The Cycle Awareness Starter Guide

An introduction to understanding your body's natural rhythm - for women who want to know themselves more deeply, whether or not pregnancy is on the horizon yet.

A LITTLE BLOOM HERBS GUIDE

By Caitlin ~ Clinical Herbalist & Holistic Nutritionist



A NOTE FROM CAITLIN



Hello, lovely.

Most of us were taught almost nothing about our cycles in school.

We learned that periods happen, that we should expect them every month, and not much else.

So when the time comes to think about our hormone health - or one day, our fertility - we're starting from scratch.

This little guide is the foundation. It's the first step I share with women who are curious about their bodies and want to understand the natural rhythm that hums along underneath everything else - even if pregnancy is years away (or not part of your plans at all).

Inside, you'll find a simple primer on the four phases of your cycle, the three signs that tell you when you've ovulated, and a printable chart to begin tracking your own.

Take what resonates. Move at your own pace. And know that whenever you're ready for personalised support, you can book a free 10 minute chat here, to see if we're the right fit.

Caitlin xx

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Your cycle, in four phases

Your menstrual cycle isn't just your period. It's a continuous, ever-shifting hormonal rhythm that influences your energy, mood, sleep, appetite, libido, skin, digestion - and almost every other system in your body. Knowing where you are in your cycle is genuinely useful information. The cycle is typically 24–35 days long. It moves through four phases.

PHASE	APPROX. DAYS	WHAT'S HAPPENING
Menstrual	1-5	The uterine lining sheds. Energy is low, introspection is high. A time for rest.
Follicular	6-13	Oestrogen rises. Energy and mood lift. Skin glows. The body prepares to ovulate.
Ovulatory	14-16	The egg is released. Cervical fluid becomes clear and stretchy (egg-white). Libido rises.
Luteal	17-28	Progesterone rises. Energy turns inward. PMS, if present, often shows up here.

A QUICK NOTE

Day 1 of your cycle is the first day of your period - actual flow, not spotting. Cycle lengths vary from person to person, and from cycle to cycle. "28 days" is the textbook average; your normal might be different, and that's okay.

What this means in real life

If you've ever wondered why your motivation tanks the week before your period, or why you feel your sharpest mid-cycle, this is why. You're not "moody" - you're cyclical. Working with your phases (not against them) is one of the most powerful self-care practices there is.

Three signs of ovulation

Knowing whether (and when) you've ovulated tells you so much about your hormone health. These are the three signs to begin watching.

Cervical fluid - The most reliable real-time sign

Your cervical fluid changes throughout the cycle, becoming progressively wetter as ovulation approaches.
The pattern usually goes:
dry → sticky → creamy → clear and stretchy (egg-white) → dry again.
The egg-white quality (slippery, stretchy, like raw egg white) marks your most fertile days. This is a body literacy skill - a few cycles of paying attention and you'll know your own pattern.

Basal body temperature (BBT) - confirms ovulation

Your resting body temperature is slightly lower in the follicular phase and rises by around 0.2-0.5°C after ovulation, staying elevated through the luteal phase.
Take your temp first thing in the morning, before getting out of bed, with a basal thermometer (it has more decimal places than a regular one). Plot it on a chart and the pattern emerges over a few cycles.

Cervical position - a subtle confirmation

Around ovulation, the cervix sits higher, feels softer, and opens slightly. In the rest of the cycle, it sits lower and feels firmer (like the tip of your nose).
This one is optional and takes a bit of practice. Some women love the body literacy of it, others skip it entirely. Both are fine.

A GENTLE REALITY CHECK

Cycle apps that predict your fertile window from cycle dates alone are guesses, not measurements.
Tracking your own real signs gives you accurate, personal data - and that knowledge is yours forever.

Your first tracking chart

Use the simple chart on the next page to record one cycle.

Each day, mark how you feel and what you observe. After a cycle or two, patterns will start to emerge - and your relationship with your body deepens.

There is space to record information about:

- the quality of your bleed - spotting (S), light (L), medium (M), or heavy (H)
- your basal body temperature - taken first thing, before getting out of bed
- the consistency of cervical fluid - dry (D), sticky (S), creamy (C) or egg-white (E)
- your energy, sleep and mood, rated from 1 (low) to 5 (high)
- anything else you experienced, including cravings, changes in libido, headaches, cramps etc

The chart I've included is a simple way of recording your data each day. If you'd like to take it to the next level, you can access a full chart here, on the **Taking Charge Of Your Fertility** website.

Writing all the information down on paper can be helpful for some, however, if you prefer an app, my favourite is **Cyclisity,** as there are no predictions - you simply input your data each day and the app charts it for you.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
BLEED																								
CERVICAL FLUID																								
BBT																								
ENERGY 1-5																								
MOOD 1-5																								
SLEEP 1-5																								
NOTES																								

	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
BLEED																								
CERVICAL FLUID																								
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MOOD 1-5																								
SLEEP 1-5																								
NOTES																								

If pregnancy is in your future...

If reading this has stirred something - a curiosity about preparing your body for a baby, even loosely, even one day - the next step is my full guide:

THE NEXT STEP

Preparing for Pregnancy

A comprehensive guide that walks you through everything I share with my one-to-one preconception clients - from the foundations of nourishment, to choosing a quality prenatal, to working with herbal allies, to bringing your partner into the journey.

Real, clinical, gentle. The kind of guide I wish I'd had.

READ THE GUIDE - $15

Or, if you're ready for one-to-one support
You can book a free 10 minute chat to see if we're the right fit here.

I hope this guide was helpful, and I wish you well on your journey x