

Moon Chart

Use this chart to track and align yourself with the moon phases

1. Find out what phase the moon is in today
2. Mark day 1 as the day of the new moon and from there work out what day it is today
3. Put today's date in the relevant section
4. The moon phases as there as a guide and may not fit exactly as moon cycles vary in length from month to month
5. In 'flow' note any periods, blood or cervical mucus
6. In 'feelings' note energy levels, emotion, events, stress, joys or symptoms you feel are important
7. See P 267 of *Second Spring* for more information

month -

year -

