

Caffeine & Menstrual Cycle Daily Tracker

Use this daily tracker to monitor your caffeine intake and its effects throughout your menstrual cycle. Tracking your symptoms can help you identify patterns and make informed choices about caffeine use in relation to your hormonal shifts.

Instructions

1. Begin tracking on Day 1 of your cycle (the first day of menstruation).
2. Record the type and amount of caffeine consumed each day.
3. Note any symptoms or changes in mood, energy, sleep, cravings, or pain.
4. Use one row per day for the full 28-day cycle.

Caffeine & Menstrual Cycle Daily Tracker					
Cycle Day	Caffeine Source & Amount (mg)	Energy Level (1–10)	Mood / Anxiety Level (1–10)	Physical Symptoms (Cramps, Bloating, Breast Tenderness)	Sleep Quality (1–10)
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 8					
Day 9					
Day 10					
Day 11					
Day 12					
Day 13					

Day 14					
Day 15					
Day 16					
Day 17					
Day 18					
Day 19					
Day 20					
Day 21					
Day 22					
Day 23					
Day 24					
Day 25					
Day 26					
Day 27					
Day 28					