

# Menstrual Regularity Blueprint!

Name: \_\_\_\_\_ Date: \_\_\_\_\_

My Current Health Challenges

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What I Want to Feel

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Three things I can implement right now to get back into rhythm with my body:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

My big WHY is: \_\_\_\_\_

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Three ways I can get more pleasure into my daily life:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_