

MY CYCLE REVIEW

RESILOVIT® Pill

My notes

How I felt this cycle

- balanced, changeable,
- up and down
- rather challenging,
- surprisingly positive

This way I can take better care of myself

- 5 minutes of silence
- a walk without my phone
- evening journaling
- a warm bath



I support my body with healthy nutrition and micronutrients like those in Resilovit® Pill.

PILL DIARY

BY _____

DATE OF 1ST DAY OF CYCLE _____

NAME OF PILL _____

My pill diary helps me better understand how my body reacts to the (new) pill - whether it's mood, energy, or physical changes. This way, I can more quickly notice what truly does me good.

RESILOVIT® Pill

MY CYCLE OVERVIEW



DAYS 01-05 MENSTRUATION PHASE

Tag			My notes about the day
01			
02			
03			
04			
05			

DAYS 06-13 FOLLICULAR PHASE

06			
07			
08			
09			
10			
11			
12			
13			
14			ovulation

MY CYCLE OVERVIEW



DAYS 15-28 LUTEAL PHASE

Tag			My notes about the day
15			
16			
17			
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19			
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21			
22			
23			
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28			