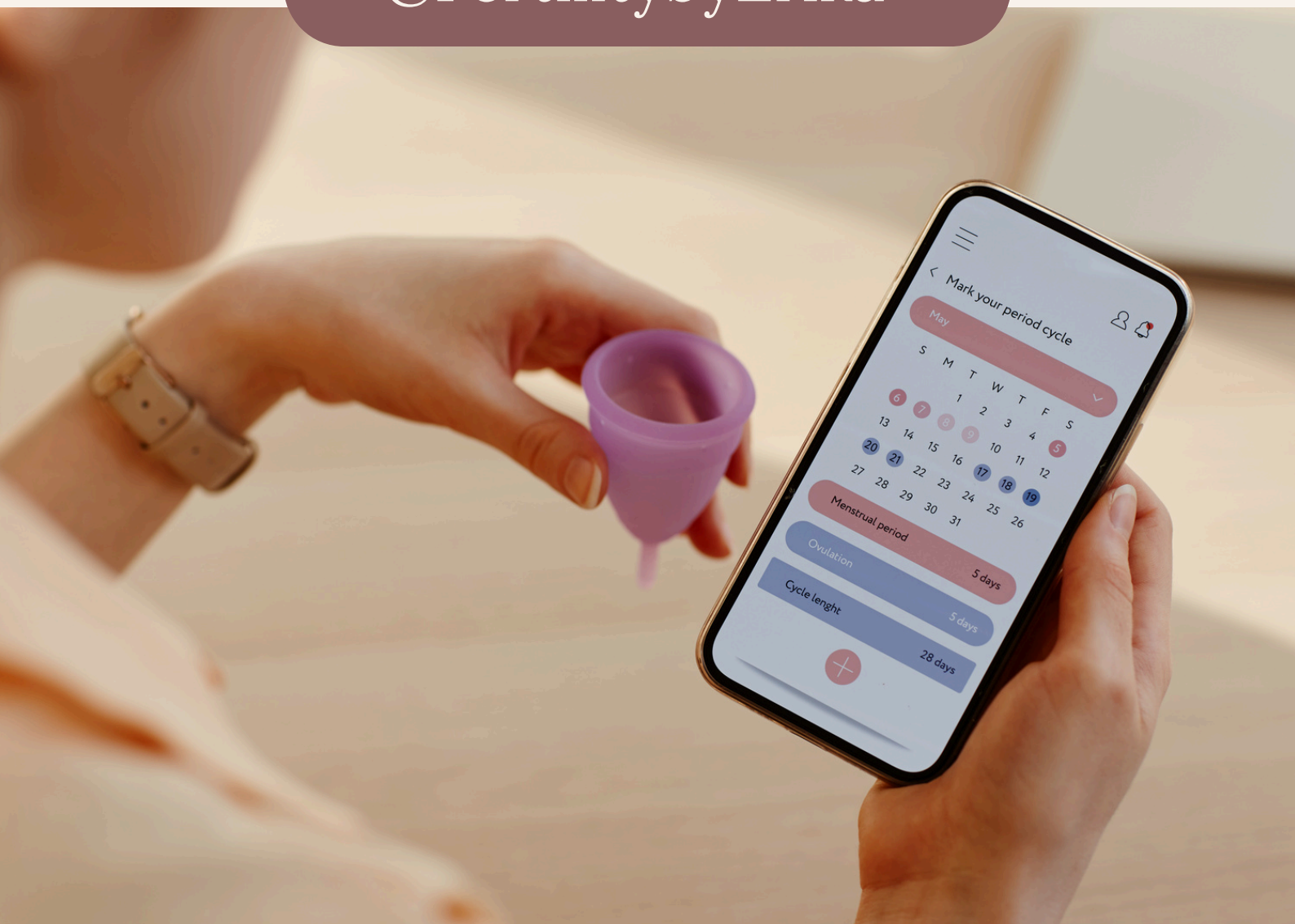


Are your body and cycle sending warning signals?

Cycle & Hormone Health Checklist

@FertilitybyErika



Hello, I'm Erika

I'm a woman's hormone health practitioner, fertility awareness instructor and reproductive biologist with a passion for helping women and couples optimize their hormones, cycles and fertility.

This checklist will provide you with essential information on your journey to understanding your cycle and body signals. It is designed to help you identify red signals, track cycle but also symptoms beyond just the usual especially if you are TTC or struggling with hormone imbalance.

In case you would still feel overwhelmed I offer my free **Root Cause & Cycle Mapping Session**: 45 minutes to identify the 2-3 most likely root causes in your case, and map your next steps.

APPLY FOR ROOT CAUSE &
CYCLE MAPPING SESSION



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Welcome



Your menstrual cycle and body signals are far more than a monthly or daily inconvenience. Your cycle is one of the body's most powerful vital signs and a window into your hormone health, fertility, metabolism, bone density, cardiovascular health, brain function, and overall well-being.

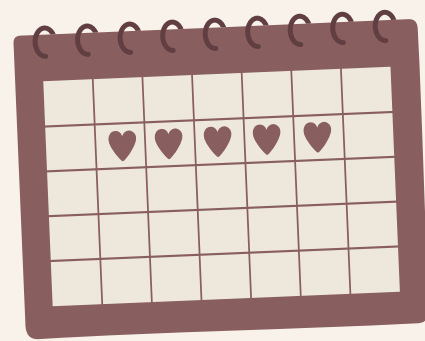
The truth is, many of the period problems or daily symptoms we've been told are "normal" are actually your body's way of signaling that something needs attention.

Heavy bleeding, debilitating cramps, missing periods, severe PMS, gut problems, headaches, skin issues. These aren't things you just have to live with.

This checklist will help you:

- Identify what a healthy, optimal cycle looks like
- Recognize red flags that warrant further investigation
- Understand what your symptoms might be telling you
- What to track daily beyond the cycle
- Know when to seek support

Your Cycle Health Checklist



Tick all the ones that apply to your current cycle:

Cycle Length & Regularity

- My cycle is between 24–36 days long
- My cycle varies by no more than 3–4 days month-to-month
- I ovulate consistently (confirmed by tracking BBT, LH, cervical mucus)
- My follicular phase is at least 11 days (from period start to ovulation)
- My luteal phase is 11–17 days (from ovulation to next period)

Period Characteristics

- My period lasts 3–7 days
- My period blood is vibrant red (not brown, pink, or very dark)
- My flow is moderate (not flooding through pads/tampons hourly)
- My flow is substantial (more than just light spotting)
- My period blood flows smoothly, like maple syrup (not clumpy or jam-like)
- I have minimal to no blood clots (or only small ones occasionally)
- My period does not have a start and stop pattern

Ovulation Signs

- I see clear, stretchy, egg-white cervical mucus around ovulation for 2–3 days
- My basal body temperature rises after ovulation and stays elevated
- I ovulate around the same time each cycle (give or take a few days)

Your Cycle Health Checklist



Spotting & Bleeding Patterns

- I have no more than 1–2 days of light spotting before my period
- I have no spotting during my follicular phase (between period and ovulation)
- My period starts with substantial flow (not days of brown spotting first)
- My period ends cleanly (no spotting for 3+ days after)
-

Pain & Discomfort

- I have minimal to no period pain (or it's manageable without medication)
- I don't experience debilitating cramps that disrupt my daily life
- I don't need more than 2 regular ibuprofen per period
- I have no pelvic or back pain outside of my period
- I experience no painful ovulation

PMS & Emotional Symptoms

- I have no severe mood swings in the week before my period
- I don't experience anxiety, rage, or overwhelming sadness before my period
- I have no significant breast tenderness or bloating
- I sleep well throughout my entire cycle
- I have stable energy levels throughout my cycle

Didn't tick all the boxes? Let's figure out why together. [**Apply for Root Cause & Cycle Mapping Session**](#) to get personalized support for your unique cycle.

What Is Your Cycle Telling You?

If you didn't tick all - don't panic. You're not alone. Many women experience cycle irregularities, and the good news is that most of these issues can be addressed through targeted nutrition, lifestyle changes, and proper support.

🚩 Cycles Shorter Than 25 Days

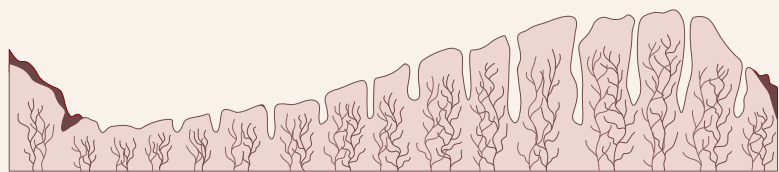
- Low progesterone or luteal phase defect
- Poor corpus luteum function
- Early perimenopause (if over 35)
- Chronic stress or inflammation

🚩 Cycle Variation Greater Than 3 Days

- Inconsistent ovulation
- Hormone imbalances (insulin resistance, high androgens, low progesterone)
- PCOS or subclinical endocrine dysfunction
- Thyroid issues
- Chronic stress, illness, or travel

🚩 Periods Shorter Than 3 Days

- Low estrogen
- Thin uterine lining
- Hypothalamic amenorrhea (or borderline)
- Nutrient deficiencies (iron, B vitamins, zinc)
- Post-birth control recovery
- Overexercising or undereating



🚩 **Periods Longer Than 7 Days or Heavy Bleeding**

- Estrogen dominance (too much estrogen relative to progesterone)
- Low progesterone
- Uterine fibroids or polyps
- Thyroid imbalance
- Poor liver detoxification of hormones
- Iron deficiency (can be both cause and effect)

🚩 **Very Light Bleeding or Spotting**

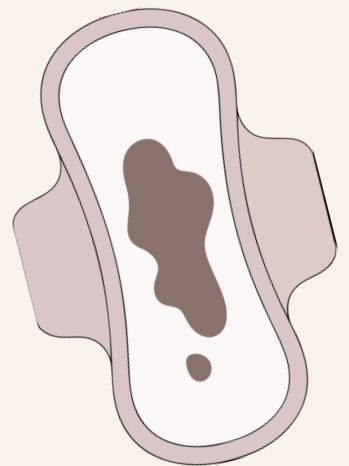
- Low estrogen
- Anovulatory cycle (bleeding without ovulation)
- Hypothalamic amenorrhea
- Undereating or overtraining
- Nutrient deficiencies

🚩 **Spotting Before Your Period (More Than 2 Days)**

- Low progesterone
- Luteal phase defect
- Progesterone dropping too early
- Post-birth control hormone recovery
- Endometriosis, fibroids, or polyps
- Hypothyroidism
- Malpositioned uterus

🚩 **No Cervical Mucus or Poor-Quality Mucus**

- Low estrogen
- Dehydration
- Post-hormonal birth control effects
- Nutrient deficiencies (zinc, omega-3s, vitamin A)
- Overuse of certain products (douches, soaps, some lubricants)



🚩 Severe PMS Symptoms

- Estrogen dominance (too much estrogen relative to progesterone)
- Low progesterone
- Uterine fibroids or polyps
- Thyroid imbalance
- Poor liver detoxification of hormones
- Iron deficiency (can be both cause and effect)

🚩 Basal Body Temperature Doesn't Rise or Stay Elevated

- Anovulation (no ovulation occurred)
- Low progesterone
- Poor-quality ovulation
- Inconsistent tracking method

🚩 Debilitating Period Pain

- Endometriosis
- Adenomyosis
- Uterine fibroids
- Pelvic inflammatory disease
- High inflammatory prostaglandins
- Malpositioned uterus



Tired of trying with no luck or suffering through the same debilitating symptoms every month? **[Apply for Root Cause & Cycle Mapping Session](#)** to discover how to optimize your body and hormones naturally.

Your Cycle Is a Vital Sign

Just as your doctor checks your blood pressure, heart rate, and temperature at every visit, your menstrual cycle should be monitored as a key indicator of your overall health.

Regular ovulation and a healthy menstrual cycle signal:

- Adequate hormone production (estrogen and progesterone)
- Proper brain-ovary communication
- Healthy thyroid function
- Good metabolic health
- Sufficient nutrition and energy availability
- Manageable stress levels
- Overall endocrine system balance

Irregular cycles or concerning symptoms can be early warning signs of:

- ⚠️ PCOS
- ⚠️ Thyroid disorders
- ⚠️ Endometriosis
- ⚠️ Primary ovarian insufficiency
- ⚠️ Hypothalamic dysfunction
- ⚠️ Autoimmune conditions
- ⚠️ Cardiovascular risk
- ⚠️ Bone density issues
- ⚠️ Metabolic dysfunction



Tracking beyond cycle health

For too many women their cycles might actually be in great health showing no warning signs **but they still cannot conceive or feel that there is something off in their body.**

This is the reason why tracking beyond just the cycle, BBT and cervical mucus is so much more important than you might think.

These are the things I recommend tracking and focusing on daily especially when it comes to your cycle phases.

Gut Health

track the following, their frequency, when they happen in relation to the cycle or specific foods/activities

- bloating
- reflux
- gassiness
- nausea/vomiting
- bowel movements
- intolerance
- abdominal pain

Others

track the following if relevant, their frequency, when they happen in relation to the cycle or specific foods/activities

- skin symptoms: rash, acne, eczema, hives
- headaches/migraines
- any histamine symptoms: hives, flushing, nasal congestion, headache, sneezing, palpitations, acne flare up, bloating, diarrhea

What To Do Next...

Identifying and addressing cycle irregularities and symptoms NOW can prevent more serious health conditions down the road.

Want to understand what YOUR body is telling you?

Apply for ROOT CAUSE & CYCLE MAPPING SESSION and let's decode your body's signals together.

**APPLY FOR ROOT CAUSE &
CYCLE MAPPING SESSION**

Your hormone or fertility goals are figureoutable and achievable. Let's make it happen together.



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