



Football Cycle and Symptoms Tracker

A simple tool to help you notice your own patterns

This tracker is for you. It is not a test and it is not a training prescription. Use it to notice what is normal for your body, what changes, and whether anything keeps coming up around football, school or everyday life.

How to use it

- Day 1 is the first day of your period.
- Record as much or as little as is useful. A few quick notes are enough.
- Use it across several cycles if you can. One difficult day does not automatically mean there is a pattern.
- Look for things that repeat, such as cramps, sleep changes, fatigue, headaches, unusually hard sessions or niggles.
- Keep the information private unless you choose to share it.

What the ratings mean

Pain	0 means none. 10 means the worst pain you can imagine.
Energy	1 means very low. 5 means excellent.
Sleep	1 means poor. 5 means excellent.
Training feel	Easy, normal, harder than expected, or did not train.

What tracking can help with

- Preparing for your next period and making sure you have what you need for football.
- Recognising repeated symptoms and understanding whether they affect training or matches.
- Noticing changes from what is normal for you.
- Giving a healthcare professional clearer information if you need support.

What it cannot tell you

- Exactly when you will perform your best.
- Exactly when you will ovulate.
- Whether you are going to get injured.
- Whether you have a medical condition.

Your cycle is information.

Use it to understand yourself, not to put yourself into a box.

Prefer to use your phone? The online tracker at hub.ladytalkmatters.org keeps your entries on your own device only.



Football Cycle and Symptoms Tracker

Days 1 to 16. Keep it simple. Look for repeatable patterns over time.

Date	Cycle day	Flow	Pain 0 to 10	Energy 1 to 5	Sleep 1 to 5	Mood	Training feel	Recovery	Niggles	Notes
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										

Flow: light, medium, heavy **Training feel:** easy, normal, harder than expected, did not train **Niggles:** note location and what you noticed



Football Cycle and Symptoms Tracker

Days 17 to 31. Keep it simple. Look for repeatable patterns over time.

Date	Cycle day	Flow	Pain 0 to 10	Energy 1 to 5	Sleep 1 to 5	Mood	Training feel	Recovery	Niggles	Notes
17										
18										
19										
20										
21										
22										
23										
24										
25										
26										
27										
28										
29										
30										
31										

Flow: light, medium, heavy **Training feel:** easy, normal, harder than expected, did not train **Niggles:** note location and what you noticed



Cycle Reflection

Use this after a few weeks or at the end of a cycle. There is no right answer.

1. What did I notice about my energy?

2. Did pain or bleeding affect football, school or sleep?

3. Did any training sessions repeatedly feel harder or easier than expected?

4. Did I notice any pattern in sleep, mood or recovery?

5. Were there any repeated niggles or injuries?

6. What helped me feel better or more prepared?

7. Is there anything I want to discuss with a trusted adult or healthcare professional?

When to ask for help

Speak to a trusted adult or healthcare professional if period pain is severe or getting worse, bleeding is very heavy, you repeatedly feel dizzy or faint, symptoms keep stopping normal activities, or your periods stop unexpectedly. If you feel seriously unwell or have sudden severe pain, seek urgent medical help.