

# Tracking Hormones, Mood, and Sexual Response



	Cycle	Mood	Angry	Impatient	Had Sex Dream	Felt Flirty	Made Love	Lubrication	Reached Orgasm
	<b>P = period, O = ovulating</b>	1-5, 5 being happiest	1-5, 5 being most angry	1-5, 5 being most impatient		1-5, 5 being most flirty		1-5, 5 being easily lubricated	
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From Sheila Wray Gregoire at [ToLoveHonorandVacuum.com](http://ToLoveHonorandVacuum.com)!