



with Christina Valenzuela



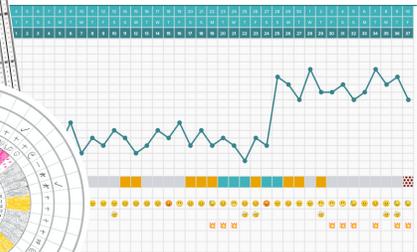
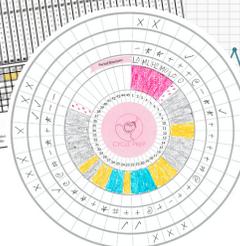
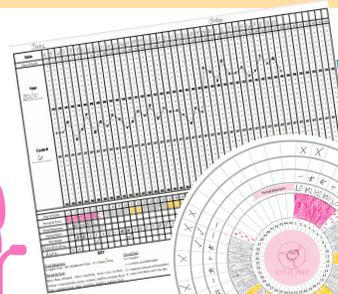
Do you ever feel like menstrual cycles and periods are confusing?  
Would you like to feel more confident knowing what's going on with your changing body?

## BECOME AN EXPERT BY LEARNING TO CHART YOUR UNIQUE CYCLE!

The process of keeping track of changes throughout our menstrual cycle is called "charting." This is a powerful tool which can give you a lot of self-knowledge-- not just about periods, but about many aspects of life which are affected by cyclical hormones including our moods, our energy levels, and even our relationships!

The Cycle Prep *Charting Guide for Girls* will teach you:

- what happens with hormones during the menstrual cycle
- how the first few years of cycling are different (because your body is learning!)
- how to keep various types of charts (including apps!)
- observing signs of ovulation and cycle health
- tracking moods + energy through the cycle
- about different types of cycles (long, short, "anovulatory", etc.)



@pearlandthistle  
#cycleprep

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## WHAT'S INCLUDED?



**40-Page Guide** with two learning levels:  
Basic (aged 11-16) and Advanced (aged 16+)



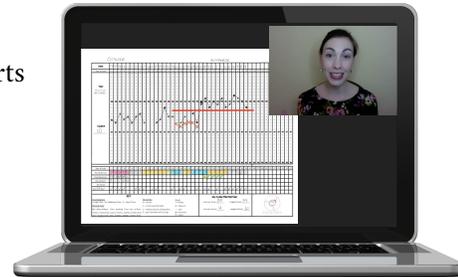
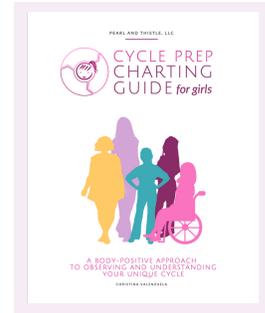
**6 Supplemental videos:**

- Introduction to the *Guide*
- Tips for observing Cervical Fluid
- How to use a wheel chart
- Walk-throughs with all 3 Advanced practice charts



**Downloadable charts** for flexible tracking options:

- Wheel (Basic)
- Graph (Advanced)
- Read Your Body app custom template



When equipped with the right knowledge, every girl can be empowered to understand her unique cycle and learn to appreciate her growing body.

Cycle Prep programs are affordable, self-paced and designed for parents + daughters to learn together. **Teach your daughter to "decode" the language of her body today!**

## THE IMPORTANCE OF CHARTING FOR HEALTH

*Once adolescent girls begin menstruating, clinicians should ask at every preventive care or comprehensive visit for the patient's first day of her last menstrual period and the pattern of menses. By including this information with the other vital signs within the Review of Systems and History of Present Illness, clinicians emphasize the important role of menstrual patterns in reflecting overall health status... The importance of accurate charting should be emphasized and the patient should be educated about what would be considered an abnormal menstrual cycle.*

American College of Obstetricians and Gynecologists



CYCLE PREP IS PROUD TO HAVE MY CATHOLIC DOCTOR AS A "CARE CHAMPION"  
Ask your provider for a coupon code to receive a 30% discount on all Cycle Prep courses through My Catholic Doctor

