

# Cycle syncing your writing

## 28 day cycle

01 02 03 04 05 06 07

08 09 10 11 12 13 14

15 16 17 18 19 20 21

22 23 24 25 26 27 28

## My cycle this month

01 02 03 04 05 06 07

08 09 10 11 12 13 14

15 16 17 18 19 20 21

22 23 24 25 26 27 28

Menstrual

Follicular

Ovulatory

Luteal