



BONUS #1

THE 90-DAY RECOVERY WINDOW™ *Planner*

— YOUR DAILY COMPANION —
FOR BUILDING CONSISTENCY,
NOT PERFECTION



Daily Trackers

Monitor your symptoms,
habits & progress



Weekly Reviews

Reflect, learn & make
small improvements



Monthly Reflections

Identify patterns &
plan ahead



Build Better Habits

One small step
at a time

*Track. Reflect.
Adjust. Thrive.*
♥

PLANT
CONSISTENCY.
HARVEST
WELLNESS.

DESIGNED FOR WOMEN WHO ARE

READY TO TAKE BACK CONTROL
OF THEIR HEALTH & FUTURE

THE 90-DAY RECOVERY WINDOW™ PLANNER

BY
PETAL
FLUX LAB



Bonus 1: The 90-Day Recovery Window™ Planner

Your Daily Companion for Building Consistency, Not Perfection

By Petal Flux Lab

How To Use This Planner

If you've made it this far, congratulations.

You've already done something many women never do—you've taken time to understand your body instead of simply reacting to it.

Now comes the most important part.

Consistency.

This planner isn't here to make your life more complicated.

It's here to help you notice patterns that are easy to forget.

Remember:

You're not looking for perfect days.

You're looking for repeated patterns.

Spend just **3–5 minutes each evening** completing your planner.

That's all.

Before You Begin

Write these down before Day One.

My Biggest Wellness Goal

Three Habits I Want To Build

1.

2.

3.

Why This Goal Matters To Me

Whenever you feel discouraged, come back and read this page.

Your Daily Recovery Window™ Tracker

(Photocopy or print this page for each day of your 90-day journey.)

Date

Day of Your Cycle (if applicable)

Today's Check-In

Energy

- ☐ Excellent
- ☐ Good
- ☐ Fair
- ☐ Low

☐ Very Low

Pain

☐ None

☐ Mild

☐ Moderate

☐ Strong

☐ Severe

Bleeding (if applicable)

☐ None

☐ Light

☐ Moderate

☐ Heavy

☐ Very Heavy

Bloating

☐ None

☐ Mild

☐ Moderate

☐ Significant

Mood

☐ Happy

☐ Calm

☐ Stressed

- ☐ Emotional
- ☐ Anxious
- ☐ Overwhelmed

Sleep Last Night

Hours Slept

Quality

- ☐ Excellent
- ☐ Good
- ☐ Fair
- ☐ Poor

Water Intake

- ☐ 2 glasses
- ☐ 4 glasses
- ☐ 6 glasses
- ☐ 8+ glasses

Movement Today

- ☐ Walk
- ☐ Stretching
- ☐ Yoga
- ☐ Household activity
- ☐ Rest Day

Other:

Balanced Meals

Breakfast

☐ Yes

☐ No

Lunch

☐ Yes

☐ No

Dinner

☐ Yes

☐ No

Stress Level

☐ Very Low

☐ Low

☐ Moderate

☐ High

☐ Very High

Today's Notes

What stood out today?

My One Win Today

No matter how small.

Weekly Recovery Review

Complete this every seven days.

Week Number

What went well this week?

What challenged me?

Did I notice any new symptom patterns?

Which habit became easier?

Which habit needs more attention?

One thing I'm proud of this week

One improvement for next week

Monthly Recovery Reflection

Complete this at the end of each month.

Month

Looking back...

The biggest improvement I noticed was:

The biggest challenge I faced was:

The habit I'm most proud of is:

The habit I want to improve next month is:

The questions I'd like to discuss with my healthcare provider are:

1.

2.

3.

My Recovery Window™ Habit Tracker

Tick each habit you complete.

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Drank enough water	☐	☐	☐	☐	☐	☐	☐
Ate balanced meals	☐	☐	☐	☐	☐	☐	☐
Moved my body	☐	☐	☐	☐	☐	☐	☐
Completed journal	☐	☐	☐	☐	☐	☐	☐
Slept well	☐	☐	☐	☐	☐	☐	☐

Recovery Window™ Appointment Planner

Use this page before every healthcare appointment.

Appointment Date

Changes I've Noticed Since My Last Visit

Questions I Want To Ask

1.

2.

3.

4.

Medications, Supplements, or Herbal Products I'm Currently Using

Important Symptoms I Want To Mention

My 90-Day Progress Dashboard

Color in one circle each day you complete your Recovery Window™ routine.

○ ○ ○ ○ ○ ○ ○ ○ ○ ○
○ ○ ○ ○ ○ ○ ○ ○ ○ ○
○ ○ ○ ○ ○ ○ ○ ○ ○ ○
○ ○ ○ ○ ○ ○ ○ ○ ○ ○
○ ○ ○ ○ ○ ○ ○ ○ ○ ○
○ ○ ○ ○ ○ ○ ○ ○ ○ ○
○ ○ ○ ○ ○ ○ ○ ○ ○ ○
○ ○ ○ ○ ○ ○ ○ ○ ○ ○
○ ○ ○ ○ ○ ○ ○ ○ ○ ○
○ ○ ○ ○ ○ ○ ○ ○ ○ ○

(90 circles = 90 days)

A Letter To Yourself

When life becomes busy...

When you miss a day...

When you feel discouraged...

Read this.

I don't need to be perfect.

I only need to keep coming back.

Every small step matters.

Every observation teaches me something.

Every healthy choice is an investment in my future.

I am learning my body.

I am building consistency.

I am no longer living from one crisis to the next.

I am making the most of my **Fibroid Recovery Window™**.

NOTE

This planner is designed to work alongside **The Fibroid Recovery Window™** guide. Its purpose is to help you stay consistent, recognize patterns over time, and prepare for informed conversations with your healthcare provider. It is not intended to diagnose or treat any medical condition.