. Over time, she begins to see that her shifts make sense. Her body has rhythms, and those rhythms are wise.

WHY CYCLES AND SEASONS MATTER

The language of inner seasons helps make the menstrual cycle feel familiar and grounded. Winter, spring, summer, and autumn already live in our bodies through nature.

When girls learn that their inner experience mirrors the world around them, they are less likely to see their changes as problems. They begin to understand that rest, expression, sensitivity, and energy each have their place.

This framework also gently normalizes change. Nothing stays the same all month or all year; nothing is meant to.

AN INVITATION FOR YOU

You are warmly invited to track your cycle alongside your daughter. This is not about doing it perfectly or sharing every detail; it is about using shared language, and normalizing the experience of noticing and honoring our cyclical changes.

When you track your own inner seasons, you may notice patterns you were never taught to see. You may recognize needs you learned to override, ignore, or pathologize. You may find compassion for yourself.

Tracking together can create moments of simple connection:

Naming which season you are in

Noticing shared energy or difference

Honoring rest or celebration without explanation

This practice supports modeling. When girls see adults listening to their bodies, they learn that this skill matters, and it gives them permission to do the same.

A GENTLE REMINDER

This cycle tracker is not a test or a productivity tool. It is a relationship practice.

One that grows slowly and strengthens over time.

By offering this to your daughter, and by joining her when you are able, you are giving a powerful message: Her body is worth listening to, her feelings and emotions are real and meaningful, and perhaps most importantly, that the period of change she experiences each cycle is not a curse, but a wise and integral part of her whole self.