

# Menstrual Health Habits Checklist

Scientific Menstrual Cycle Management for Better Quality of Life | [periodhub.health](https://periodhub.health)

Daily Check-ins for Healthy Living

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## Menstrual Cycle Tracking

### Basic Daily Records

- ☐ Record menstrual start date
- ☐ Record menstrual end date
- ☐ Track flow intensity (light/medium/heavy)
- ☐ Note blood color and texture
- ☐ Calculate cycle length
- ☐ Use period tracking app or calendar

### Symptom Tracking

- ☐ Pain level (1-10 scale)
- ☐ Pain location (lower abdomen/back/other)
- ☐ Mood changes
- ☐ Other physical symptoms
- ☐ Sleep quality
- ☐ Energy levels



## Nutrition & Hydration

### Daily Nutrition Goals

- ☐ Eat iron-rich foods (spinach, lean meat, beans)
- ☐ Include calcium sources (dairy, leafy greens)
- ☐ Consume magnesium-rich foods (nuts, seeds, whole grains)
- ☐ Add omega-3 fatty acids (fish, flaxseeds)
- ☐ Eat plenty of fruits and vegetables
- ☐ Choose complex carbohydrates

### Hydration

- ☐ Drink 8-10 glasses of water daily
- ☐ Limit caffeine intake
- ☐ Avoid excessive alcohol
- ☐ Try herbal teas (chamomile, ginger)
- ☐ Monitor urine color for hydration status

### Foods to Limit During Menstruation

- ☐ Excessive salt (reduces bloating)
- ☐ Refined sugars
- ☐ Processed foods
- ☐ Very cold foods and drinks
- ☐ Excessive caffeine



## Physical Activity

### Regular Exercise Routine

- ❑ Aim for 30 minutes of moderate activity daily
- ❑ Include cardiovascular exercise
- ❑ Practice strength training 2-3 times per week
- ❑ Try yoga or stretching daily
- ❑ Take regular walks

### During Menstruation

- ❑ Listen to your body's energy levels
- ❑ Gentle yoga or stretching
- ❑ Light walking or swimming
- ❑ Avoid high-intensity workouts if uncomfortable
- ❑ Focus on movements that feel good

#### EXERCISE BY MENSTRUAL PHASE

**Menstrual Phase (Days 1-5):** Gentle yoga, walking, light stretching

**Follicular Phase (Days 1-13):** Gradually increase intensity, try new activities

**Ovulation (Around Day 14):** Peak energy - high-intensity workouts, strength training

**Luteal Phase (Days 15-28):** Moderate exercise, focus on consistency over intensity



## Sleep & Rest

### Sleep Hygiene

- ☐ Aim for 7-9 hours of sleep nightly
- ☐ Maintain consistent sleep schedule
- ☐ Create a relaxing bedtime routine
- ☐ Keep bedroom cool and dark
- ☐ Limit screen time before bed
- ☐ Use comfortable bedding

### Rest During Menstruation

- ☐ Allow extra rest if needed
- ☐ Take short naps if tired
- ☐ Practice relaxation techniques
- ☐ Use heating pads for comfort
- ☐ Create a cozy environment



## Hygiene & Self-Care

### Daily Hygiene

- ❑ Change menstrual products regularly
- ❑ Wash hands before and after changing products
- ❑ Clean genital area with mild soap and water
- ❑ Wear breathable cotton underwear
- ❑ Change underwear daily
- ❑ Avoid douching or harsh chemicals

### Product Management

- ❑ Change pads every 3-4 hours
- ❑ Change tampons every 4-6 hours
- ❑ Never leave tampons in overnight
- ❑ Dispose of products properly
- ❑ Keep emergency supplies available



### Pro Tips for Comfort

- **Heat therapy:** Use heating pads or warm baths for cramps
- **Comfortable clothing:** Choose loose-fitting, soft fabrics
- **Stress management:** Practice deep breathing or meditation
- **Stay organized:** Keep a period kit ready in your bag
- **Self-compassion:** Be kind to yourself during difficult days



### When to Seek Medical Attention

- Severe pain that interferes with daily activities
- Very heavy bleeding (soaking through a pad/tampon every hour)
- Periods lasting longer than 7 days
- Cycles shorter than 21 days or longer than 35 days
- Sudden changes in your normal pattern

- Severe mood changes affecting daily life

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This checklist is created by the [periodhub.health](https://www.periodhub.health) professional team

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Consult healthcare professionals for personalized medical advice