

Cycle-Aware Microdosing Journal

A simple tracker from Intuitive Life Wellness

Why keep a journal

The research on women, hormones, and psychedelics is early, and no one can tell you exactly how your body will respond. Your own notes are real information. A journal also protects you from a common trap: microdosing effects are subtle, and it is easy to credit a dose for a good day or blame it for a bad one. Written notes show you what is actually happening.

How to use it

1. **Start with a baseline.** Track for one full cycle (or 4 to 6 weeks if your cycle is irregular or you are in perimenopause) before you begin. Mark every day as a rest day.
2. **Log once a day.** The weekly pages ahead take about two minutes. A number or a few words is plenty. Ratings run from 1 (low) to 5 (high).
3. **Change one thing at a time.** If you adjust your schedule or amount, change only one variable so you can tell what made the difference.
4. **Wait for patterns.** Give it at least two full cycles before drawing conclusions. One good or bad day tells you very little.
5. **Reflect at the end of each cycle.** Use the last page to note what you noticed and what you would like to try next.

What to track each day

What	How to note it
Cycle day and phase	Day 1 is the first day of bleeding. If you have no regular cycle, write the date only.
Dose day or rest day	Y or N, plus the amount and form you took, if any.
Sleep	Hours, plus a 1 to 5 quality rating.
Mood, energy, focus	A 1 to 5 rating for each. Add one or two words for mood if you like.
Body	Headache, cramps, bloating, tenderness, or nothing.
Anything unusual	Stress, alcohol, caffeine, illness, travel, missed meals. This row matters more than it looks.

Cycle phases at a glance

Approximate ranges. Cycle length varies, so use your own pattern.

Phase	Roughly	What some women notice
Menstrual	Days 1 to 5	Hormones at their lowest. Many feel tired, tender, or more inward.
Follicular	Days 6 to 13	Estrogen climbs. Energy and focus often return.
Ovulatory	Days 14 to 16	Estrogen peaks. Some feel social and confident, and some feel wired or sensitive to stimulation.
Luteal	Days 17 to 28	Progesterone rises, then hormones drop before the period. PMS symptoms show up for some people.

When to pause

Stopping is always a valid choice. Consider pausing and checking in with a professional if you notice any of the following:

- Increased anxiety
- Poor sleep that does not settle
- Heart palpitations
- Emotional rawness that feels hard to hold
- Anything that worries you

Please note

This tracker is an educational tool and not medical advice. It does not replace medication, therapy, or medical care. Talk with your prescriber before you microdose, especially if you take antidepressants, mood stabilizers, hormonal birth control, or hormone therapy. Never stop a medication on your own. Bring this journal to your provider or coach so they have real information to work with.

Weekly Log: Week 1

Dates: _____ to _____ Cycle number: _____ Baseline week? Y / N

Date	Cycle day	Phase	Dose y / n	Amount / form	Sleep hrs	Sleep quality	Mood 1-5	Energy 1-5	Focus 1-5	Body notes	Anything unusual

Ratings: 1 = low, 5 = high. Week reflection: _____

Weekly Log: Week 2

Dates: _____ to _____ Cycle number: _____ Baseline week? Y / N

Date	Cycle day	Phase	Dose y / n	Amount / form	Sleep hrs	Sleep quality	Mood 1-5	Energy 1-5	Focus 1-5	Body notes	Anything unusual

Ratings: 1 = low, 5 = high. Week reflection: _____

Weekly Log: Week 3

Dates: _____ to _____ Cycle number: _____ Baseline week? Y / N

Date	Cycle day	Phase	Dose y / n	Amount / form	Sleep hrs	Sleep quality	Mood 1-5	Energy 1-5	Focus 1-5	Body notes	Anything unusual

Ratings: 1 = low, 5 = high. Week reflection: _____

Weekly Log: Week 4

Dates: _____ to _____ Cycle number: _____ Baseline week? Y / N

Date	Cycle day	Phase	Dose y / n	Amount / form	Sleep hrs	Sleep quality	Mood 1-5	Energy 1-5	Focus 1-5	Body notes	Anything unusual

Ratings: 1 = low, 5 = high. Week reflection: _____

End-of-Cycle Reflection

Prompt	My notes
Cycle start date and length	
Which phase felt easiest?	
Which phase felt hardest?	
What did I notice on dose days?	
What did I notice on rest days?	
What changed with sleep?	
One thing I want to try next cycle (change only one)	
Questions for my provider or coach	