

Me & Qi

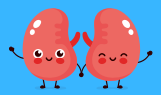

Liver


Heart


Lungs


Spleen


Stomach


Kidneys


Large Intestine


Small Intestine


Uterus


Gallbladder


Bladder


Pericardium Patterns


Triple Burner Patterns




Index

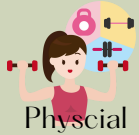

Tracker


Tracker Notes 01


Tracker Notes 02


Health Info


Work


Physcial Activities


Blanks

Period Tracker

	1				5					10					15					20					25					30	
January																														
February																														
March																														
April																														
May																														
June																														
July																														
August																														
September																														
October																														
November																														
December																														

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

January





February





DOCONELL.TECH

March

April

DOCONELL.TECH

May

June

July

August

September







October









November







December







DOCONELL.TECH

January

February

March

April

May

June

July

August

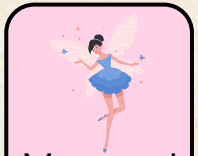
September

October

November

December

Phases of the Cycle


Menstrual


Follicular


Ovulatory


Luteal



Menstrual



Follicular

DOCONELL.TECH



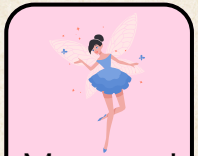
Ovulatory

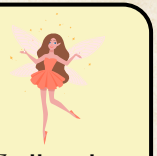


Luteal

Health Info

Work Activities


Menstrual


Follicular


Ovulatory


Luteal

Work Activities



Menstrual

Work Activities



Follicular

Work Activities



Ovulatory

Work Activities



Luteal

Work Activities



Physical Activities


Menstrual


Follicular


Ovulatory


Luteal

Physical Activities



Menstrual

Physical Activities



Follicular

Physical Activities



Ovulatory

Physical Activities



Luteal

Physical Activities

S.I. | Uterus | Gallbladder | Bladder | Pericardium | Triple Burner

Index | Tracker | Tracker Notes 01 | Tracker Notes 02 | Health Info

L.I. | Kidneys | Stomach | Spleen | Lungs | Heart | Liver

Work | Physcial Activities | Blank page

Period Tracker

	1				5					10					15					20					25					30	
January																														
February																														
March																														
April																														
May																														
June																														
July																														
August																														
September																														
October																														
November																														
December																														

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]