



Red moon

Period and Moon Tracker

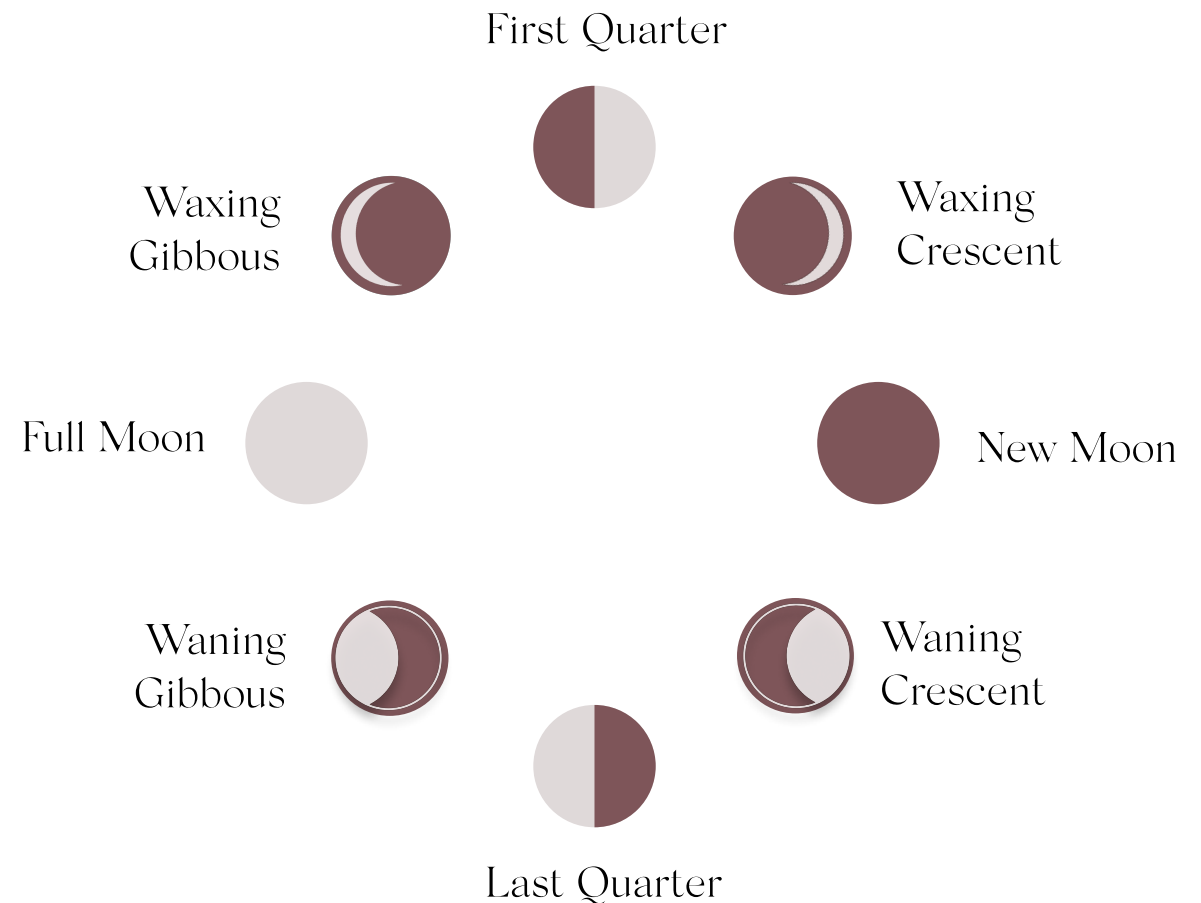
The Four Phases:

Menstrual (New Moon): Rest, reflect and set intentions

Follicular (Waxing Moon): Begin taking action, initiate creative projects

Ovulation (Full Moon): Present, be in front of people, collaborate. Shine.

Luteal (Waning Moon): Complete tasks, stay focused, finish projects





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January

		Menstrual Phase					Follicular Phase					Ovulation Phase					Luteal Phase												
ENERGY	DAY OF CYCLE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
	LUNAR PHASE																												
	GOOD																												
	AVERAGE																												
	NOT SO GOOD																												
	INWARD ENERGY																												
	OUTWARD ENERGY																												
SLEEP	GOOD																												
	AVERAGE																												
	NOT SO GOOD																												



February

		Menstrual Phase					Follicular Phase					Ovulation Phase					Luteal Phase												
ENERGY	DAY OF CYCLE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
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March

		Menstrual Phase					Follicular Phase					Ovulation Phase					Luteal Phase												
ENERGY	DAY OF CYCLE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
	LUNAR PHASE																												
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	NOT SO GOOD																												

April

		Menstrual Phase					Follicular Phase					Ovulation Phase					Luteal Phase												
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
ENERGY	DAY OF CYCLE																												
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May

		Menstrual Phase					Follicular Phase					Ovulation Phase					Luteal Phase												
DAY OF CYCLE		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
ENERGY	LUNAR PHASE																												
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	OUTWARD ENERGY																												
SLEEP	GOOD																												
	AVERAGE																												
	NOT SO GOOD																												

June

		Menstrual Phase					Follicular Phase					Ovulation Phase					Luteal Phase												
DAY OF CYCLE		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
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July

		Menstrual Phase					Follicular Phase					Ovulation Phase					Luteal Phase												
	DAY OF CYCLE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
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August

		Menstrual Phase					Follicular Phase					Ovulation Phase					Luteal Phase												
	DAY OF CYCLE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
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September

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	DAY OF CYCLE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
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October

		Menstrual Phase					Follicular Phase					Ovulation Phase					Luteal Phase												
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November

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December

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