

adding

life

to my years

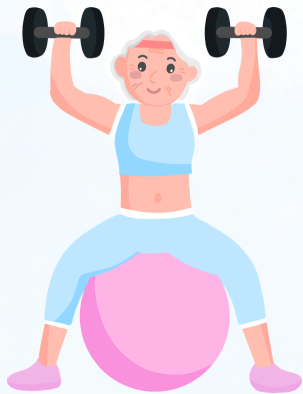
2026

You are the best project
you will ever work on.

Welcome to your Menstrual Human Performance Micro Journal!

This journal is a tool to gather data and knowledge about your body and gather insights through the ebbs and flows of your menstrual cycle. I hope you find this journal empowering and a way to learn more about your body!

Yours Truly,
A Fellow Human Performance & Healthy Aging Enthusiast,
Lydia Kostopoulos, PhD



*I'm working on my
old lady body!*

I want to reduce
the likelihood of:

- Osteoporosis
- Sarcopenia
- Dementia
- Loss of mobility
- Loss of strength
- Loss of flexibility

Things I want to
do in my old age:

-
-
-
-
-
-

Breast Self Examination



Notes



According to the National Breast Cancer Foundation a breast self exam should be performed 7-10 days after the menstrual period starts.

Cycle 1: _____

Cycle 2: _____

Cycle 3: _____

Cycle 4: _____

Cycle 5: _____

Cycle 6: _____

Cycle 7: _____

Cycle 8: _____

Cycle 9: _____

Cycle 10: _____

Cycle 11: _____

Cycle 12: _____

Cycle 13: _____

Cycle 14: _____



2026

Q1

Goals, Things & Accomplishments

Q2

January.

April

February.

May.

March

June



2026

Q3

Goals, Things & Accomplishments

Q4



July

October



August

November



September

December



Quarterly Health Report

Appointments, Check Ups, Investments & Goals

January, February, March



Appointments &
Check Ups



Experiments



Massages, Physiotherapy, Facials, Body Treatments



Supplements &
Medications



Movement &
Exercise Regimen



Issues that
came up



Note for the
next Quarter

Quarterly Health Report

Appointments, Check Ups, Investments & Goals

April, May, June



Appointments &
Check Ups



Experiments



Massages, Physiotherapy, Facials, Body Treatments



Supplements &
Medications



Movement &
Exercise Regimen



Issues that
came up



Note for the
next Quarter

Quarterly Health Report

Appointments, Check Ups, Investments & Goals

July, August, September



Appointments &
Check Ups



Experiments



Massages, Physiotherapy, Facials, Body Treatments



Supplements &
Medications



Movement &
Exercise Regimen



Issues that
came up



Note for the
next Quarter

Quarterly Health Report

Appointments, Check Ups, Investments & Goals
October, November, December



Appointments &
Check Ups



Experiments



Massages, Physiotherapy, Facials, Body Treatments



Supplements &
Medications



Movement &
Exercise Regimen



Issues that
came up



Note for the
next Quarter



Cycle 1

Total Cycle Duration: _____ days
Follicular Phase Duration: _____ days
Ovulation Temp Switch Day
Luteal Duration: _____ days

Start Date:

End Date:

Body Composition measurements taken: _____ / _____
Date Day of Cycle

Weight: _____

BMI: _____

Fat: _____

Visceral Fat: _____

Bone Mass: _____

Muscle Mass: _____

Muscle Arms: _____ Left _____ Right

Muscle Legs: _____ Left _____ Right

PWV: _____

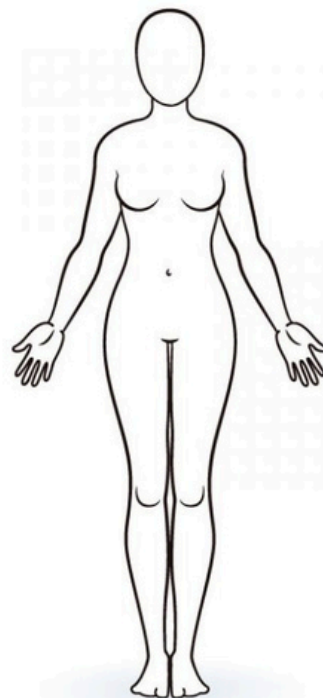
VO2Max: _____

Age Fitness/Heart: _____

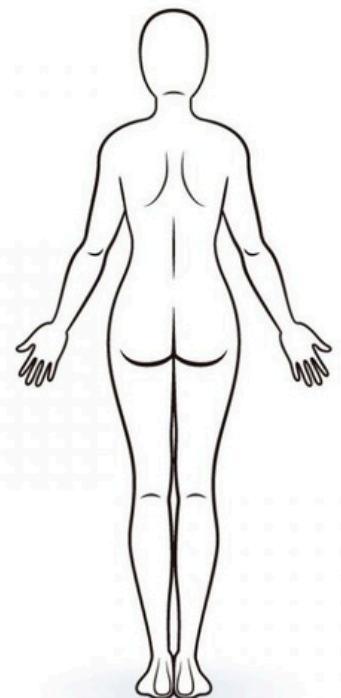
Functional Threshold Power FTP: _____

Waist Measurement: _____

Grip Strength (kg): _____ / _____
Hand Dynamometer Left Right



FRONT

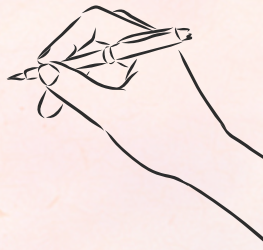


BACK

Comments: Identify pain points or places of concern

This Cycle's State of Affairs

A space to reflect and acknowledge.



Hopes, Dreams & Desires

So as not to forget and keep the space open.

Things that **bother**
me & **worry** me

*So as to acknowledge and ideate on actions
to remove these items off the list.*

Things that **weigh**
me down

*Sometimes it's as simple as acknowledging the
weight to decide to find a way not to carry it anymore.*

Things I want & will **ASK** for

"Ask and you shall receive."

Cycle 1

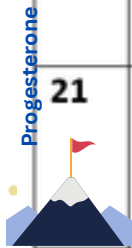
Menstrual Micro-Journaling

Estrogen

Progesterone

CYCLE DAY		SLEEP		MOOD	BODY OBSERVATIONS	FOOD CRAVINGS & APPETITE
Cycle Day	Month & Day	Temp	Comments			
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CYCLE DAY		SLEEP		MOOD	BODY OBSERVATIONS	FOOD CRAVINGS & APPETITE
Cycle Day	Month & Day	Temp	Comments			
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Cycle 2

Total Cycle Duration: _____ days
Follicular Phase Duration: _____ days
Ovulation Temp Switch Day
Luteal Duration: _____ days

Start Date:

End Date:

Body Composition measurements taken: _____ / _____
Date Day of Cycle

Weight: _____

BMI: _____

Fat: _____

Visceral Fat: _____

Bone Mass: _____

Muscle Mass: _____

Muscle Arms: _____ Left _____ Right

Muscle Legs: _____ Left _____ Right

PWV: _____

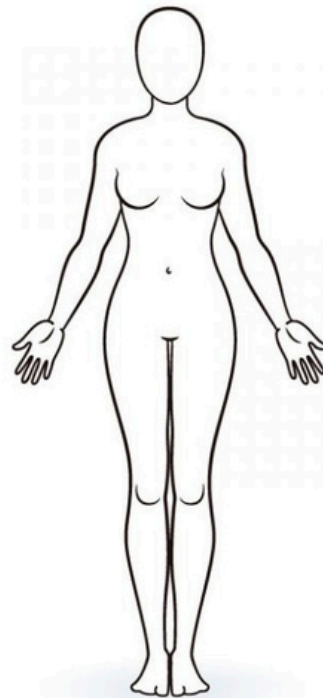
VO2Max: _____

Age Fitness/Heart: _____

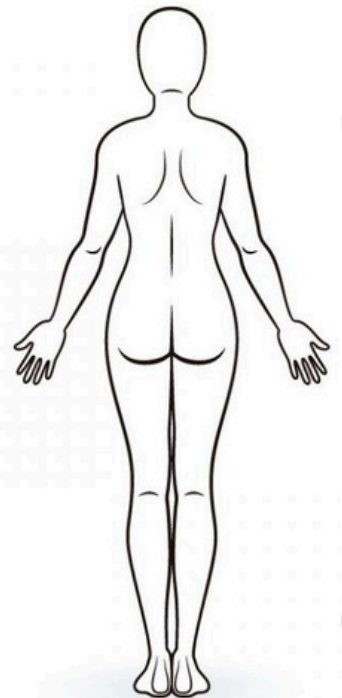
Functional Threshold Power FTP: _____

Waist Measurement: _____

Grip Strength (kg): _____ / _____
Hand Dynamometer Left Right



FRONT

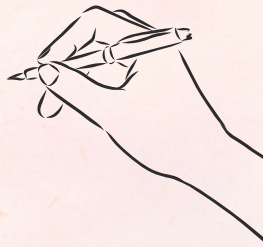


BACK

Comments: Identify pain points or places of concern

This Cycle's State of Affairs

A space to reflect and acknowledge.



Hopes, Dreams & Desires

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Things I want & will **ASK** for

"Ask and you shall receive."

Cycle 2

Menstrual Micro-Journaling

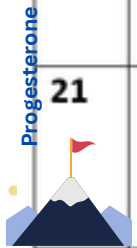
Estrogen



Progesterone

CYCLE DAY		SLEEP		MOOD	BODY OBSERVATIONS	FOOD CRAVINGS & APPETITE
Cycle Day	Month & Day	Temp	Comments			
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CYCLE DAY		SLEEP		MOOD	BODY OBSERVATIONS	FOOD CRAVINGS & APPETITE
Cycle Day	Month & Day	Temp	Comments			
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Cycle 3

Total Cycle Duration: _____ days
Follicular Phase Duration: _____ days
Ovulation Temp Switch Day
Luteal Duration: _____ days

Start Date:

End Date:

Body Composition measurements taken: _____ / _____
Date Day of Cycle

Weight: _____

BMI: _____

Fat: _____

Visceral Fat: _____

Bone Mass: _____

Muscle Mass: _____

Muscle Arms: _____
Left Right

Muscle Legs: _____
Left Right

PWV: _____

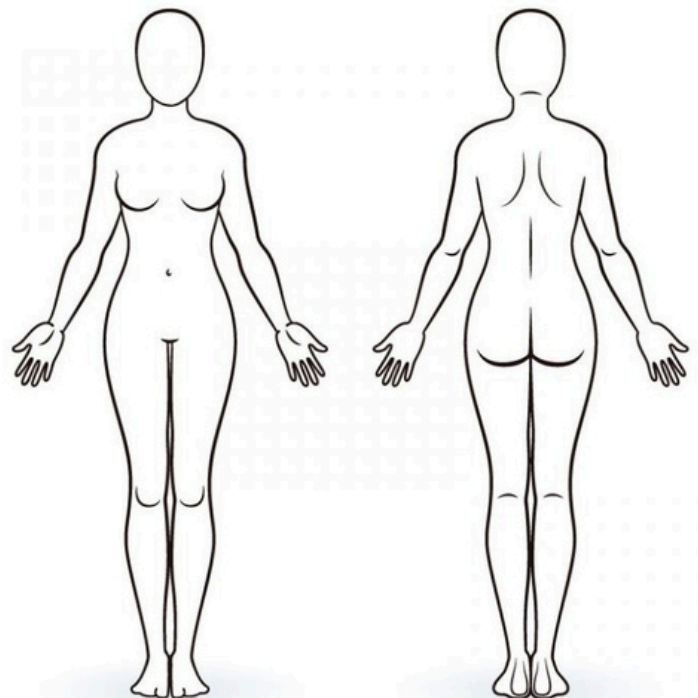
VO2Max: _____

Age Fitness/Heart: _____

Functional Threshold Power FTP: _____

Waist Measurement: _____

Grip Strength (kg): _____ / _____
Hand Dynamometer Left Right



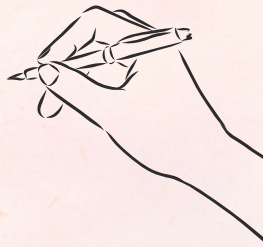
FRONT

BACK

Comments: Identify pain points
or places of concern

This Cycle's State of Affairs

A space to reflect and acknowledge.



Hopes, Dreams & Desires

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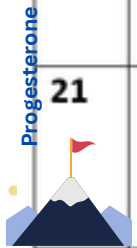
Cycle 3

Menstrual Micro-Journaling

CYCLE DAY		SLEEP		MOOD	BODY OBSERVATIONS	FOOD CRAVINGS & APPETITE
Cycle Day	Month & Day	Temp	Comments			
1						
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CYCLE DAY		SLEEP		MOOD	BODY OBSERVATIONS	FOOD CRAVINGS & APPETITE
Cycle Day	Month & Day	Temp	Comments			
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Cycle 4

Total Cycle Duration: _____ days
Follicular Phase Duration: _____ days
Ovulation Temp Switch Day
Luteal Duration: _____ days

Start Date:

End Date:

Body Composition measurements taken: _____ / _____
Date Day of Cycle

Weight: _____

BMI: _____

Fat: _____

Visceral Fat: _____

Bone Mass: _____

Muscle Mass: _____

Muscle Arms: _____
Left Right

Muscle Legs: _____
Left Right

PWV: _____

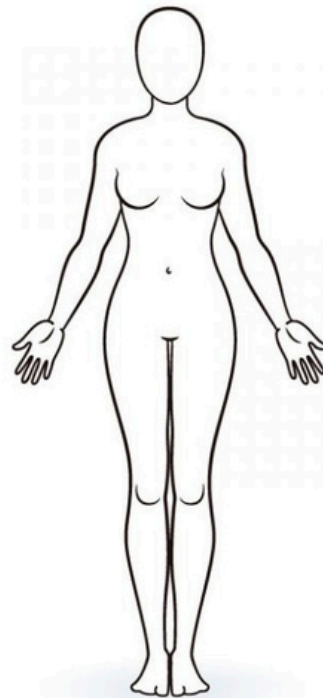
VO2Max: _____

Age Fitness/Heart: _____

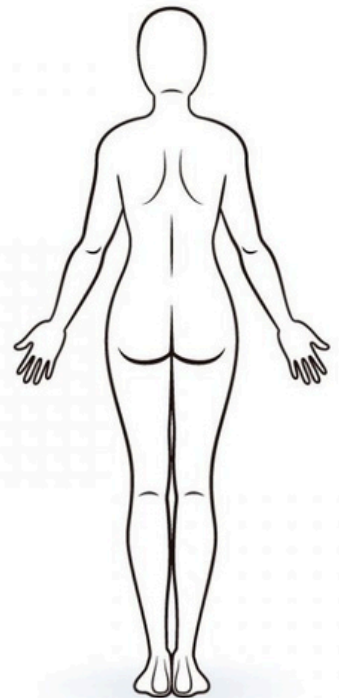
Functional Threshold Power FTP: _____

Waist Measurement: _____

Grip Strength (kg): _____ / _____
Hand Dynamometer Left Right



FRONT

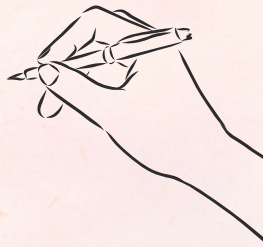


BACK

Comments: Identify pain points or places of concern

This Cycle's State of Affairs

A space to reflect and acknowledge.



Hopes, Dreams & Desires

So as not to forget and keep the space open.

Things that **bother**
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Things that **weigh**
me down

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Things I want & will **ASK** for

"Ask and you shall receive."

Cycle 4

Menstrual Micro-Journaling

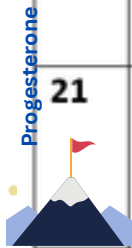
CYCLE DAY		SLEEP		MOOD	BODY OBSERVATIONS	FOOD CRAVINGS & APPETITE
Cycle Day	Month & Day	Temp	Comments			
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Estrogen



Progesterone

CYCLE DAY		SLEEP		MOOD	BODY OBSERVATIONS	FOOD CRAVINGS & APPETITE
Cycle Day	Month & Day	Temp	Comments			
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Cycle 5

Total Cycle Duration: _____ days
Follicular Phase Duration: _____ days
Ovulation Temp Switch Day
Luteal Duration: _____ days

Start Date:

End Date:

Body Composition measurements taken: _____ / _____
Date Day of Cycle

Weight: _____

BMI: _____

Fat: _____

Visceral Fat: _____

Bone Mass: _____

Muscle Mass: _____

Muscle Arms: _____
Left Right

Muscle Legs: _____
Left Right

PWV: _____

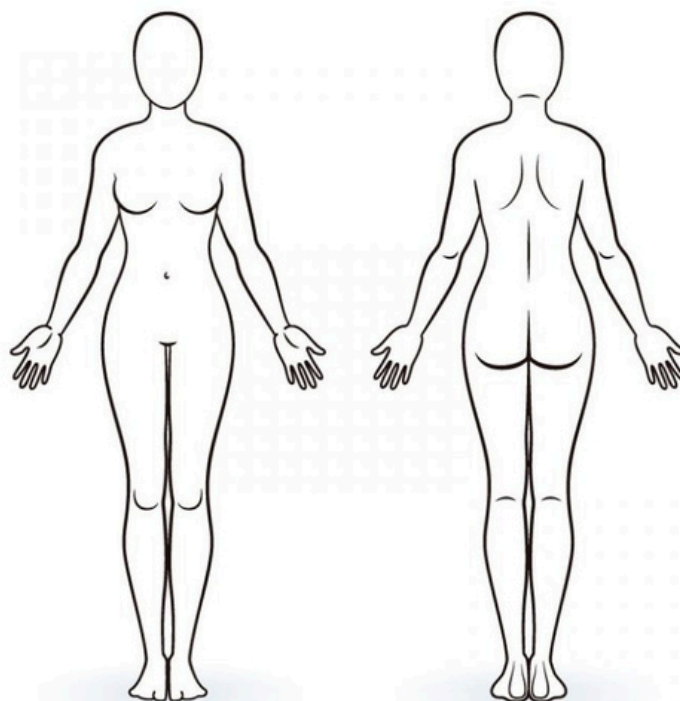
VO2Max: _____

Age Fitness/Heart: _____

Functional Threshold Power FTP: _____

Waist Measurement: _____

Grip Strength (kg): _____ / _____
Hand Dynamometer Left Right

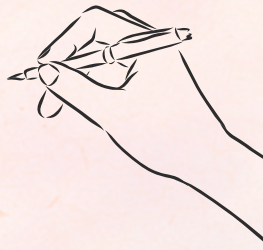


FRONT

BACK

Comments: Identify pain points or places of concern

This Cycle's State of Affairs



A space to reflect and acknowledge.

Hopes, Dreams & Desires

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Things that **bother**
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Things I want & will **ASK** for

"Ask and you shall receive."

Cycle 5

Menstrual Micro-Journaling

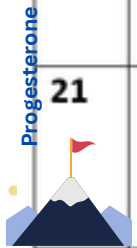
CYCLE DAY		SLEEP		MOOD	BODY OBSERVATIONS	FOOD CRAVINGS & APPETITE
Cycle Day	Month & Day	Temp	Comments			
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Estrogen



Progesterone

CYCLE DAY		SLEEP		MOOD	BODY OBSERVATIONS	FOOD CRAVINGS & APPETITE
Cycle Day	Month & Day	Temp	Comments			
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Cycle 6

Total Cycle Duration: _____ days
Follicular Phase Duration: _____ days
Ovulation Temp Switch Day
Luteal Duration: _____ days

Start Date:

End Date:

Body Composition measurements taken: _____ / _____
Date Day of Cycle

Weight: _____

BMI: _____

Fat: _____

Visceral Fat: _____

Bone Mass: _____

Muscle Mass: _____

Muscle Arms: _____
Left Right

Muscle Legs: _____
Left Right

PWV: _____

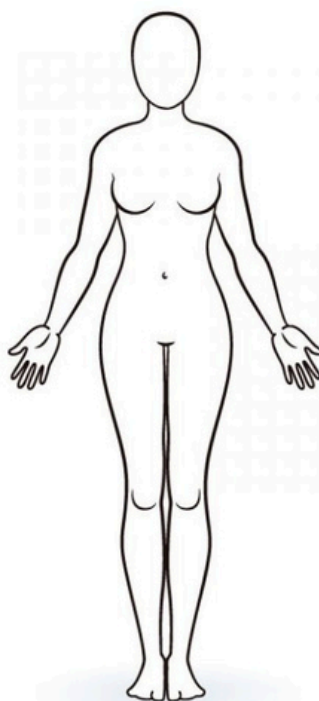
VO2Max: _____

Age Fitness/Heart: _____

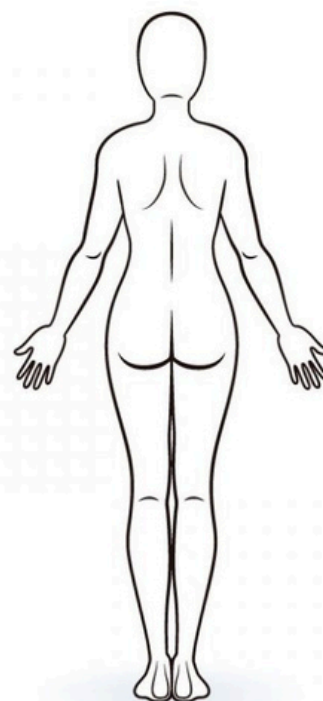
Functional Threshold Power FTP: _____

Waist Measurement: _____

Grip Strength (kg): _____ / _____
Hand Dynamometer Left Right



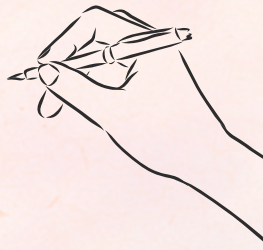
FRONT



BACK

Comments: Identify pain points or places of concern

This Cycle's State of Affairs



A space to reflect and acknowledge.

Hopes, Dreams & Desires

So as not to forget and keep the space open.

Things that **bother**
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Things I want & will **ASK** for

"Ask and you shall receive."

Cycle 6

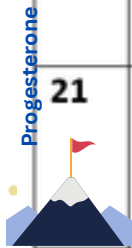
Menstrual Micro-Journaling

CYCLE DAY		SLEEP		MOOD	BODY OBSERVATIONS	FOOD CRAVINGS & APPETITE
Cycle Day	Month & Day	Temp	Comments			
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Estrogen

Progesterone

CYCLE DAY		SLEEP		MOOD	BODY OBSERVATIONS	FOOD CRAVINGS & APPETITE
Cycle Day	Month & Day	Temp	Comments			
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Cycle 7

Total Cycle Duration: _____ days
Follicular Phase Duration: _____ days
Ovulation Temp Switch Day
Luteal Duration: _____ days

Start Date:

End Date:

Body Composition measurements taken: _____ / _____
Date Day of Cycle

Weight: _____

BMI: _____

Fat: _____

Visceral Fat: _____

Bone Mass: _____

Muscle Mass: _____

Muscle Arms: _____
Left Right

Muscle Legs: _____
Left Right

PWV: _____

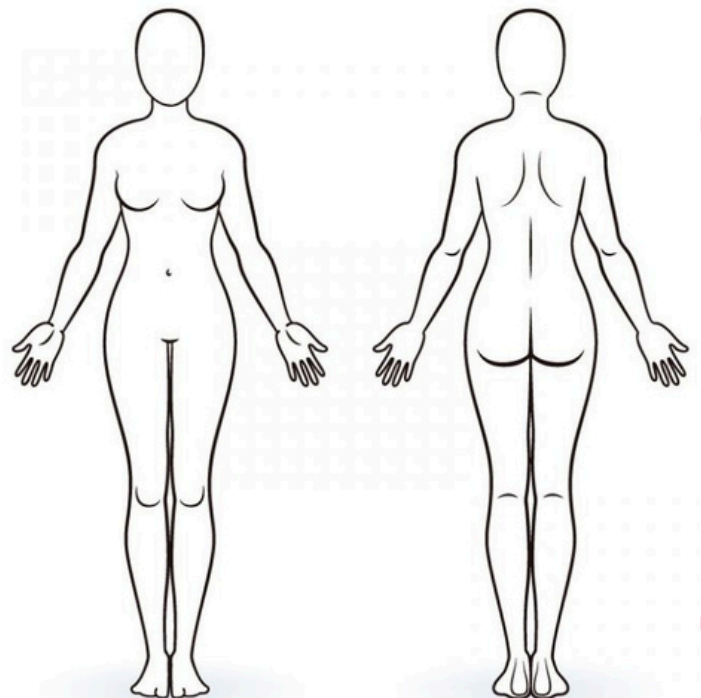
VO2Max: _____

Age Fitness/Heart: _____

Functional Threshold Power FTP: _____

Waist Measurement: _____

Grip Strength (kg): _____ / _____
Hand Dynamometer Left Right



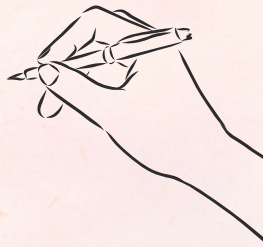
FRONT

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Comments: Identify pain points or places of concern

This Cycle's State of Affairs

A space to reflect and acknowledge.



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Cycle 7

Menstrual Micro-Journaling

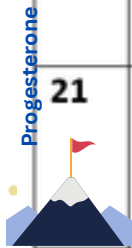
CYCLE DAY		SLEEP		MOOD	BODY OBSERVATIONS	FOOD CRAVINGS & APPETITE
Cycle Day	Month & Day	Temp	Comments			
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Estrogen



Progesterone

CYCLE DAY		SLEEP		MOOD	BODY OBSERVATIONS	FOOD CRAVINGS & APPETITE
Cycle Day	Month & Day	Temp	Comments			
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Cycle 8

Total Cycle Duration: _____ days
Follicular Phase Duration: _____ days
Ovulation Temp Switch Day
Luteal Duration: _____ days

Start Date:

End Date:

Body Composition measurements taken: _____ / _____
Date Day of Cycle

Weight: _____

BMI: _____

Fat: _____

Visceral Fat: _____

Bone Mass: _____

Muscle Mass: _____

Muscle Arms: _____
Left Right

Muscle Legs: _____
Left Right

PWV: _____

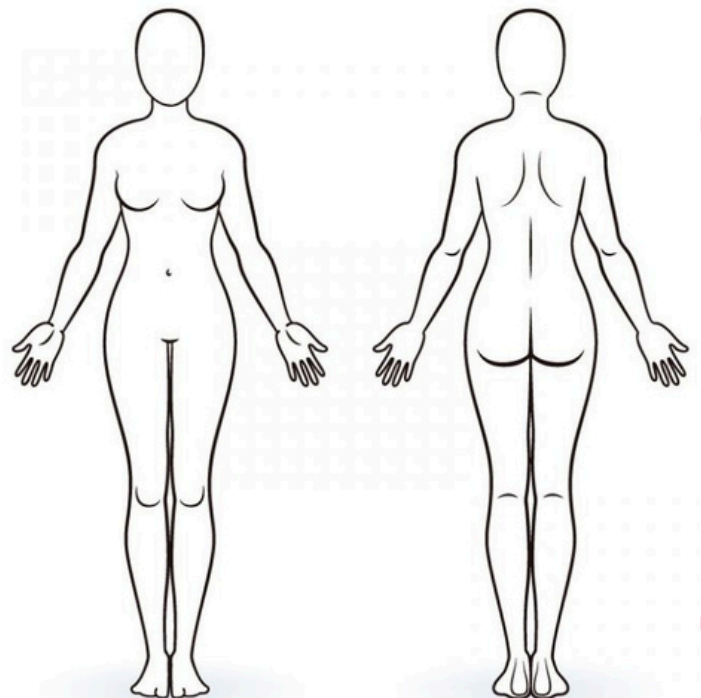
VO2Max: _____

Age Fitness/Heart: _____

Functional Threshold Power FTP: _____

Waist Measurement: _____

Grip Strength (kg): _____ / _____
Hand Dynamometer Left Right



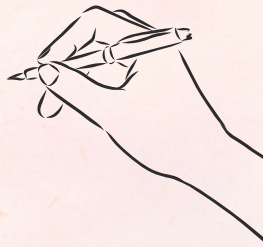
FRONT

BACK

Comments: Identify pain points or places of concern

This Cycle's State of Affairs

A space to reflect and acknowledge.



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Cycle 8

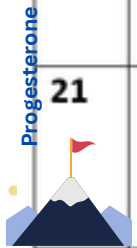
Menstrual Micro-Journaling

CYCLE DAY		SLEEP		MOOD	BODY OBSERVATIONS	FOOD CRAVINGS & APPETITE
Cycle Day	Month & Day	Temp	Comments			
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Estrogen

Progesterone

CYCLE DAY		SLEEP		MOOD	BODY OBSERVATIONS	FOOD CRAVINGS & APPETITE
Cycle Day	Month & Day	Temp	Comments			
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Cycle 9

Total Cycle Duration: _____ days
Follicular Phase Duration: _____ days
Ovulation Temp Switch Day
Luteal Duration: _____ days

Start Date:

End Date:

Body Composition measurements taken: _____ / _____
Date Day of Cycle

Weight: _____

BMI: _____

Fat: _____

Visceral Fat: _____

Bone Mass: _____

Muscle Mass: _____

Muscle Arms: _____
Left Right

Muscle Legs: _____
Left Right

PWV: _____

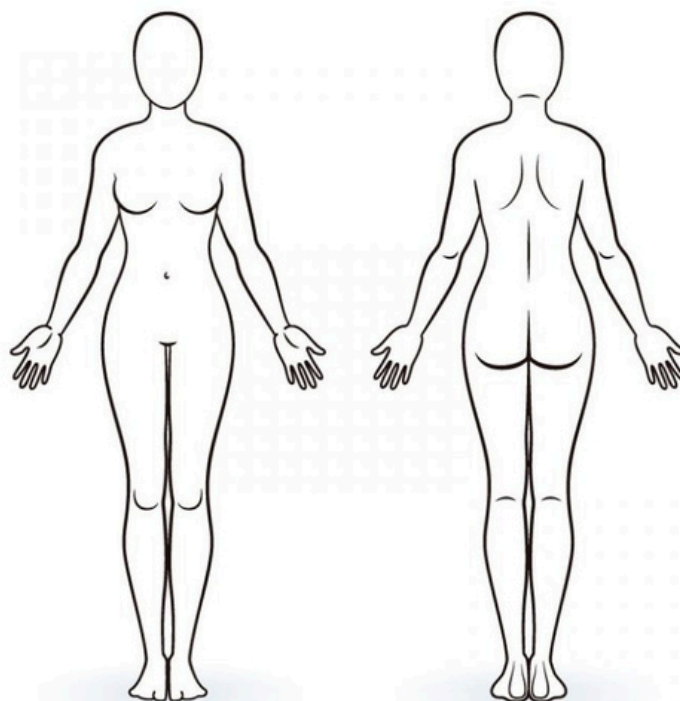
VO2Max: _____

Age Fitness/Heart: _____

Functional Threshold Power FTP: _____

Waist Measurement: _____

Grip Strength (kg): _____ / _____
Hand Dynamometer Left Right



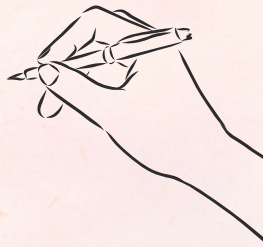
FRONT

BACK

Comments: Identify pain points
or places of concern

This Cycle's State of Affairs

A space to reflect and acknowledge.



Hopes, Dreams & Desires

So as not to forget and keep the space open.

Things that **bother**
me & **worry** me

*So as to acknowledge and ideate on actions
to remove these items off the list.*

Things that **weigh**
me down

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Things I want & will **ASK** for

"Ask and you shall receive."

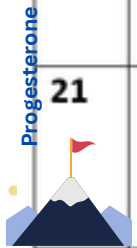
Cycle 9

Menstrual Micro-Journaling

CYCLE DAY		SLEEP		MOOD	BODY OBSERVATIONS	FOOD CRAVINGS & APPETITE
Cycle Day	Month & Day	Temp	Comments			
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CYCLE DAY		SLEEP		MOOD	BODY OBSERVATIONS	FOOD CRAVINGS & APPETITE
Cycle Day	Month & Day	Temp	Comments			
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Cycle 10

Total Cycle Duration: _____ days
Follicular Phase Duration: _____ days
Ovulation Temp Switch Day
Luteal Duration: _____ days

Start Date:

End Date:

Body Composition measurements taken: _____ / _____
Date Day of Cycle

Weight: _____

BMI: _____

Fat: _____

Visceral Fat: _____

Bone Mass: _____

Muscle Mass: _____

Muscle Arms: _____ Left _____ Right

Muscle Legs: _____ Left _____ Right

PWV: _____

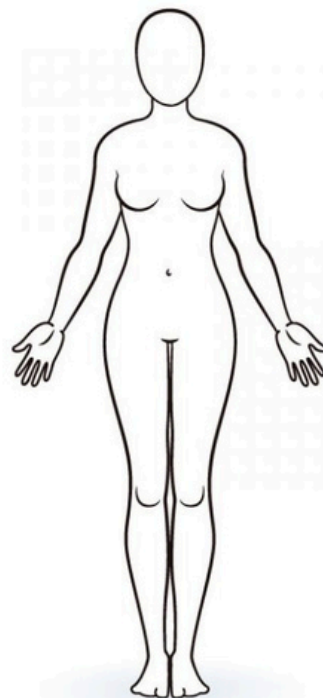
VO2Max: _____

Age Fitness/Heart: _____

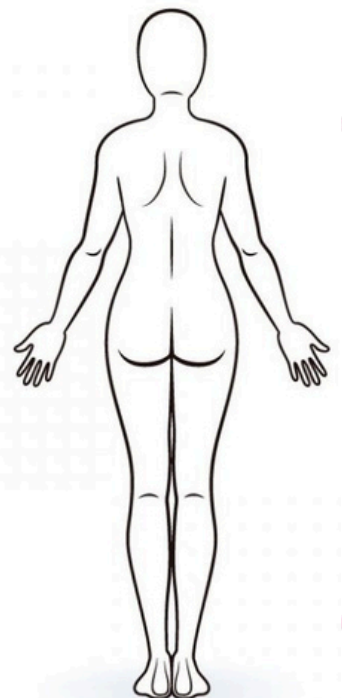
Functional Threshold Power FTP: _____

Waist Measurement: _____

Grip Strength (kg): _____ / _____
Hand Dynamometer Left Right



FRONT

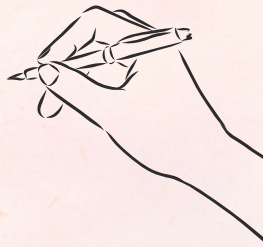


BACK

Comments: Identify pain points or places of concern

This Cycle's State of Affairs

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Hopes, Dreams & Desires

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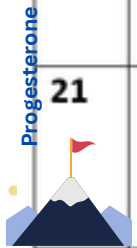
"Ask and you shall receive."

Estrogen

Progesterone

CYCLE DAY		SLEEP		MOOD	BODY OBSERVATIONS	FOOD CRAVINGS & APPETITE
Cycle Day	Month & Day	Temp	Comments			
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CYCLE DAY		SLEEP		MOOD	BODY OBSERVATIONS	FOOD CRAVINGS & APPETITE
Cycle Day	Month & Day	Temp	Comments			
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Cycle 11

Total Cycle Duration: _____ days
Follicular Phase Duration: _____ days
Ovulation Temp Switch Day
Luteal Duration: _____ days

Start Date:

End Date:

Body Composition measurements taken: _____ / _____
Date Day of Cycle

Weight: _____

BMI: _____

Fat: _____

Visceral Fat: _____

Bone Mass: _____

Muscle Mass: _____

Muscle Arms: _____
Left Right

Muscle Legs: _____
Left Right

PWV: _____

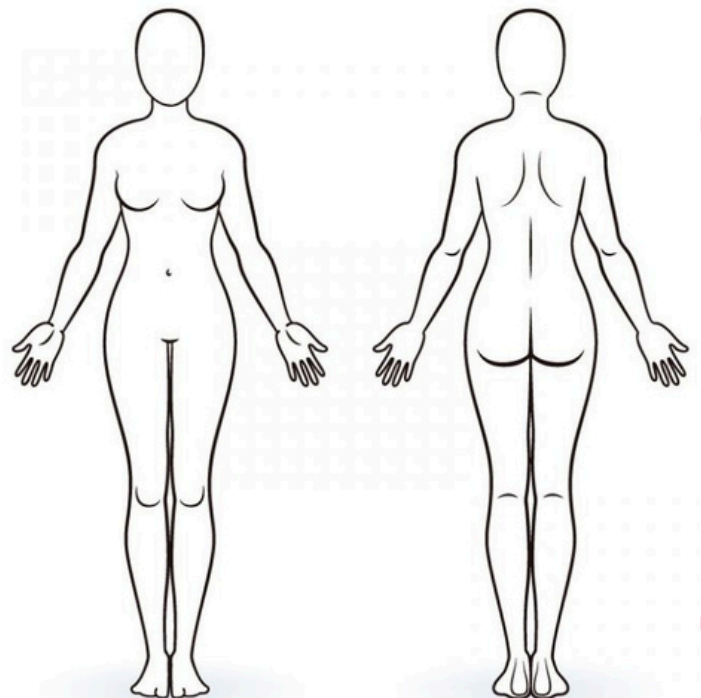
VO2Max: _____

Age Fitness/Heart: _____

Functional Threshold Power FTP: _____

Waist Measurement: _____

Grip Strength (kg): _____ / _____
Hand Dynamometer Left Right



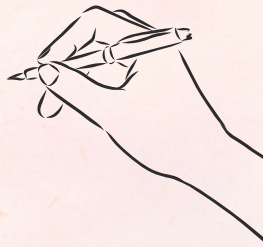
FRONT

BACK

Comments: Identify pain points or places of concern

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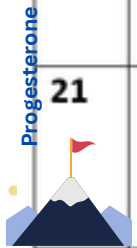
Cycle 11

Menstrual Micro-Journaling



CYCLE DAY		SLEEP		MOOD	BODY OBSERVATIONS	FOOD CRAVINGS & APPETITE
Cycle Day	Month & Day	Temp	Comments			
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CYCLE DAY		SLEEP		MOOD	BODY OBSERVATIONS	FOOD CRAVINGS & APPETITE
Cycle Day	Month & Day	Temp	Comments			
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Cycle 12

Total Cycle Duration: _____ days
Follicular Phase Duration: _____ days
Ovulation Temp Switch Day
Luteal Duration: _____ days

Start Date:

End Date:

Body Composition measurements taken: _____ / _____
Date Day of Cycle

Weight: _____

BMI: _____

Fat: _____

Visceral Fat: _____

Bone Mass: _____

Muscle Mass: _____

Muscle Arms: _____
Left Right

Muscle Legs: _____
Left Right

PWV: _____

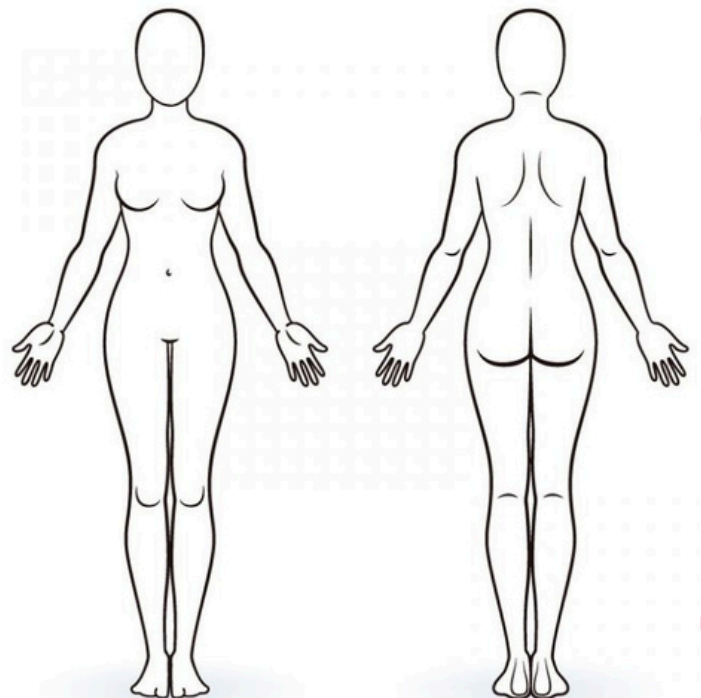
VO2Max: _____

Age Fitness/Heart: _____

Functional Threshold Power FTP: _____

Waist Measurement: _____

Grip Strength (kg): _____ / _____
Hand Dynamometer Left Right



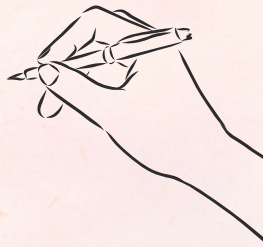
FRONT

BACK

Comments: Identify pain points or places of concern

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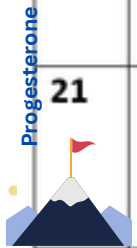
Things I want & will **ASK** for

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CYCLE DAY		SLEEP		MOOD	BODY OBSERVATIONS	FOOD CRAVINGS & APPETITE
Cycle Day	Month & Day	Temp	Comments			
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CYCLE DAY		SLEEP		MOOD	BODY OBSERVATIONS	FOOD CRAVINGS & APPETITE
Cycle Day	Month & Day	Temp	Comments			
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Cycle 13

Total Cycle Duration: _____ days
Follicular Phase Duration: _____ days
Ovulation Temp Switch Day
Luteal Duration: _____ days

Start Date:

End Date:

Body Composition measurements taken: _____ / _____
Date Day of Cycle

Weight: _____

BMI: _____

Fat: _____

Visceral Fat: _____

Bone Mass: _____

Muscle Mass: _____

Muscle Arms: _____ Left _____ Right

Muscle Legs: _____ Left _____ Right

PWV: _____

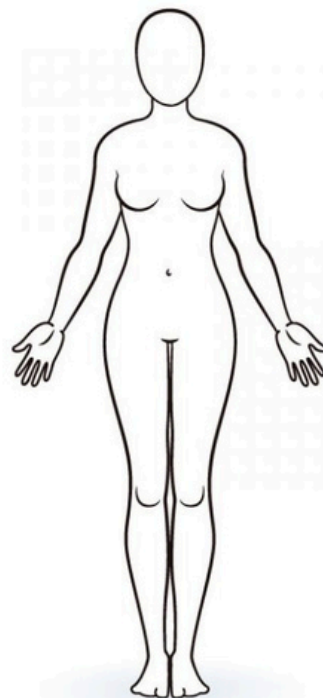
VO2Max: _____

Age Fitness/Heart: _____

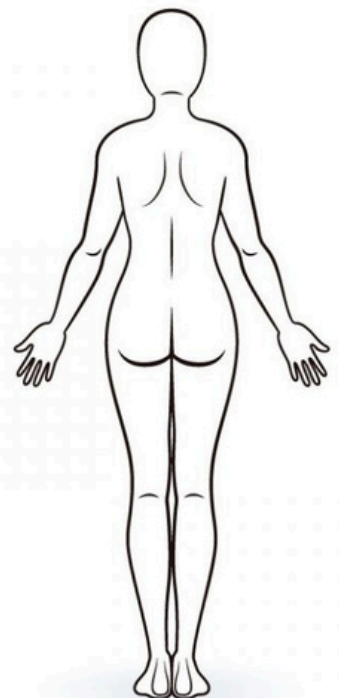
Functional Threshold Power FTP: _____

Waist Measurement: _____

Grip Strength (kg): _____ / _____
Hand Dynamometer Left Right



FRONT

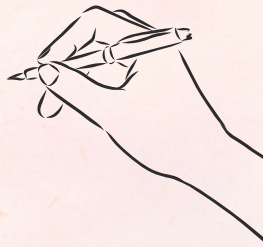


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Cycle 13

Menstrual Micro-Journaling

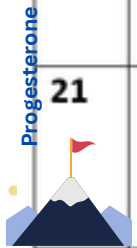
CYCLE DAY		SLEEP		MOOD	BODY OBSERVATIONS	FOOD CRAVINGS & APPETITE
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Estrogen



Progesterone

CYCLE DAY		SLEEP		MOOD	BODY OBSERVATIONS	FOOD CRAVINGS & APPETITE
Cycle Day	Month & Day	Temp	Comments			
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Cycle 14

Total Cycle Duration: _____ days
Follicular Phase Duration: _____ days
Ovulation Temp Switch Day
Luteal Duration: _____ days

Start Date:

End Date:

Body Composition measurements taken: _____ / _____
Date Day of Cycle

Weight: _____

BMI: _____

Fat: _____

Visceral Fat: _____

Bone Mass: _____

Muscle Mass: _____

Muscle Arms: _____ Left _____ Right

Muscle Legs: _____ Left _____ Right

PWV: _____

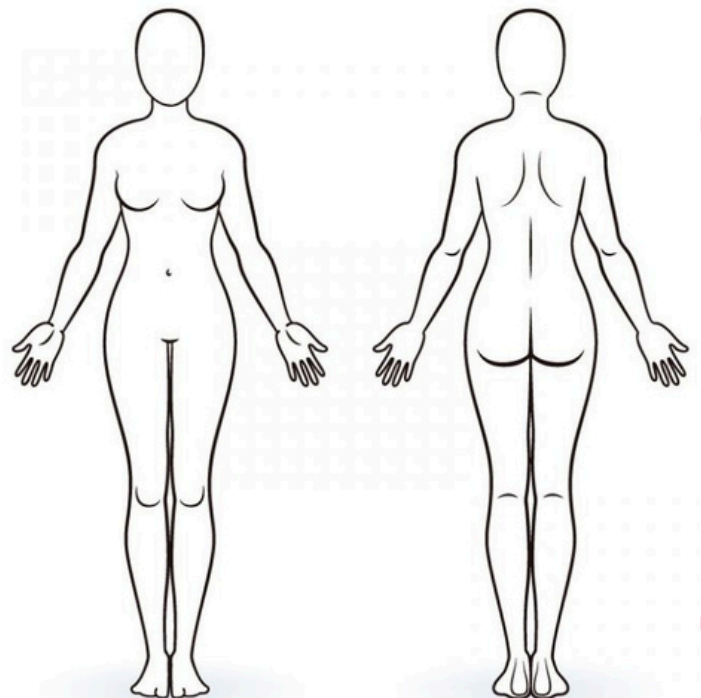
VO2Max: _____

Age Fitness/Heart: _____

Functional Threshold Power FTP: _____

Waist Measurement: _____

Grip Strength (kg): _____ / _____
Hand Dynamometer Left Right

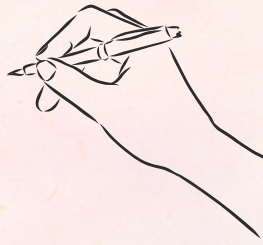


FRONT

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Comments: Identify pain points or places of concern

This Cycle's State of Affairs



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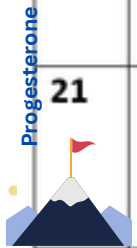
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Cycle Day	Month & Day	Temp	Comments			
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CYCLE DAY		SLEEP		MOOD	BODY OBSERVATIONS	FOOD CRAVINGS & APPETITE
Cycle Day	Month & Day	Temp	Comments			
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Cycle Length Trend

Highlight the box that corresponds to the duration of each cycle tracked in this journal.

[illegible]

Notes:

Notes:

Notes:

Notes:



This

is

happening!

2026