



Being Aware of Hormonal Cycles and Their Impact on Energy and Mood

Instructions: Use this worksheet to track your hormonal cycle and understand how it affects your mood, energy, and executive function.

1. Track Your Cycle

- What phase of your cycle are you in right now? (Follicular, Ovulation, Luteal, Menstrual)

- How do you feel today? (Energized, sluggish, emotional, unfocused?)

2. Cycle Patterns

Cycle Phase	Mood	Focus	Energy Level
Follicular	😊	✅	🔋 High
Ovulation	😊	⚡	🚀 Very High
Luteal	😞	❌	🔋 Low
Menstrual	😞	❌	💤 Exhausted

3. Adjusting for Your Cycle

- How can you adjust your workload or schedule based on where you are in your cycle?
