

# 2026 Cycles



A year of tracking the body and the moon

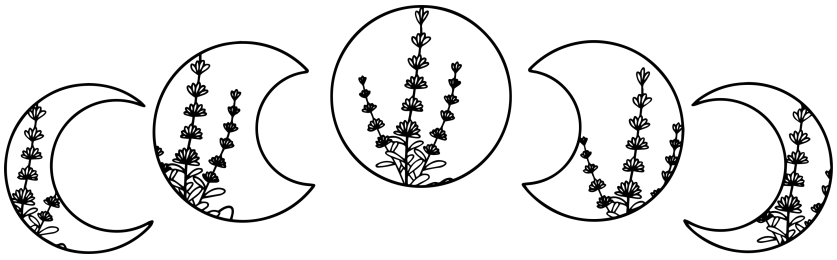
By: Katrina Cara





"There is no one a woman needs permission from to connect with the moon. It is her ancient sister, her first timekeeper, her mirror in the sky."

-Clarissa Pinkola Estés



Thank you so much for choosing the 2026 *Cycles* Journal. This project has been a true labor of love, born from years of quiet observation, reflection and a deepening relationship with the Moon.

A little about me: I'm an astrologer and a Christian mystic, and years ago I began the practice of paying close attention to the Moon every day. On nights when she was visible, I would step outside, sit in her light. I would ask, What am I feeling? In astrology, the Moon is the luminary most closely tied to the body, the emotions and the rhythm of cycles. But it wasn't until those moonlit moments that I began asking deeper questions about the roots of my feelings, the origins of my pain and the patterns that shaped my actions.

Everything in life moves in cycles. Some are natural, like the moon and tides. Others are shaped by responsibilities, aging or even the echoes of trauma. As I continued to ask myself, What am I really feeling? I started to unravel where and how my body held tension or memory. I learned to ask gentle, honest questions, without judgment, about what could be released and what should be nurtured.

Through that process, I began noticing small but powerful things: when I craved certain foods, when I needed rest, when celebration came naturally, when I needed to withdraw and reserve my energy. I began to recognize unconscious patterns and discovered new ways to slow down and support myself. Life doesn't always allow us the opportunity to slow down in the moment, but if we are forward thinking we might be able to carve out a little space for the patterns we so easily forget about. It might even make them a little more bearable...and maybe even something to wholeheartedly celebrate!

This journal is a physical representation of that space. A place where you can meet yourself, your inner cycles, and the Moon with presence, softness, and curiosity. May it be a companion for your own unfolding and self-understanding.

This journal also includes the Moon's phases and the astrological sign the Moon is moving through each day. You don't need to believe in or practice astrology to use this guide. These details are simply offered as an added layer of reflection, especially for those drawn to working with the sacred cycles of nature. Throughout history, the Moon (including astrological position of the Moon) has served as a guide for planting, harvesting and living in rhythm with the Earth in many different cultures. With about 13 lunations in one year, we have the opportunity to revisit the same phases in different signs and ask new questions from fresh perspectives. I've included prompts that draw from astrology as a devotional practice, without over-spiritualizing, so they remain accessible and respectful for people from a variety of spiritual and cultural backgrounds.

# How to use this journal

This journal is your sacred space to track your energy, emotions, and cycle while deepening your connection with the rhythms of the Moon for the year (including the beginning of Winter 2025). Use it daily or as often as feels right.

Each page offers a simple structure for reflection and intention:

- Moon Phase and Sign: A reminder of the moon's mood and energy.
- Day of Your Cycle: Mark your personal cycle day if you know it, or leave it blank—it's optional.
- Cycle Phase Tracker: Choose the phase you're in (Follicular, Ovulatory, Luteal, Menstrual), or ignore this part if you no longer menstruate.
- Energy and Focus: Shade in your energy and focus levels, from empty to full.
- Feelings or Plans: Journal about your mood, intentions, physical sensations, dreams, or what you've accomplished.

Use the journal as a tracker, a planner, or a daily devotional. You can write what you hope for, what you feel or what the moon is teaching you that day.

At the back of the journal, you'll find major moon phases and optional journal prompts to deepen your reflections.

## Understanding how to fill out a daily entry:

The diagram shows a journal entry form with the following components and labels:

- Current menstrual cycle phase (if known)**: Points to the Moon phase and sign section.
- Day of your current menstrual cycle**: Points to the DAY field.
- Color in for your energy and focus levels**: Points to the Energy and Focus circles.
- Write any feelings, plans, occurrences or whatever you'd like here**: Points to the Feelings and Plans section.
- Circle of color your emotional state overall for the day**: Points to the mood icons.

The form itself is divided into sections:

- Left Column (CAPRICORN)**: SUN Dec 21, Waning Crescent, ♄ Capricorn.
- DAY**: A blank line for the day of the week.
- Phase Tracker**: A vertical list of checkboxes for menstrual, follicular, ovulatory, and luteal phases.
- Mood Icons**: A row of six smiley face icons representing different emotional states.
- Energy and Focus**: Two rows of seven circles each, labeled Energy and Focus, for shading.
- Feelings and Plans**: A large text area for journaling.









Additional labels and arrows point to:

- First day of astrological season (Every 30 days)**: Points to the SUN Dec 21.
- Day of week**, **Date**, **Moon phase symbol**, **Moon phase name**, **Zodiac symbol and Sign of the Moon**: These labels point to the left column section.

For the **Major Phases**: New Moon, First Quarter, Full Moon and Last Quarter:

Check the last pages of the journal for reflection questions!

The Moon cycles from darkness to light (waxing) and then back from light to darkness (waning) every **28.5 days**. One of these cycles is called a **Lunation**. There are roughly **13 Lunations each year**. Each phase of the Moon carries meaning, mirroring the seasons and the menstrual cycle. By tracking, we see ourselves within this rhythm. There are 8 phases in total, with 4 major phases lasting one day each.

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|---|---|---|
|   |  | The <b>New Moon</b> is a new beginning. Associated with the winter: quiet, still, and inward. It invites retreat, reflection, and dreaming anew. It lasts one day and is a <b>major phase</b> .   |
| W |  | The <b>Waxing Crescent</b> is associated with first steps of action in this new season. Planting the seed of intention. Stepping from winter into spring. Lasts 5 to 6 days and is a minor phase  |
| A |  | The <b>First Quarter</b> is associated with first challenges needed for growth to continue to occur. Coming into the fullness of spring. Lasts one day and is a <b>major phase</b> .  |
| X |  | The <b>Waxing Gibbous</b> is associated the last part of the journey to fullness and culmination. Gaining momentum towards dreams or goals. Lasts about 5 to 6 days and is a minor phase.   |
| I |  | The <b>Full Moon</b> is associated with fullness, celebration and summer. It is the culmination and arrival of the lunation's expression. It is also the time of harvest and of the greatest fertility. Lasts one day and is a <b>major phase</b> . |
| N |  | The <b>Waning Gibbous</b> is associated with gathering the lessons and integrating it into wisdom. The quiet after the celebration. The point of the journey where we start going inward. Lasts about 5 to 6 days and is a minor phase.             |
| G |  | The <b>Last Quarter</b> is associated with the challenge of releasing whatever is no longer needed or integration of our hardest lessons from the process. Coming into the fullness of autumn. Lasts one day and is a major phase.                  |
| A |  | The <b>Waning Crescent</b> is associated with endings and dormancy. Letting go of the current cycle to make room for something new. Stepping from autumn into winter. Lasts 5 to 6 days and is a minor phase  |

The Moon also moves through each sign of the zodiac every **2.5 days**. Each sign colors the mood of the day, and when major phases fall in a sign, the effect is stronger. The journal prompt questions at the back of this journal can help you see where these energies may show up.

- ♈ **Aries** – Energetic, impulsive, charged with urgency
- ♉ **Taurus** – Slow, steady, grounded, comfort-driven
- ♊ **Gemini** – Lively, social, full of chatter, restless
- ♋ **Cancer** – Soft, protective, inward-turning, sensitive, nostalgic
- ♌ **Leo** – Bright, dramatic, attention oriented, colorful
- ♍ **Virgo** – Orderly, focused, quietly productive, analytical
- ♎ **Libra** – Harmonious, social, aesthetically tuned, passive
- ♏ **Scorpio** – Intense, private, emotionally charged, passionate
- ♐ **Sagittarius** – Expansive, adventurous, jovial, celebratory, spiritual
- ♑ **Capricorn** – Disciplined, serious, goal-oriented, strict
- ♒ **Aquarius** – Unconventional, detached, future-facing, community driven
- ♓ **Pisces** – Dreamy, flowing, spiritual, inspirational

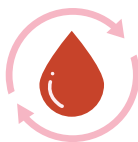
Note: All phases and signs listed herein are using **Eastern Standard Time**; you may want to check your own time zone, as they may sometimes shift a day earlier or later. Phase or sign changes close to midnight may be split into the next day

The lunar seasons mentioned on the previous page can also serve as a mirror for the menstrual cycle. Observing your body through this rhythm can help you make small, supportive adjustments, such as when to rest, when to create and when to simply *be*.

- **Menstruation** (New Moon/Winter): A time for rest, deep listening and renewal. Try blocking off space in your schedule, if you can, for quiet time or low effort days.
- **Follicular Phase** (Waxing moon/Spring): Energy grows; it's a fertile time for ideas, movement, and new beginnings. Great for brainstorming, planning and trying something new.
- **Ovulation** (Full Moon/Summer): Expression and connection are heightened. This is a peak time for social energy, communication and creation. Schedule gatherings or collaborative work here if possible.
- **Luteal Phase** (Waning/Autumn): Emotions deepen, intuition sharpens and you may feel the call to turn inward, set boundaries or complete unfinished things. Consider lightening your commitments and focusing on comfort and clarity.

There is no "right time" to have a period and you are always in sync with the moon. Starting a period during specific moon cycles is said to have a specific meaning about how you are spending your energy. Below are some explanations for this phenomenon:

- The **White Moon cycle** occurs when menstruation begins with the **New Moon**. This pattern is associated with a primary focus on the body, inner development and/or self care.
- The **Pink Moon cycle** begins around the **Waxing Moon**, signaling a time of connecting the self and the other, relationships, practicing creativity and expanding outward.
- The **Red Moon cycle** aligns menstruation with the **Full Moon**, and is often connected to leadership and nurturing others. Signaling a mark of leadership or being a role model to others.
- The **Purple Moon cycle** begins in the **Waning Moon**, indicating a phase of deep healing and wisdom. Coming back to the self through vulnerability and sharing wisdom.



#### One Last Note on Cycles...

Not all menstrual cycles look the same and they don't have to. While the moon moves through her phases on a fixed schedule, our bodies often follow rhythms that are uniquely our own. The moon in this journal is not meant to be a strict standard or something to compare yourself against, but a gentle guide to reflect upon and draw inspiration from as you observe your own internal landscape.

This journal was designed to be open-ended and spacious, especially for those with irregular, shifting or non-typical cycles. You do not need to menstruate or ovulate regularly or at all to use this book meaningfully. Whether you are tracking a physical cycle or simply exploring your energy, emotions, and embodiment, your experience is valid.

Anything written in this journal is not meant to be medical advice. If you have questions about your menstrual health, please consult a trusted OBGYN or medical provider.

This journal is also for those who do not menstruate but feel called to honor the moon's rhythm or observe a kind of spiritual menstruation, tracking your inner tides, reflecting, releasing, and renewing in sync with the lunar and/or body cycle.

**However your body moves through time, you are welcome here!**



# W I N T E R

December 21- March 19

Winter is the season associated with death and rebirth, also resting and dreaming. Starting over and cleaning the slate, much like the New Moon phase. How can you support your inner quiet? What are some things you may need to make the Winter a more joyful season? If you need any suggestions, things like journaling, meditation, sunbathing, and release are suggested. If you're starting this journal later in the year, don't be afraid to document your 2026 Winter experiences and lessons.

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# LUNATION #1

December 19 - January 17

We've entered the first lunation of this year! This lunation's New Moon will be in Sagittarius, which is the sign associated with adventure, spirituality, optimism and fun. The culminating point of the lunation is the Full Moon in Cancer, which is associated with emotions, family roots, the home, the inner child and nostalgia. Over the next 28 days, this can be a focus of opportunity. Please list here any goals/dreams or even feelings/impressions you get about the next chapter of your life. You can also save space here to come back and revisit what you wrote previously.

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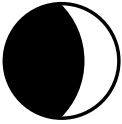
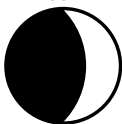
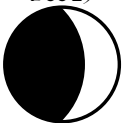
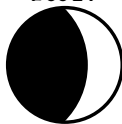
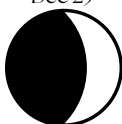
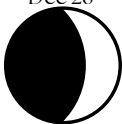
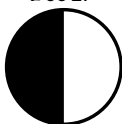
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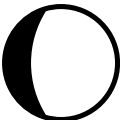
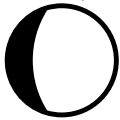
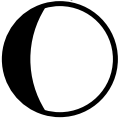
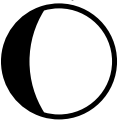
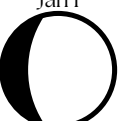
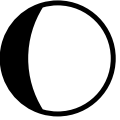
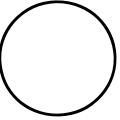
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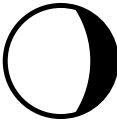
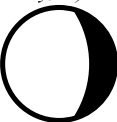
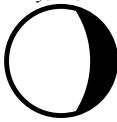
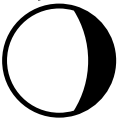
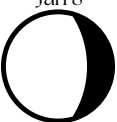
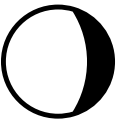
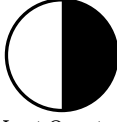
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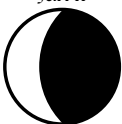
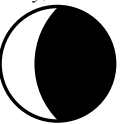
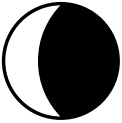
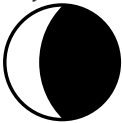
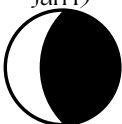
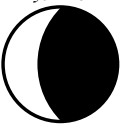
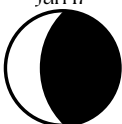
Let's begin tracking the journey on the next page!



<p>S U N Dec 21</p>  <p>Waxing Crescent ♄ Capricorn</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😌 😒 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>M O N Dec 22</p>  <p>Waxing Crescent ♊ Aquarius to ♄ Capricorn</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😌 😒 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
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<p>F R I Dec 26</p>  <p>Waxing Crescent ♋ Pisces</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😌 😒 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>S A T Dec 27</p>  <p>First Quarter ♈ Aries</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😌 😒 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>

<p>S U N Dec 28</p>  <p>Waxing Gibbous ♈ Aries</p>	<p>D A Y ____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
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<p>W E D Dec 31</p>  <p>Waxing Gibbous ♉ Taurus to ♊ Gemini</p>	<p>D A Y ____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T H U Jan 1</p>  <p>Waxing Gibbous ♊ Gemini</p>	<p>D A Y ____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>F R I Jan 2</p>  <p>Waxing Gibbous ♋ Cancer</p>	<p>D A Y ____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>S A T Jan 3</p>  <p>Full Moon ♋ Cancer</p>	<p>D A Y ____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>

<p>S U N Jan 4</p>  <p>Waning Gibbous ♋ Cancer to ♌ Leo</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😒 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>M O N Jan 5</p>  <p>Waning Gibbous ♌ Leo</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😒 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T U E Jan 6</p>  <p>Waning Gibbous ♌ Leo to ♍ Virgo</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😒 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>W E D Jan 7</p>  <p>Waning Gibbous ♍ Virgo</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😒 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T H U Jan 8</p>  <p>Waning Gibbous ♍ Virgo to ♎ Libra</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😒 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>F R I Jan 9</p>  <p>Waning Gibbous ♎ Libra</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😒 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>S A T Jan 10</p>  <p>Last Quarter ♎ Libra</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😒 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>

<p>S U N Jan 11</p>  <p>Waning Crescent ♏ Scorpio</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>M O N Jan 12</p>  <p>Waning Crescent ♏ Scorpio</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T U E Jan 13</p>  <p>Waning Crescent ♏ Scorpio to ♐ Sagittarius</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>W E D Jan 14</p>  <p>Waning Crescent ♐ Sagittarius</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T H U Jan 15</p>  <p>Waning Crescent ♐ Sagittarius</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>F R I Jan 16</p>  <p>Waning Crescent ♑ Capricorn</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>S A T Jan 17</p>  <p>Waning Crescent ♑ Capricorn</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>

# LUNATION RECAP

You've moved through the first lunation of the year! List any progress made or notable things that happened here including any journal entries, observations of the body or menstrual cycle with the Moon or anything else that stands out from the lunation you've just completed.

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## LUNATION #2

January 18- February 16

Let's step into a new season! This cycle is marked by an overall theme that starts with the New Moon in Capricorn centered around ambition, legacy, responsibility and practicality and then moves through the phases to the Full Moon in Leo which is colored by confidence, creativity, leadership and charisma. After this point the Moon will slowly move back to Capricorn and then onto the next lunation. Please list here any goals/dreams or even feelings/impressions you get about the next chapter of your life. You can also save space here to come back and revisit what you wrote previously.

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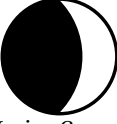
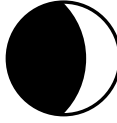




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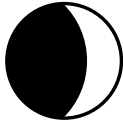
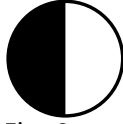
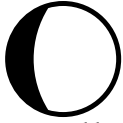
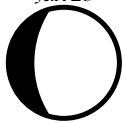
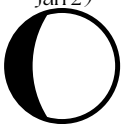
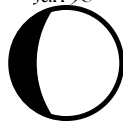
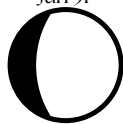
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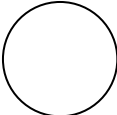
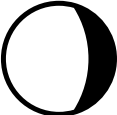
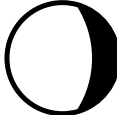
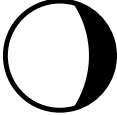



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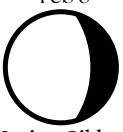
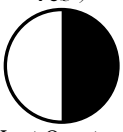
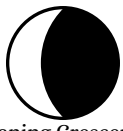
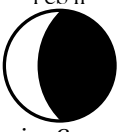
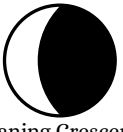


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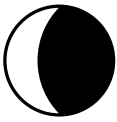
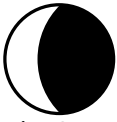
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<p>S U N Jan 18</p>  <p>New Moon ♑ Capricorn to ♒ Aquarius</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>M O N Jan 19</p>  <p>Waxing Crescent ♒ Aquarius</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T U E Jan 20</p>  <p>Waxing Crescent ♒ Aquarius</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>W E D Jan 21</p>  <p>Waxing Crescent ♒ Aquarius to ♓ Pisces</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T H U Jan 22</p>  <p>Waxing Crescent ♓ Pisces</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>F R I Jan 23</p>  <p>Waxing Crescent ♓ Pisces to ♈ Aries</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>S A T Jan 24</p>  <p>Waxing Crescent ♈ Aries</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>

<p>S U N Jan 25</p>  <p>Waxing Crescent ♈ Aries to ♉ Taurus</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>M O N Jan 26</p>  <p>First Quarter ♉ Taurus</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T U E Jan 27</p>  <p>Waxing Gibbous ♉ Taurus to ♊ Gemini</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>W E D Jan 28</p>  <p>Waxing Gibbous ♊ Gemini</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T H U Jan 29</p>  <p>Waxing Gibbous ♊ Gemini to ♋ Cancer</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>F R I Jan 30</p>  <p>Waxing Gibbous ♋ Cancer</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>S A T Jan 31</p>  <p>Waxing Gibbous ♋ Cancer to ♌ Leo</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>

<p>S U N Feb 1</p>  <p>Full Moon ♌ Leo</p>	<p>D A Y _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>M O N Feb 2</p>  <p>Waning Gibbous ♌ Leo</p>	<p>D A Y _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T U E Feb 3</p>  <p>Waning Gibbous ♍ Virgo</p>	<p>D A Y _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>W E D Feb 4</p>  <p>Waning Gibbous ♍ Virgo</p>	<p>D A Y _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T H U Feb 5</p>  <p>Waning Gibbous ♎ Libra</p>	<p>D A Y _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>F R I Feb 6</p>  <p>Waning Gibbous ♎ Libra</p>	<p>D A Y _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>S A T Feb 7</p>  <p>Waning Gibbous ♎ Libra to ♏ Scorpio</p>	<p>D A Y _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>

<p>S U N Feb 8</p>  <p>Waning Gibbous ♏ Scorpio</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>M O N Feb 9</p>  <p>Last Quarter ♏ Scorpio</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T U E Feb 10</p>  <p>Waning Crescent ♐ Sagittarius</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>W E D Feb 11</p>  <p>Waning Crescent ♐ Sagittarius</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T H U Feb 12</p>  <p>Waning Crescent ♐ Sagittarius to ♑ Capricorn</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>F R I Feb 13</p>  <p>Waning Crescent ♑ Capricorn</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>S A T Feb 14</p>  <p>Waning Crescent ♑ Capricorn</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>

<p>S U N Feb 15</p>  <p>Waning Crescent ♈ Aquarius</p>	<p>D A Y</p> <p>_____</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p>
	<p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p>	<p>Feelings and Plans:</p>
	<p>😊 😐 😞 😄 😒 😡</p>	
<p>M O N Feb 16</p>  <p>Waning Crescent ♈ Aquarius</p>	<p>D A Y</p> <p>_____</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p>
	<p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p>	<p>Feelings and Plans:</p>
	<p>😊 😐 😞 😄 😒 😡</p>	
	<p>D A Y</p> <p>_____</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p>
	<p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p>	<p>Feelings and Plans:</p>
	<p>😊 😐 😞 😄 😒 😡</p>	
	<p>D A Y</p> <p>_____</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p>
	<p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p>	<p>Feelings and Plans:</p>
	<p>😊 😐 😞 😄 😒 😡</p>	
	<p>D A Y</p> <p>_____</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p>
	<p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p>	<p>Feelings and Plans:</p>
	<p>😊 😐 😞 😄 😒 😡</p>	
	<p>D A Y</p> <p>_____</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p>
	<p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p>	<p>Feelings and Plans:</p>
	<p>😊 😐 😞 😄 😒 😡</p>	

# LUNATION RECAP

Congrats, you made it through another lunation! List any progress made or notable things that happened here including any journal entries, observations of the body or menstrual cycle with the Moon or anything else that stands out from the lunation you've just completed.

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## LUNATION #3

February 17- March 17

It's time to step into another lunation. We first start this lunation with a New Moon in Aquarius that's also a Solar Eclipse. Eclipse seasons are said to be related to major endings to larger arcs in a life. This New Moon Solar Eclipse in Aquarius may bring up themes of being unique or unconventional or how we relate to a collective. The Full Moon of an eclipse cycle is called the Lunar Eclipse. The upcoming Lunar Eclipse in Virgo may highlight service, organization, health and intelligence. Please list here any goals/dreams or even feelings/impressions you get about the next chapter of life. You can also save space here to come back and revisit what you wrote previously.

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SUN

DAY

Energy ○○○○○○○○○ Focus ○○○○○○○○○

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Feelings and Plans:

- menstrual
- follicular
- ovulatory
- luteal



MON

DAY

Energy ○○○○○○○○○ Focus ○○○○○○○○○

—

Feelings and Plans:

- menstrual
- follicular
- ovulatory
- luteal



TUE

Feb 17



New Moon Solar Eclipse  
♈ Aquarius to ♉ Pisces

DAY

Energy ○○○○○○○○○ Focus ○○○○○○○○○

—

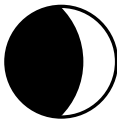
Feelings and Plans:

- menstrual
- follicular
- ovulatory
- luteal



WED

Feb 18



Waxing Crescent  
♉ Pisces

DAY

Energy ○○○○○○○○○ Focus ○○○○○○○○○

—

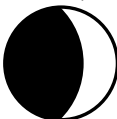
Feelings and Plans:

- menstrual
- follicular
- ovulatory
- luteal



THU

Feb 19



Waxing Crescent  
♉ Pisces to ♈ Aries

DAY

Energy ○○○○○○○○○ Focus ○○○○○○○○○

—

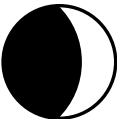
Feelings and Plans:

- menstrual
- follicular
- ovulatory
- luteal



FRI

Feb 20



Waxing Crescent  
♈ Aries

DAY

Energy ○○○○○○○○○ Focus ○○○○○○○○○

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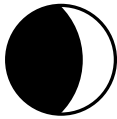
Feelings and Plans:

- menstrual
- follicular
- ovulatory
- luteal



SAT

Feb 21



Waxing Crescent  
♈ Aries to ♉ Taurus

DAY

Energy ○○○○○○○○○ Focus ○○○○○○○○○

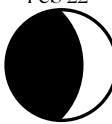
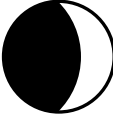
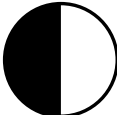


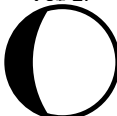

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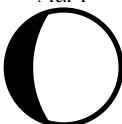
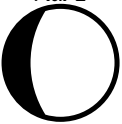

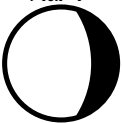
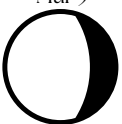
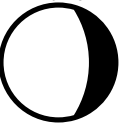
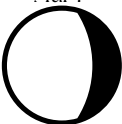
Feelings and Plans:

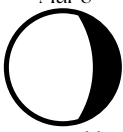
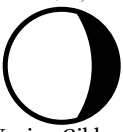

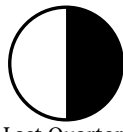
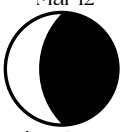
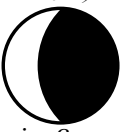
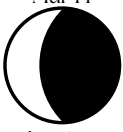
- menstrual
- follicular
- ovulatory
- luteal

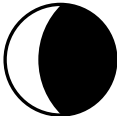
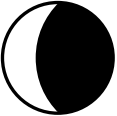
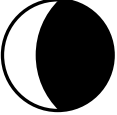


PISCES

<p>SUN Feb 22</p>  <p>Waxing Crescent ♈ Taurus</p>	<p>D A Y</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😟 😡 😤</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>MON Feb 23</p>  <p>Waxing Crescent ♈ Taurus</p>	<p>D A Y</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😟 😡 😤</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>TUE Feb 24</p>  <p>First Quarter ♊ Gemini</p>	<p>D A Y</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😟 😡 😤</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>WED Feb 25</p>  <p>Waxing Gibbous ♊ Gemini</p>	<p>D A Y</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😟 😡 😤</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>THU Feb 26</p>  <p>Waxing Gibbous ♋ Cancer</p>	<p>D A Y</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😟 😡 😤</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>FRI Feb 27</p>  <p>Waxing Gibbous ♋ Cancer</p>	<p>D A Y</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😟 😡 😤</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>SAT Feb 28</p>  <p>Waxing Gibbous ♌ Leo</p>	<p>D A Y</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😟 😡 😤</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>

<p>SUN Mar 1</p>  <p>Waxing Gibbous ♌ Leo</p>	<p>DAY —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>MOON Mar 2</p>  <p>Waxing Gibbous ♍ Virgo</p>	<p>DAY —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>TUE Mar 3</p>  <p>Full Moon Lunar Eclipse ♍ Virgo</p>	<p>DAY —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>WED Mar 4</p>  <p>Waning Gibbous ♍ Virgo to ♎ Libra</p>	<p>DAY —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>THU Mar 5</p>  <p>Waning Gibbous ♎ Libra</p>	<p>DAY —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>FR I Mar 6</p>  <p>Waning Gibbous ♎ Libra</p>	<p>DAY —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>SAT Mar 7</p>  <p>Waning Gibbous ♏ Scorpio</p>	<p>DAY —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>

<p>SUN Mar 8</p>  <p>Waning Gibbous ♏ Scorpio</p>	<p>D A Y</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😇 😈 🌟</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>MON Mar 9</p>  <p>Waning Gibbous ♏ Scorpio to ♏ Sagittarius</p>	<p>D A Y</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😇 😈 🌟</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>TUE Mar 10</p>  <p>Waning Gibbous ♏ Sagittarius</p>	<p>D A Y</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😇 😈 🌟</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>WED Mar 11</p>  <p>Last Quarter ♏ Sagittarius</p>	<p>D A Y</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😇 😈 🌟</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>THU Mar 12</p>  <p>Waning Crescent ♏ Capricorn</p>	<p>D A Y</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😇 😈 🌟</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>FRI Mar 13</p>  <p>Waning Crescent ♏ Capricorn</p>	<p>D A Y</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😇 😈 🌟</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>SAT Mar 14</p>  <p>Waning Crescent ♏ Capricorn to ♏ Aquarius</p>	<p>D A Y</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😇 😈 🌟</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>

<p>SUN Mar 15</p>  <p>Waning Crescent ♊ Aquarius</p>	<p>D A Y</p> <p>_____</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p>
	<p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p>	<p>Feelings and Plans:</p>
	<p>😊 😐 😞 😄 😡 😱</p>	
<p>MON Mar 16</p>  <p>Waning Crescent ♊ Aquarius to ♋ Pisces</p>	<p>D A Y</p> <p>_____</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p>
	<p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p>	<p>Feelings and Plans:</p>
	<p>😊 😐 😞 😄 😡 😱</p>	
<p>TUE Mar 17</p>  <p>Waning Crescent ♋ Pisces</p>	<p>D A Y</p> <p>_____</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p>
	<p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p>	<p>Feelings and Plans:</p>
	<p>😊 😐 😞 😄 😡 😱</p>	
<p>WED</p>	<p>D A Y</p> <p>_____</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p>
	<p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p>	<p>Feelings and Plans:</p>
	<p>😊 😐 😞 😄 😡 😱</p>	
<p>THU</p>	<p>D A Y</p> <p>_____</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p>
	<p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p>	<p>Feelings and Plans:</p>
	<p>😊 😐 😞 😄 😡 😱</p>	
<p>FRI</p>	<p>D A Y</p> <p>_____</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p>
	<p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p>	<p>Feelings and Plans:</p>
	<p>😊 😐 😞 😄 😡 😱</p>	
<p>SAT</p>	<p>D A Y</p> <p>_____</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p>
	<p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p>	<p>Feelings and Plans:</p>
	<p>😊 😐 😞 😄 😡 😱</p>	

# LUNATION RECAP

Congrats, you made it through another Lunation and the first Eclipse Season of the year! List any progress made or notable things that happened here including any journal entries, observations of the body or menstrual cycle with the Moon or anything else that stands out from the lunation you've just completed.

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## LUNATION #4

March 18 - April 16

We start this new lunation with the New Moon in Pisces just in time for spring! The themes of this New Moon are centered around the imagination, creativity and spirituality. Later in this cycle, the Full Moon in Libra will highlight themes of balance, harmony and relationships. Please list here any goals/dreams or even feelings/impressions you get about this next cycle. You can also save space here to come back and revisit what you wrote previously.

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




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<b>W E D</b> Mar 18  <b>New Moon</b> ♓ Pisces	<b>D A Y</b> _____ <input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal      	<b>Energy</b> ○○○○○○○○○ <b>Focus</b> ○○○○○○○○○ <b>Feelings and Plans:</b>
	<b>D A Y</b> _____ <input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal      	<b>Energy</b> ○○○○○○○○○ <b>Focus</b> ○○○○○○○○○ <b>Feelings and Plans:</b>

# S P R I N G

March 20- June 20

The Winter is past and we're stepping into newness and life! Spring is the season associated with the waxing Moon and the First Quarter Moon which is a reflection of growth. The seed has germinated and is now attempting to be established, working towards fullness and maturation. In what ways can you reflect on themes of growth and what actions can be taken to work towards a goal? There is so much yet to grow! If you're starting this journal later in the year don't be afraid to document your 2026 Spring experiences and lessons.

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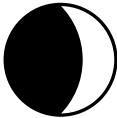














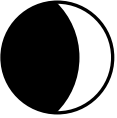












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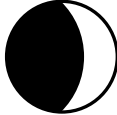
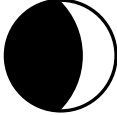

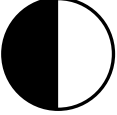
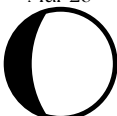
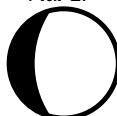



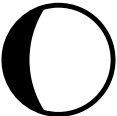
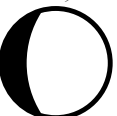
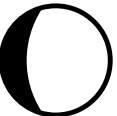
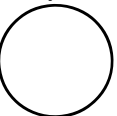

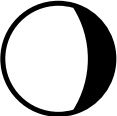
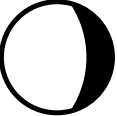
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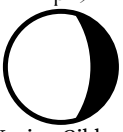


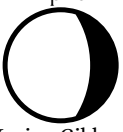



ARIES

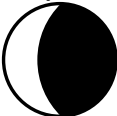



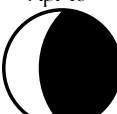
<b>F R I</b> Mar 20  <b>Waxing Crescent</b> ♈ Aries	<b>D A Y</b> _____ <input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal      	<b>Energy</b> ○○○○○○○○○ <b>Focus</b> ○○○○○○○○○ <b>Feelings and Plans:</b>
	<b>D A Y</b> _____ <input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal      	<b>Energy</b> ○○○○○○○○○ <b>Focus</b> ○○○○○○○○○ <b>Feelings and Plans:</b>

<b>S A T</b> Mar 21  <b>Waxing Crescent</b> ♉ Taurus	<b>D A Y</b> _____ <input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal      	<b>Energy</b> ○○○○○○○○○ <b>Focus</b> ○○○○○○○○○ <b>Feelings and Plans:</b>
	<b>D A Y</b> _____ <input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal      	<b>Energy</b> ○○○○○○○○○ <b>Focus</b> ○○○○○○○○○ <b>Feelings and Plans:</b>

<p>SUN Mar 22</p>  <p>Waxing Crescent ♉ Taurus</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😟 😡 😤</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>MON Mar 23</p>  <p>Waxing Crescent ♊ Gemini</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😟 😡 😤</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>TUE Mar 24</p>  <p>Waxing Crescent ♊ Gemini</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😟 😡 😤</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>WED Mar 25</p>  <p>First Quarter ♋ Cancer</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😟 😡 😤</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>THU Mar 26</p>  <p>Waxing Gibbous ♋ Cancer</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😟 😡 😤</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>FRI Mar 27</p>  <p>Waxing Gibbous ♋ Cancer to ♌ Leo</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😟 😡 😤</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>SAT Mar 28</p>  <p>Waxing Gibbous ♌ Leo</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😟 😡 😤</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>

<p>SUN Mar 29</p>  <p>Waxing Gibbous ♌ Leo to ♍ Virgo</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>MOON Mar 30</p>  <p>Waxing Gibbous ♍ Virgo</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>TUE Mar 31</p>  <p>Waxing Gibbous ♍ Virgo</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>WED Apr 1</p>  <p>Full Moon ♎ Libra</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>THU Apr 2</p>  <p>Waning Gibbous ♎ Libra</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>FR I Apr 3</p>  <p>Waning Gibbous ♏ Scorpio</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>SAT Apr 4</p>  <p>Waning Gibbous ♏ Scorpio</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>

<p>S U N Apr 5</p>  <p>Waning Gibbous ♏ Scorpio to ♐ Sagittarius</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😇 😈 🌹</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>M O N Apr 6</p>  <p>Waning Gibbous ♐ Sagittarius</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😇 😈 🌹</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
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<p>W E D Apr 8</p>  <p>Waning Gibbous ♑ Capricorn</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😇 😈 🌹</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T H U Apr 9</p>  <p>Waning Gibbous ♑ Capricorn</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😇 😈 🌹</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>F R I Apr 10</p>  <p>Last Quarter ♑ Capricorn to ♒ Aquarius</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😇 😈 🌹</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>S A T Apr 11</p>  <p>Waning Crescent ♒ Aquarius</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😇 😈 🌹</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>

<p>S U N Apr 12</p>  <p>Waning Crescent ♒ Aquarius</p>	<p>D A Y</p> <p>—</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
	<p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p>	<p>Feelings and Plans:</p>
	<p>😊 😐 😞 😄 😡 😱</p>	
<p>M O N Apr 13</p>  <p>Waning Crescent ♓ Pisces</p>	<p>D A Y</p> <p>—</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
	<p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p>	<p>Feelings and Plans:</p>
	<p>😊 😐 😞 😄 😡 😱</p>	
<p>T U E Apr 14</p>  <p>Waning Crescent ♓ Pisces</p>	<p>D A Y</p> <p>—</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
	<p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p>	<p>Feelings and Plans:</p>
	<p>😊 😐 😞 😄 😡 😱</p>	
<p>W E D Apr 15</p>  <p>Waning Crescent ♈ Aries</p>	<p>D A Y</p> <p>—</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
	<p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p>	<p>Feelings and Plans:</p>
	<p>😊 😐 😞 😄 😡 😱</p>	
<p>T H U Apr 16</p>  <p>Waning Crescent ♈ Aries</p>	<p>D A Y</p> <p>—</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
	<p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p>	<p>Feelings and Plans:</p>
	<p>😊 😐 😞 😄 😡 😱</p>	
<p>F R I</p>	<p>D A Y</p> <p>—</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
	<p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p>	<p>Feelings and Plans:</p>
	<p>😊 😐 😞 😄 😡 😱</p>	
<p>S A T</p>	<p>D A Y</p> <p>—</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
	<p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p>	<p>Feelings and Plans:</p>
	<p>😊 😐 😞 😄 😡 😱</p>	

# LUNATION RECAP

List any progress made or notable things that happened here including any journal entries, observations of the body or menstrual cycle with the Moon or anything else that stands out from the lunation you've just completed.

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## LUNATION #5

April 17- May 15

This lunation starts with the New Moon at the very end of Aries just as it goes into Taurus, with themes of leadership, boldness and directness coupled with beauty, stability, material comfort and the things you value most. Later in this cycle, the Full Moon in Scorpio will highlight themes of power, psychological and spiritual transformation, money and secrets. Please list here any goals/dreams or even feelings/impressions you get about this next cycle. You can also save space here to come back and revisit what you wrote previously.

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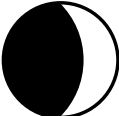
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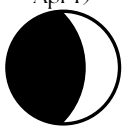
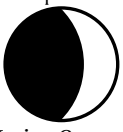
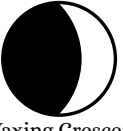




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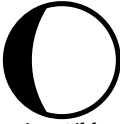
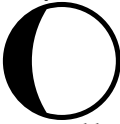
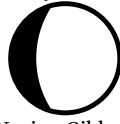


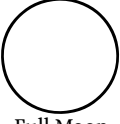

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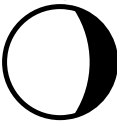
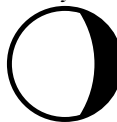
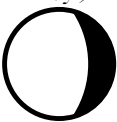
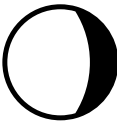

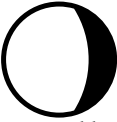
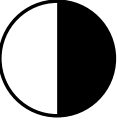
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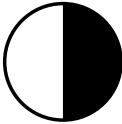
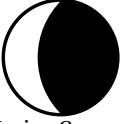
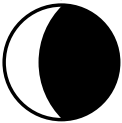
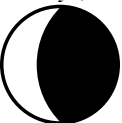
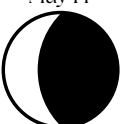
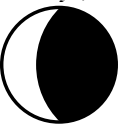
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S U N	D A Y	Energy ○○○○○○○○ Focus ○○○○○○○○
	_____	Feelings and Plans:
	<input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal	
M O N	D A Y	Energy ○○○○○○○○ Focus ○○○○○○○○
	_____	Feelings and Plans:
	<input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal	
T U E	D A Y	Energy ○○○○○○○○ Focus ○○○○○○○○
	_____	Feelings and Plans:
	<input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal	
W E D	D A Y	Energy ○○○○○○○○ Focus ○○○○○○○○
	_____	Feelings and Plans:
	<input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal	
T H U	D A Y	Energy ○○○○○○○○ Focus ○○○○○○○○
	_____	Feelings and Plans:
	<input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal	
F R I Apr 17  New Moon ♈ Aries to ♉ Taurus	D A Y	Energy ○○○○○○○○ Focus ○○○○○○○○
	_____	Feelings and Plans:
	<input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal	
S A T Apr 18  Waxing Crescent ♉ Taurus	D A Y	Energy ○○○○○○○○ Focus ○○○○○○○○
	_____	Feelings and Plans:
	<input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal	

<p>S U N Apr 19</p>  <p>Waxing Crescent ♈ Taurus to ♊ Gemini</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😒 😡</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>M O N Apr 20</p>  <p>Waxing Crescent ♊ Gemini</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😒 😡</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T U E Apr 21</p>  <p>Waxing Crescent ♊ Gemini to ♋ Cancer</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😒 😡</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>W E D Apr 22</p>  <p>Waxing Crescent ♋ Cancer</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😒 😡</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T H U Apr 23</p>  <p>Waxing Crescent ♋ Cancer to ♌ Leo</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😒 😡</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>F R I Apr 24</p>  <p>First Quarter ♌ Leo</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😒 😡</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>S A T Apr 25</p>  <p>Waxing Gibbous ♌ Leo</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😒 😡</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>

<p>S U N Apr 26</p>  <p>Waxing Gibbous ♍ Virgo</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>M O N Apr 27</p>  <p>Waxing Gibbous ♍ Virgo</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T U E Apr 28</p>  <p>Waxing Gibbous ♎ Libra</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>W E D Apr 29</p>  <p>Waxing Gibbous ♎ Libra</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T H U Apr 30</p>  <p>Waxing Gibbous ♎ Libra to ♏ Scorpio</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>F R I May 1</p>  <p>Full Moon ♏ Scorpio</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>S A T May 2</p>  <p>Waning Gibbous ♏ Scorpio</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>

<p>S U N May 3</p>  <p>Waning Gibbous ♏ Sagittarius</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>M O N May 4</p>  <p>Waning Gibbous ♏ Sagittarius</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T U E May 5</p>  <p>Waning Gibbous ♏ Sagittarius to ♐ Capricorn</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>W E D May 6</p>  <p>Waning Gibbous ♐ Capricorn</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T H U May 7</p>  <p>Waning Gibbous ♐ Capricorn</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>F R I May 8</p>  <p>Waning Gibbous ♒ Aquarius</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>S A T May 9</p>  <p>Last Quarter ♒ Aquarius</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>

<p>SUN May 10</p>  <p>Last Quarter ♊ Aquarius to ♋ Pisces</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>MOON May 11</p>  <p>Waning Crescent ♋ Pisces</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>TUE May 12</p>  <p>Waning Crescent ♋ Pisces</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>WED May 13</p>  <p>Waning Crescent ♌ Aries</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>THU May 14</p>  <p>Waning Crescent ♌ Aries</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>FR I May 15</p>  <p>Waning Crescent ♉ Taurus</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>SAT</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>

# LUNATION RECAP

List any progress made or notable things that happened here including any journal entries, observations of the body or menstrual cycle with the Moon or anything else that stands out from the lunation you've just completed.

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## LUNATION # 6

May 16 - June 13

This Lunation starts with the New Moon in Taurus. The themes of this New Moon are beauty, stability, material comfort and the things you value most. Later in this cycle, the Full Moon in Sagittarius will highlight themes of freedom, wisdom, spiritual aspirations and expansion. This Full Moon will also be a blue moon, meaning the second Full Moon in a month. Please list here any goals/dreams or even feelings/impressions you get about this next cycle. You can also save space here to come back and revisit what you wrote previously.

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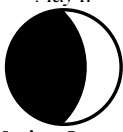

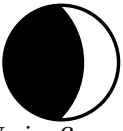
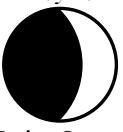

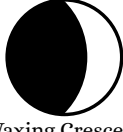
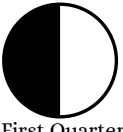
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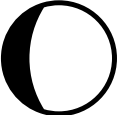
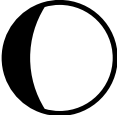
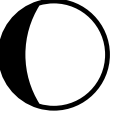
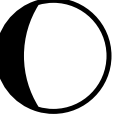

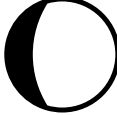

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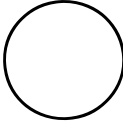






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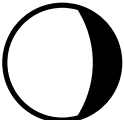
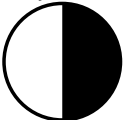
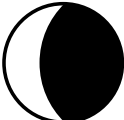

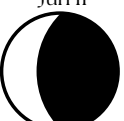
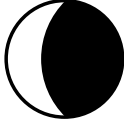
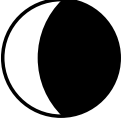
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	_____	Feelings and Plans:
	<input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal	
M O N	D A Y	Energy ○○○○○○○○○ Focus ○○○○○○○○○
	_____	Feelings and Plans:
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T U E	D A Y	Energy ○○○○○○○○○ Focus ○○○○○○○○○
	_____	Feelings and Plans:
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W E D	D A Y	Energy ○○○○○○○○○ Focus ○○○○○○○○○
	_____	Feelings and Plans:
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T H U	D A Y	Energy ○○○○○○○○○ Focus ○○○○○○○○○
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F R I	D A Y	Energy ○○○○○○○○○ Focus ○○○○○○○○○
	_____	Feelings and Plans:
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S A T May 16  New Moon ♉ Taurus	D A Y	Energy ○○○○○○○○○ Focus ○○○○○○○○○
	_____	Feelings and Plans:
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<p>SUN May 17</p>  <p>Waxing Crescent ♊ Gemini</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>MON May 18</p>  <p>Waxing Crescent ♊ Gemini</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>TUE May 19</p>  <p>Waxing Crescent ♋ Cancer</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>WED May 20</p>  <p>Waxing Crescent ♋ Cancer</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>THU May 21</p>  <p>Waxing Crescent ♌ Leo</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>FRI May 22</p>  <p>Waxing Crescent ♌ Leo</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>SAT May 23</p>  <p>First Quarter ♍ Virgo</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>

<p>SUN May 24</p>  <p>Waxing Gibbous ♍ Virgo</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>MON May 25</p>  <p>Waxing Gibbous ♎ Libra</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>TUE May 26</p>  <p>Waxing Gibbous ♎ Libra</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>WED May 27</p>  <p>Waxing Gibbous ♎ Libra to ♏ Scorpio</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>THU May 28</p>  <p>Waxing Gibbous ♏ Scorpio</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>FRI May 29</p>  <p>Waxing Gibbous ♏ Scorpio</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>SAT May 30</p>  <p>Waxing Gibbous ♐ Sagittarius</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>

<p>S U N May 31</p>  <p>Full Moon ♐ Sagittarius</p>	<p>D A Y</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😈</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>M O N Jun 1</p>  <p>Waning Gibbous ♐ Sagittarius</p>	<p>D A Y</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😈</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T U E Jun 2</p>  <p>Waning Gibbous ♑ Capricorn</p>	<p>D A Y</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😈</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>W E D Jun 3</p>  <p>Waning Gibbous ♑ Capricorn</p>	<p>D A Y</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😈</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T H U Jun 4</p>  <p>Waning Gibbous ♑ Capricorn to ♒ Aquarius</p>	<p>D A Y</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😈</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>F R I Jun 5</p>  <p>Waning Gibbous ♒ Aquarius</p>	<p>D A Y</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😈</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>S A T Jun 6</p>  <p>Waning Gibbous ♒ Aquarius</p>	<p>D A Y</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😈</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>

<p>SUN Jun 7</p>  <p>Waning Gibbous ♋ Pisces</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>MON Jun 8</p>  <p>Last Quarter ♋ Pisces</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>TUE Jun 9</p>  <p>Waning Crescent ♈ Aries</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>WED Jun 10</p>  <p>Waning Crescent ♈ Aries</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>THU Jun 11</p>  <p>Waning Crescent ♉ Taurus</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>FR I Jun 12</p>  <p>Waning Crescent ♉ Taurus</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>SAT Jun 13</p>  <p>Waning Crescent ♊ Gemini</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>

# LUNATION RECAP

List any progress made or notable things that happened here including any journal entries, observations of the body or menstrual cycle with the Moon or anything else that stands out from the lunation you've just completed.

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## LUNATION #7

June 14 - July 13

This Lunation starts with the New Moon in Gemini. The themes of this New Moon are communication, adaptability and intellectual curiosity. Later in this cycle, the Full Moon in Capricorn will highlight themes of responsibility, legacy, perseverance and discipline. Please list here any goals/dreams or even feelings/impressions you get about this next cycle. You can also save space here to come back and revisit what you wrote previously.

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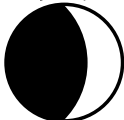
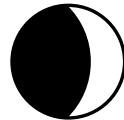
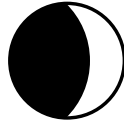
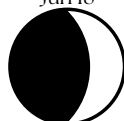
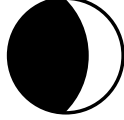
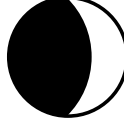
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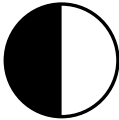

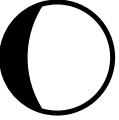
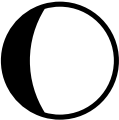
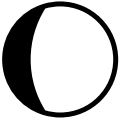
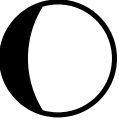
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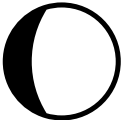
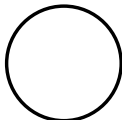
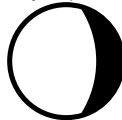
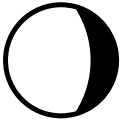
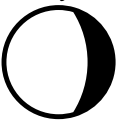
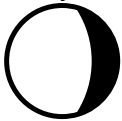
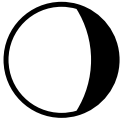
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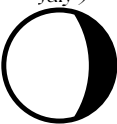
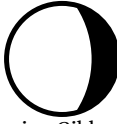
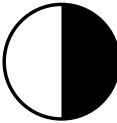
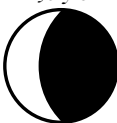
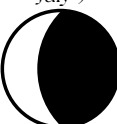
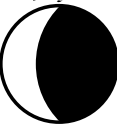
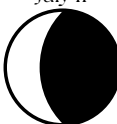
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<p>MOON Jun 15</p>  <p>Waxing Crescent ♋ Cancer</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>TUE Jun 16</p>  <p>Waxing Crescent ♋ Cancer</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>WED Jun 17</p>  <p>Waxing Crescent ♌ Leo</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>THU Jun 18</p>  <p>Waxing Crescent ♌ Leo</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>FRI Jun 19</p>  <p>Waxing Crescent ♌ Leo to ♍ Virgo</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>SAT Jun 20</p>  <p>Waxing Crescent ♍ Virgo</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>

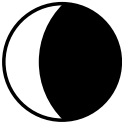
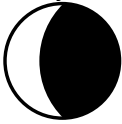




<p>SUN Jun 21</p>  <p>First Quarter ♍ Virgo to ♎ Libra</p>	<p>D A Y</p> <p>—</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>	
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	<p>D A Y</p> <p>—</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>	
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	<p>TUE Jun 23</p>  <p>Waxing Gibbous ♎ Libra</p>	<p>D A Y</p> <p>—</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>
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	<p>D A Y</p> <p>—</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>	
<p>WED Jun 24</p>  <p>Waxing Gibbous ♏ Scorpio</p>	<p>D A Y</p> <p>—</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>	
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<p>D A Y</p> <p>—</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>		
<p>THU Jun 25</p>  <p>Waxing Gibbous ♏ Scorpio</p>	<p>D A Y</p> <p>—</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>	
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<p>D A Y</p> <p>—</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>		
<p>FRI Jun 26</p>  <p>Waxing Gibbous ♏ Scorpio to ♏ Sagittarius</p>	<p>D A Y</p> <p>—</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>	
<p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😌 😒 😡</p>	<p>Feelings and Plans:</p>		
<p>D A Y</p> <p>—</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>		
<p>SAT Jun 27</p>  <p>Waxing Gibbous ♏ Sagittarius</p>	<p>D A Y</p> <p>—</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>	
<p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😌 😒 😡</p>	<p>Feelings and Plans:</p>		
<p>D A Y</p> <p>—</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>		

<p>SUN Jun 28</p>  <p>Waxing Gibbous ♊ Sagittarius</p>	<p>DAY —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>MON Jun 29</p>  <p>Full Moon ♋ Capricorn</p>	<p>DAY —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>TUE Jun 30</p>  <p>Waning Gibbous ♋ Capricorn</p>	<p>DAY —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>WED July 1</p>  <p>Waning Gibbous ♋ Capricorn to ♋ Aquarius</p>	<p>DAY —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>THU July 2</p>  <p>Waning Gibbous ♋ Aquarius</p>	<p>DAY —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>FR I July 3</p>  <p>Waning Gibbous ♋ Aquarius</p>	<p>DAY —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>SAT July 4</p>  <p>Waning Gibbous ♋ Pisces</p>	<p>DAY —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>

<p>S U N July 5</p>  <p>Waning Gibbous ♋ Pisces</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😓 😡 😤</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>M O N July 6</p>  <p>Waning Gibbous ♌ Aries</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😓 😡 😤</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T U E July 7</p>  <p>Last Quarter ♌ Aries</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😓 😡 😤</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>W E D July 8</p>  <p>Waning Crescent ♌ Aries to ♉ Taurus</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😓 😡 😤</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T H U July 9</p>  <p>Waning Crescent ♉ Taurus</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😓 😡 😤</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>F R I July 10</p>  <p>Waning Crescent ♉ Taurus to ♊ Gemini</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😓 😡 😤</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>S A T July 11</p>  <p>Waning Crescent ♊ Gemini</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😓 😡 😤</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>

<p>SUN July 12</p>  <p>Waning Crescent ♊ Gemini to ♋ Cancer</p>	<p>D A Y</p> <p>_____</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
	<p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p>	<p>Feelings and Plans:</p>
	<p>😊 😐 😞 😄 😒 😡</p>	
<p>MON July 13</p>  <p>Waning Crescent ♋ Cancer</p>	<p>D A Y</p> <p>_____</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
	<p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p>	<p>Feelings and Plans:</p>
	<p>😊 😐 😞 😄 😒 😡</p>	
<p>TUE</p>	<p>D A Y</p> <p>_____</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
	<p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p>	<p>Feelings and Plans:</p>
	<p>😊 😐 😞 😄 😒 😡</p>	
<p>WED</p>	<p>D A Y</p> <p>_____</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
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	<p>😊 😐 😞 😄 😒 😡</p>	
<p>THU</p>	<p>D A Y</p> <p>_____</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
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	<p>😊 😐 😞 😄 😒 😡</p>	
<p>FRI</p>	<p>D A Y</p> <p>_____</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
	<p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p>	<p>Feelings and Plans:</p>
	<p>😊 😐 😞 😄 😒 😡</p>	
<p>SAT</p>	<p>D A Y</p> <p>_____</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
	<p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p>	<p>Feelings and Plans:</p>
	<p>😊 😐 😞 😄 😒 😡</p>	

# LUNATION RECAP

List any progress made or notable things that happened here including any journal entries, observations of the body or menstrual cycle with the Moon or anything else that stands out from the lunation you've just completed.

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# LUNATION # 8

July 14 - August 11

This Lunation starts with the New Moon in Cancer. The themes of this New Moon are home, familial roots, emotions and nostalgia. Later in this cycle, the Full Moon in Aquarius will highlight themes of humanitarianism, innovation, independence and being eccentric. Please list here any goals/dreams or even feelings/impressions you get about this next cycle. You can also save space here to come back and revisit what you wrote previously.

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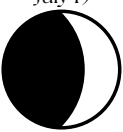
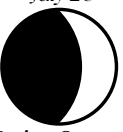
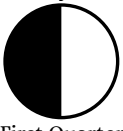
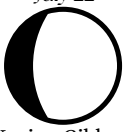

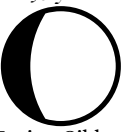
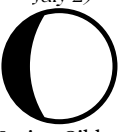
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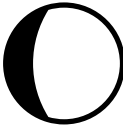
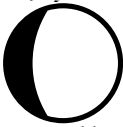
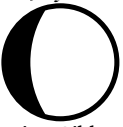
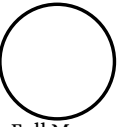



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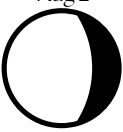






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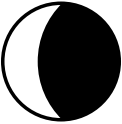
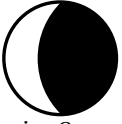
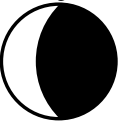
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S U N	D A Y	Energy ○○○○○○○○○ Focus ○○○○○○○○○
	—	Feelings and Plans:
	<input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal  	
M O N	D A Y	Energy ○○○○○○○○○ Focus ○○○○○○○○○
	—	Feelings and Plans:
	<input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal  	
T U E July 14	D A Y	Energy ○○○○○○○○○ Focus ○○○○○○○○○
	—	Feelings and Plans:
	 New Moon ♋Cancer to ♌Leo <input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal  	
W E D July 15	D A Y	Energy ○○○○○○○○○ Focus ○○○○○○○○○
	—	Feelings and Plans:
	 Waxing Crescent ♌Leo <input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal  	
T H U July 16	D A Y	Energy ○○○○○○○○○ Focus ○○○○○○○○○
	—	Feelings and Plans:
	 Waxing Crescent ♌Leo <input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal  	
F R I July 17	D A Y	Energy ○○○○○○○○○ Focus ○○○○○○○○○
	—	Feelings and Plans:
	 Waxing Crescent ♍Virgo <input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal  	
S A T July 18	D A Y	Energy ○○○○○○○○○ Focus ○○○○○○○○○
	—	Feelings and Plans:
	 Waxing Crescent ♍Virgo <input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal  	

<p>SUN July 19</p>  <p>Waxing Crescent ♎ Libra</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😈</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>MON July 20</p>  <p>Waxing Crescent ♎ Libra</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😈</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>TUE July 21</p>  <p>First Quarter ♎ Libra to ♏ Scorpio</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😈</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>WED July 22</p>  <p>Waxing Gibbous ♏ Scorpio</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😈</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>THU July 23</p>  <p>Waxing Gibbous ♏ Scorpio</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😈</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>FRI July 24</p>  <p>Waxing Gibbous ♏ Sagittarius</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😈</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>SAT July 25</p>  <p>Waxing Gibbous ♏ Sagittarius</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😈</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>

<p>SUN July 26</p>  <p>Waxing Gibbous ♄ Capricorn</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>MON July 27</p>  <p>Waxing Gibbous ♄ Capricorn</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>TUE July 28</p>  <p>Waxing Gibbous ♄ Capricorn</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>WED July 29</p>  <p>Full Moon ♈ Aquarius</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>THU July 30</p>  <p>Waning Gibbous ♈ Aquarius</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>FRI July 31</p>  <p>Waning Gibbous ♉ Pisces</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>SAT Aug 1</p>  <p>Waning Gibbous ♉ Pisces</p>	<p>DAY _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>

<p>SUN Aug 2</p>  <p>Waning Gibbous ♋ Pisces to ♈ Aries</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>MON Aug 3</p>  <p>Waning Gibbous ♈ Aries</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>TUE Aug 4</p>  <p>Waning Gibbous ♈ Aries</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>WED Aug 5</p>  <p>Last Quarter ♉ Taurus</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>THU Aug 6</p>  <p>Last Quarter ♉ Taurus</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>FRI Aug 7</p>  <p>Waning Crescent ♊ Gemini</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>SAT Aug 8</p>  <p>Waning Crescent ♊ Gemini</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>

<p>SUN Aug 9</p>  <p>Waning Crescent ♋ Cancer</p>	<p>D A Y</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>MON Aug 10</p>  <p>Waning Crescent ♋ Cancer</p>	<p>D A Y</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>TUE Aug 11</p>  <p>Waning Crescent ♌ Leo</p>	<p>D A Y</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>WED</p>	<p>D A Y</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>THU</p>	<p>D A Y</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>FRI</p>	<p>D A Y</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>SAT</p>	<p>D A Y</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>

# LUNATION RECAP

List any progress made or notable things that happened here including any journal entries, observations of the body or menstrual cycle with the Moon or anything else that stands out from the lunation you've just completed.

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# LUNATION # 9

August 12- September 9

We're entering another eclipse season which marks endings and new beginnings. This New Moon Solar Eclipse is in the sign that's ruled by the Sun. The areas of life that are affected may be related to identity, drama, leadership and bravery. Later in this cycle, the Full Moon Lunar Eclipse in Pisces themes may appear as endings in the area of dreams, intuition, sensitivity and illusions. Please list here any goals/dreams or even feelings/impressions you get about this next cycle. You can also save space here to come back and revisit what you wrote previously.

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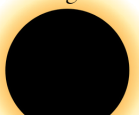

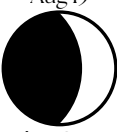

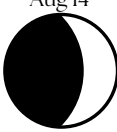

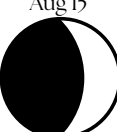

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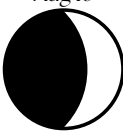

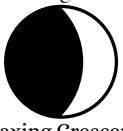
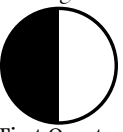
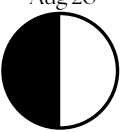
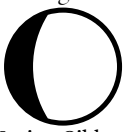
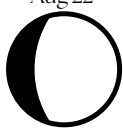
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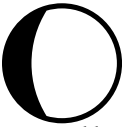
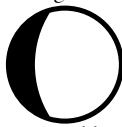
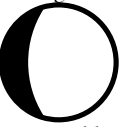

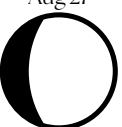
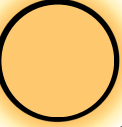

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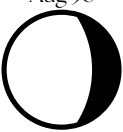
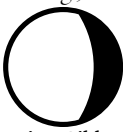

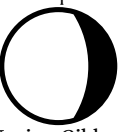
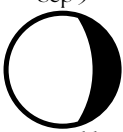
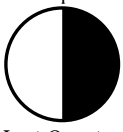
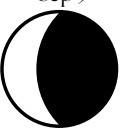
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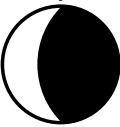

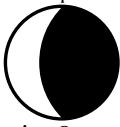

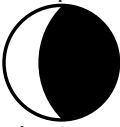






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	—	
	<input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal 	
M O N	D A Y	Energy ○○○○○○○○ Focus ○○○○○○○○
	—	
	<input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal 	
T U E	D A Y	Energy ○○○○○○○○ Focus ○○○○○○○○
	—	
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<b>W E D</b> Aug 12  New Moon Solar Eclipse ♌ Leo	D A Y	Energy ○○○○○○○○ Focus ○○○○○○○○
	—	
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<b>T H U</b> Aug 13  Waxing Crescent ♍ Virgo	D A Y	Energy ○○○○○○○○ Focus ○○○○○○○○
	—	
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<b>F R I</b> Aug 14  Waxing Crescent ♍ Virgo	D A Y	Energy ○○○○○○○○ Focus ○○○○○○○○
	—	
	<input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal 	
<b>S A T</b> Aug 15  Waxing Crescent ♍ Virgo to ♎ Libra	D A Y	Energy ○○○○○○○○ Focus ○○○○○○○○
	—	
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<p>SUN Aug 16</p>  <p>Waxing Crescent ♎ Libra</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>MON Aug 17</p>  <p>Waxing Crescent ♎ Libra to ♏ Scorpio</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>TUE Aug 18</p>  <p>Waxing Crescent ♏ Scorpio</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>WED Aug 19</p>  <p>First Quarter ♏ Scorpio</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>THU Aug 20</p>  <p>First Quarter ♏ Sagittarius</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>FRI Aug 21</p>  <p>Waxing Gibbous ♏ Sagittarius</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>SAT Aug 22</p>  <p>Waxing Gibbous ♏ Sagittarius to ♏ Capricorn</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>

<p>SUN Aug 23</p>  <p>Waxing Gibbous ♄ Capricorn</p>	<p>DAY</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>
<p>MON Aug 24</p>  <p>Waxing Gibbous ♄ Capricorn</p>	<p>DAY</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>
<p>TUE Aug 25</p>  <p>Waxing Gibbous ♈ Aquarius</p>	<p>DAY</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>
<p>WED Aug 26</p>  <p>Waxing Gibbous ♈ Aquarius</p>	<p>DAY</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>
<p>THU Aug 27</p>  <p>Waxing Gibbous ♈ Aquarius to ♃ Pisces</p>	<p>DAY</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>
<p>FR I Aug 28</p>  <p>Full Moon Lunar Eclipse ♃ Pisces</p>	<p>DAY</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>
<p>SAT Aug 29</p>  <p>Waning Gibbous ♃ Pisces</p>	<p>DAY</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>

<p>S U N Aug 30</p>  <p>Waning Gibbous ♈ Aries</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>M O N Aug 31</p>  <p>Waning Gibbous ♈ Aries</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T U E Sep 1</p>  <p>Waning Gibbous ♉ Taurus</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>W E D Sep 2</p>  <p>Waning Gibbous ♉ Taurus</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T H U Sep 3</p>  <p>Waning Gibbous ♊ Gemini</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>F R I Sep 4</p>  <p>Last Quarter ♊ Gemini</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>S A T Sep 5</p>  <p>Waning Crescent ♋ Cancer</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>

<p>SUN Sep 6</p>  <p>Waning Crescent ♋ Cancer</p>	<p>DAY _____</p> <input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal 	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
<p>MON Sep 7</p>  <p>Waning Crescent ♋ Cancer to ♌ Leo</p>	<p>DAY _____</p> <input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal 	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
<p>TUE Sep 8</p>  <p>Waning Crescent ♌ Leo</p>	<p>DAY _____</p> <input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal 	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
<p>WED Sep 9</p>  <p>Waning Crescent ♌ Leo to ♍ Virgo</p>	<p>DAY _____</p> <input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal 	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
<p>THU</p>	<p>DAY _____</p> <input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal 	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
<p>FRI</p>	<p>DAY _____</p> <input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal 	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
<p>SAT</p>	<p>DAY _____</p> <input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal 	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>

# LUNATION RECAP

List any progress made or notable things that happened here including any journal entries, observations of the body or menstrual cycle with the Moon or anything else that stands out from the lunation you've just completed.

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# LUNATION # 10

September 10 - October 9

This Lunation starts with a New Moon in Virgo. The areas of life that are affected may be related to practicality, order, organization and self care. Later in this cycle, the Full Moon in Aries may bring attention to leadership, action, impulsivity and passion. Please list here any goals/dreams or even feelings/impressions you get about this next cycle. You can also save space here to come back and revisit what you wrote previously.

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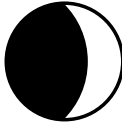
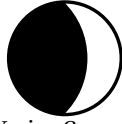
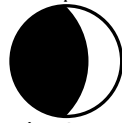
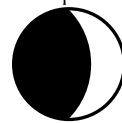
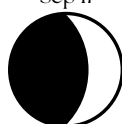
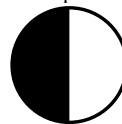
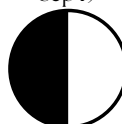
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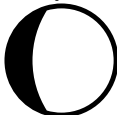

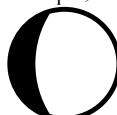

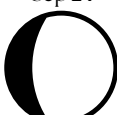



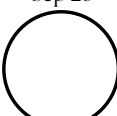

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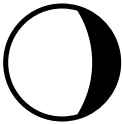

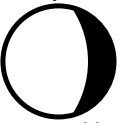
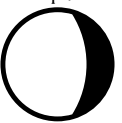
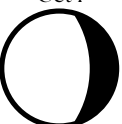

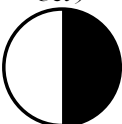
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M O N	D A Y	Energy ○○○○○○○○ Focus ○○○○○○○○
	—	
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T U E	D A Y	Energy ○○○○○○○○ Focus ○○○○○○○○
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W E D	D A Y	Energy ○○○○○○○○ Focus ○○○○○○○○
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T H U Sep 10  New Moon ♍ Virgo	D A Y	Energy ○○○○○○○○ Focus ○○○○○○○○
	—	
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F R I Sep 11  Waxing Crescent ♍ Virgo	D A Y	Energy ○○○○○○○○ Focus ○○○○○○○○
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S A T Sep 12  Waxing Crescent ♎ Libra	D A Y	Energy ○○○○○○○○ Focus ○○○○○○○○
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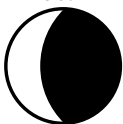
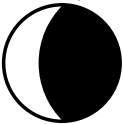
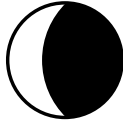
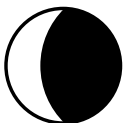
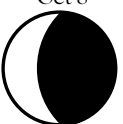
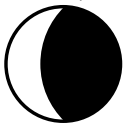
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<p>M O N Sep 14</p>  <p>Waxing Crescent ♏ Scorpio</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😈</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T U E Sep 15</p>  <p>Waxing Crescent ♏ Scorpio</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😈</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>W E D Sep 16</p>  <p>Waxing Crescent ♏ Scorpio to ♐ Sagittarius</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😈</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T H U Sep 17</p>  <p>Waxing Crescent ♐ Sagittarius</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😈</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>F R I Sep 18</p>  <p>First Quarter ♐ Sagittarius</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😈</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>S A T Sep 19</p>  <p>First Quarter ♑ Capricorn</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😈</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>



LIBRA

S U N	D A Y —	Energy ○○○○○○○○ Focus ○○○○○○○○
	<input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal 	Feelings and Plans:
M O N	D A Y —	Energy ○○○○○○○○ Focus ○○○○○○○○
	<input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal 	Feelings and Plans:
T U E Sep 22  Waxing Gibbous ♊ Aquarius	D A Y —	Energy ○○○○○○○○ Focus ○○○○○○○○
	<input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal 	Feelings and Plans:
W E D Sep 23  Waxing Gibbous ♊ Aquarius	D A Y —	Energy ○○○○○○○○ Focus ○○○○○○○○
	<input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal 	Feelings and Plans:
T H U Sep 24  Waxing Gibbous ♋ Pisces	D A Y —	Energy ○○○○○○○○ Focus ○○○○○○○○
	<input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal 	Feelings and Plans:
F R I Sep 25  Waxing Gibbous ♋ Pisces	D A Y —	Energy ○○○○○○○○ Focus ○○○○○○○○
	<input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal 	Feelings and Plans:
S A T Sep 26  Full Moon ♈ Aries	D A Y —	Energy ○○○○○○○○ Focus ○○○○○○○○
	<input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal 	Feelings and Plans:

<p>SUN Sep 27</p>  <p>Waning Gibbous ♈Aries</p>	<p>DAY</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>
<p>MON Sep 28</p>  <p>Waning Gibbous ♉Taurus</p>	<p>DAY</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>
<p>TUE Sep 29</p>  <p>Waning Gibbous ♉Taurus</p>	<p>DAY</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>
<p>WED Sep 30</p>  <p>Waning Gibbous ♉Taurus to ♊Gemini</p>	<p>DAY</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>
<p>THU Oct 1</p>  <p>Waning Gibbous ♊Gemini</p>	<p>DAY</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>
<p>FR I Oct 2</p>  <p>Waning Gibbous ♊Gemini to ♋Cancer</p>	<p>DAY</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>
<p>SAT Oct 3</p>  <p>Last Quarter ♋Cancer</p>	<p>DAY</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>

<p>S U N Oct 4</p>  <p>Waning Crescent ♋Cancer to ♌Leo</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😈</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>M O N Oct 5</p>  <p>Waning Crescent ♌Leo</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😈</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T U E Oct 6</p>  <p>Waning Crescent ♌Leo</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😈</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>W E D Oct 7</p>  <p>Waning Crescent ♍Virgo</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😈</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T H U Oct 8</p>  <p>Waning Crescent ♍Virgo</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😈</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>F R I Oct 9</p>  <p>Waning Crescent ♎Libra</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😈</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>S A T</p>	<p>D A Y ___</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😈</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p> <p>Feelings and Plans:</p>

# LUNATION RECAP

List any progress made or notable things that happened here including any journal entries, observations of the body or menstrual cycle with the Moon or anything else that stands out from the lunation you've just completed.

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# LUNATION # 11

October 10 - November 8

This Lunation starts with a New Moon in Libra. The themes highlighted may be balance, harmony, relationships and justice. Later in this cycle, the Full Moon in Taurus may bring attention to stability, sensuality, the body, possessions and the physical realm. Please list here any goals/dreams or even feelings/impressions you get about this next cycle. You can also save space here to come back and revisit what you wrote previously.

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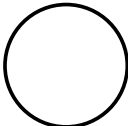
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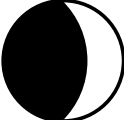
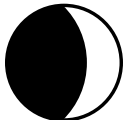
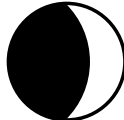
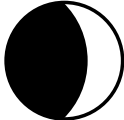
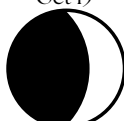
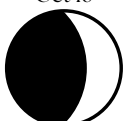
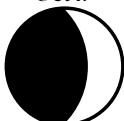
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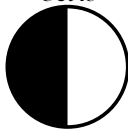
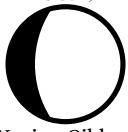





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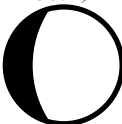
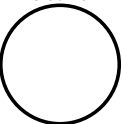
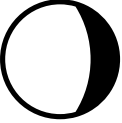
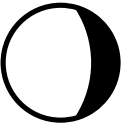
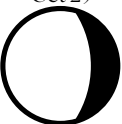
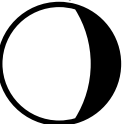
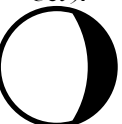
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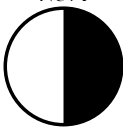
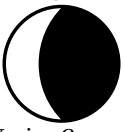


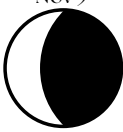
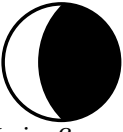
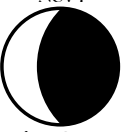
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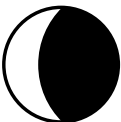
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	<input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal	Feelings and Plans:	
M O N	D A Y _____	Energy <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	Focus <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
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T U E	D A Y _____	Energy <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	Focus <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
	<input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal	Feelings and Plans:	
W E D	D A Y _____	Energy <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	Focus <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
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S A T Oct 10  New Moon ♎ Libra	D A Y _____	Energy <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	Focus <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
	<input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal	Feelings and Plans:	

<p>SUN Oct 11</p>  <p>Waxing Crescent ♏ Scorpio</p>	<p>DAY</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
<p>MON Oct 12</p>  <p>Waxing Crescent ♏ Scorpio</p>	<p>DAY</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
<p>TUE Oct 13</p>  <p>Waxing Crescent ♏ Scorpio to ♐ Sagittarius</p>	<p>DAY</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
<p>WED Oct 14</p>  <p>Waxing Crescent ♐ Sagittarius</p>	<p>DAY</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
<p>THU Oct 15</p>  <p>Waxing Crescent ♐ Sagittarius</p>	<p>DAY</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
<p>FRI Oct 16</p>  <p>Waxing Crescent ♑ Capricorn</p>	<p>DAY</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
<p>SAT Oct 17</p>  <p>Waxing Crescent ♑ Capricorn</p>	<p>DAY</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>

<p>SUN Oct 18</p>  <p>First Quarter ♄ Capricorn to ♒ Aquarius</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😒 😡</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>MON Oct 19</p>  <p>Waxing Gibbous ♒ Aquarius</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😒 😡</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>TUE Oct 20</p>  <p>Waxing Gibbous ♒ Aquarius</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😒 😡</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>WED Oct 21</p>  <p>Waxing Gibbous ♈ Pisces</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😒 😡</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>THU Oct 22</p>  <p>Waxing Gibbous ♈ Pisces</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😒 😡</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>FRI Oct 23</p>  <p>Waxing Gibbous ♈ Pisces to ♈ Aries</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😒 😡</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>SAT Oct 24</p>  <p>Waxing Gibbous ♈ Aries</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😒 😡</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>

<p>SUN Oct 25</p>  <p>Waxing Gibbous ♈ Aries to ♉ Taurus</p>	<p>DAY —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
<p>MON Oct 26</p>  <p>Full Moon ♉ Taurus</p>	<p>DAY —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
<p>TUE Oct 27</p>  <p>Waning Gibbous ♉ Taurus</p>	<p>DAY —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
<p>WED Oct 28</p>  <p>Waning Gibbous ♊ Gemini</p>	<p>DAY —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
<p>THU Oct 29</p>  <p>Waning Gibbous ♊ Gemini</p>	<p>DAY —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
<p>FR I Oct 30</p>  <p>Waning Gibbous ♋ Cancer</p>	<p>DAY —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
<p>SAT Oct 31</p>  <p>Waning Gibbous ♋ Cancer</p>	<p>DAY —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>

<p>SUN Nov 1</p>  <p>Last Quarter ♌ Leo</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😟 😡 😤</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>MON Nov 2</p>  <p>Waning Crescent ♌ Leo</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😟 😡 😤</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>TUE Nov 3</p>  <p>Waning Crescent ♍ Virgo</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😟 😡 😤</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>WED Nov 4</p>  <p>Waning Crescent ♍ Virgo</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😟 😡 😤</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>THU Nov 5</p>  <p>Waning Crescent ♎ Libra</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😟 😡 😤</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>FRI Nov 6</p>  <p>Waning Crescent ♎ Libra</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😟 😡 😤</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>SAT Nov 7</p>  <p>Waning Crescent ♎ Libra to ♏ Scorpio</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😟 😡 😤</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>

<p>SUN Nov 8</p>  <p>Waning Crescent ♏ Scorpio</p>	<p>DAY</p> <p>—</p>	<p>Energy ○○○○○○○○○</p> <p>Focus ○○○○○○○○○</p>
	<p><input type="checkbox"/> menstrual</p> <p><input type="checkbox"/> follicular</p> <p><input type="checkbox"/> ovulatory</p> <p><input type="checkbox"/> luteal</p> <p>😊 😐 😞</p> <p>😄 😔 😡</p>	

## LUNATION RECAP

List any progress made or notable things that happened here including any journal entries, observations of the body or menstrual cycle with the Moon or anything else that stands out from the lunation you've just completed.

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## LUNATION #12

November 9 - December 7

This Lunation starts with a New Moon in Scorpio. The relevant themes may be secrecy, intuition and transformation. Later in this cycle, the Full Moon in Gemini may bring attention to communication, curiosity and playfulness. Please list here any goals/dreams or even feelings/impressions you get about this next cycle. You can also save space here to come back and revisit what you wrote previously.

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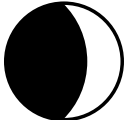
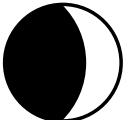
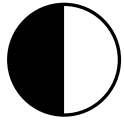
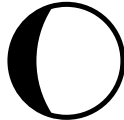
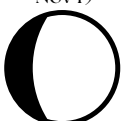
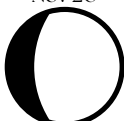
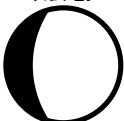
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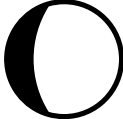
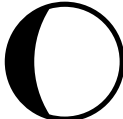
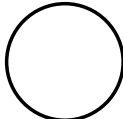
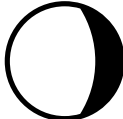
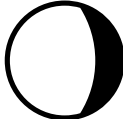
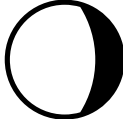
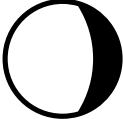
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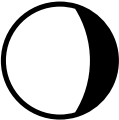
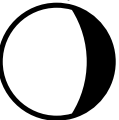
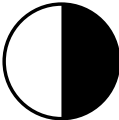
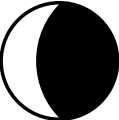

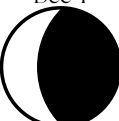
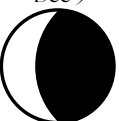
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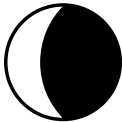
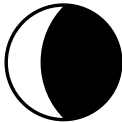
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<p>SUN Nov 15</p>  <p>Waxing Crescent ♈ Aquarius</p>	<p>DAY</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
<p>MON Nov 16</p>  <p>Waxing Crescent ♈ Aquarius</p>	<p>DAY</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
<p>TUE Nov 17</p>  <p>First Quarter ♈ Aquarius to ♋ Pisces</p>	<p>DAY</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
<p>WED Nov 18</p>  <p>Waxing Gibbous ♋ Pisces</p>	<p>DAY</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
<p>THU Nov 19</p>  <p>Waxing Gibbous ♋ Pisces</p>	<p>DAY</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
<p>FRI Nov 20</p>  <p>Waxing Gibbous ♈ Aries</p>	<p>DAY</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>
<p>SAT Nov 21</p>  <p>Waxing Gibbous ♈ Aries</p>	<p>DAY</p> <p>—</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p>

<p>SUN Nov 22</p>  <p>Waxing Gibbous ♋ Taurus</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>MON Nov 23</p>  <p>Waxing Gibbous ♋ Taurus</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>TUE Nov 24</p>  <p>Full Moon ♌ Gemini</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>WED Nov 25</p>  <p>Waning Gibbous ♌ Gemini</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>THU Nov 26</p>  <p>Waning Gibbous ♍ Cancer</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>FRI Nov 27</p>  <p>Waning Gibbous ♍ Cancer</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>SAT Nov 28</p>  <p>Waning Gibbous ♌ Leo</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>

<p>SUN Nov 29</p>  <p>Waning Gibbous ♌ Leo</p>	<p>DAY —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>MON Nov 30</p>  <p>Waning Gibbous ♍ Virgo</p>	<p>DAY —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>TUE Dec 1</p>  <p>Last Quarter ♍ Virgo</p>	<p>DAY —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>WED Dec 2</p>  <p>Waning Crescent ♍ Virgo to ♎ Libra</p>	<p>DAY —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>THU Dec 3</p>  <p>Waning Crescent ♎ Libra</p>	<p>DAY —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>FRI Dec 4</p>  <p>Waning Crescent ♎ Libra</p>	<p>DAY —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>SAT Dec 5</p>  <p>Waning Crescent ♏ Scorpio</p>	<p>DAY —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>

<p>S U N Dec 6</p>  <p>Waning Crescent ♏ Scorpio</p>	<p>D A Y ____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>M O N Dec 7</p>  <p>Waning Crescent ♐ Sagittarius</p>	<p>D A Y ____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T U E</p>	<p>D A Y ____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>W E D</p>	<p>D A Y ____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T H U</p>	<p>D A Y ____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>F R I</p>	<p>D A Y ____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>S A T</p>	<p>D A Y ____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😡 😱</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p> <p>Feelings and Plans:</p>

# LUNATION RECAP

List any progress made or notable things that happened here including any journal entries, observations of the body or menstrual cycle with the Moon or anything else that stands out from the lunation you've just completed.

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## LUNATION #13

December 8 - January 6

This is the last Lunation of the year! This one starts with a New Moon in Sagittarius. Themes around freedom, travel, expansion and philosophy may arise. Later in this cycle, we experience a Full Moon in Cancer which may bring attention to emotions, home, nurturing and security. Please list here any goals/dreams or even feelings/impressions you get about this next cycle. You can also save space here to come back and revisit what you wrote previously.

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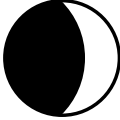
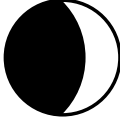
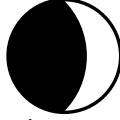
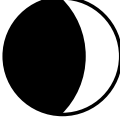
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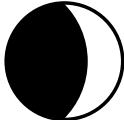
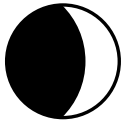
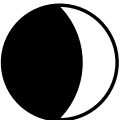
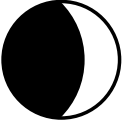
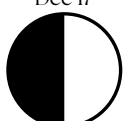
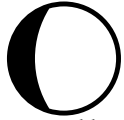

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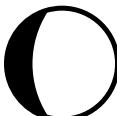

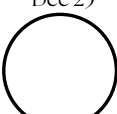



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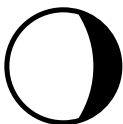
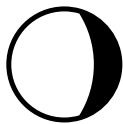
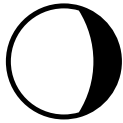
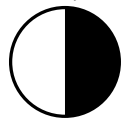
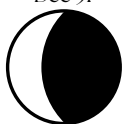
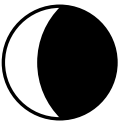
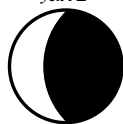
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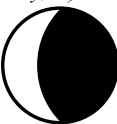
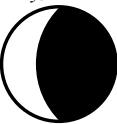
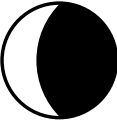
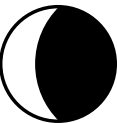
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M O N	D A Y —	Energy ○○○○○○○○○ Focus ○○○○○○○○○
	<input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal  	Feelings and Plans:
T U E Dec 8  New Moon ♐ Sagittarius	D A Y —	Energy ○○○○○○○○○ Focus ○○○○○○○○○
	<input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal  	Feelings and Plans:
W E D Dec 9  Waxing Crescent ♐ Sagittarius	D A Y —	Energy ○○○○○○○○○ Focus ○○○○○○○○○
	<input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal  	Feelings and Plans:
T H U Dec 10  Waxing Crescent ♑ Capricorn	D A Y —	Energy ○○○○○○○○○ Focus ○○○○○○○○○
	<input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal  	Feelings and Plans:
F R I Dec 11  Waxing Crescent ♑ Capricorn	D A Y —	Energy ○○○○○○○○○ Focus ○○○○○○○○○
	<input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal  	Feelings and Plans:
S A T Dec 12  Waxing Crescent ♒ Aquarius	D A Y —	Energy ○○○○○○○○○ Focus ○○○○○○○○○
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<p>S U N Dec 13</p>  <p>Waxing Crescent ♈ Aquarius</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>M O N Dec 14</p>  <p>Waxing Crescent ♈ Aquarius</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T U E Dec 15</p>  <p>Waxing Crescent ♊ Pisces</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>W E D Dec 16</p>  <p>Waxing Crescent ♊ Pisces</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T H U Dec 17</p>  <p>First Quarter ♈ Aries</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>F R I Dec 18</p>  <p>Waxing Gibbous ♈ Aries</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>S A T Dec 19</p>  <p>Waxing Gibbous ♈ Aries to ♉ Taurus</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○ Focus ○○○○○○○○○</p> <p>Feelings and Plans:</p>



<p>SUN</p>	<p>DAY</p> <p>—</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>
	<p>☐ menstrual ☐ follicular ☐ ovulatory ☐ luteal</p>	<p>Feelings and Plans:</p>
	<p>😊 😐 😞 😄 😡 😱</p>	
	<p>☐ menstrual ☐ follicular ☐ ovulatory ☐ luteal</p>	
	<p>😊 😐 😞 😄 😡 😱</p>	
<p>MON Dec 21</p>  <p>Waxing Gibbous ♉Taurus to ♊Gemini</p>	<p>DAY</p> <p>—</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>
<p>☐ menstrual ☐ follicular ☐ ovulatory ☐ luteal</p>	<p>Feelings and Plans:</p>	
<p>😊 😐 😞 😄 😡 😱</p>		
<p>☐ menstrual ☐ follicular ☐ ovulatory ☐ luteal</p>		
<p>😊 😐 😞 😄 😡 😱</p>		
<p>TUE Dec 22</p>  <p>Waxing Gibbous ♊Gemini</p>	<p>DAY</p> <p>—</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>
<p>☐ menstrual ☐ follicular ☐ ovulatory ☐ luteal</p>	<p>Feelings and Plans:</p>	
<p>😊 😐 😞 😄 😡 😱</p>		
<p>☐ menstrual ☐ follicular ☐ ovulatory ☐ luteal</p>		
<p>😊 😐 😞 😄 😡 😱</p>		
<p>WED Dec 23</p>  <p>Full Moon ♊Gemini to ♋Cancer</p>	<p>DAY</p> <p>—</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>
<p>☐ menstrual ☐ follicular ☐ ovulatory ☐ luteal</p>	<p>Feelings and Plans:</p>	
<p>😊 😐 😞 😄 😡 😱</p>		
<p>☐ menstrual ☐ follicular ☐ ovulatory ☐ luteal</p>		
<p>😊 😐 😞 😄 😡 😱</p>		
<p>THU Dec 24</p>  <p>Waning Gibbous ♋Cancer</p>	<p>DAY</p> <p>—</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>
<p>☐ menstrual ☐ follicular ☐ ovulatory ☐ luteal</p>	<p>Feelings and Plans:</p>	
<p>😊 😐 😞 😄 😡 😱</p>		
<p>☐ menstrual ☐ follicular ☐ ovulatory ☐ luteal</p>		
<p>😊 😐 😞 😄 😡 😱</p>		
<p>FRI Dec 25</p>  <p>Waning Gibbous ♋Cancer to ♌Leo</p>	<p>DAY</p> <p>—</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>
<p>☐ menstrual ☐ follicular ☐ ovulatory ☐ luteal</p>	<p>Feelings and Plans:</p>	
<p>😊 😐 😞 😄 😡 😱</p>		
<p>☐ menstrual ☐ follicular ☐ ovulatory ☐ luteal</p>		
<p>😊 😐 😞 😄 😡 😱</p>		
<p>SAT Dec 26</p>  <p>Waning Gibbous ♌Leo</p>	<p>DAY</p> <p>—</p>	<p>Energy ○○○○○○○○ Focus ○○○○○○○○</p>
<p>☐ menstrual ☐ follicular ☐ ovulatory ☐ luteal</p>	<p>Feelings and Plans:</p>	
<p>😊 😐 😞 😄 😡 😱</p>		
<p>☐ menstrual ☐ follicular ☐ ovulatory ☐ luteal</p>		
<p>😊 😐 😞 😄 😡 😱</p>		

<p>S U N Dec 27</p>  <p>Waning Gibbous ♌ Leo to ♍ Virgo</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 ☹️ 😔 😡</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>M O N Dec 28</p>  <p>Waning Gibbous ♍ Virgo</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 ☹️ 😔 😡</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T U E Dec 29</p>  <p>Waning Gibbous ♍ Virgo to ♎ Libra</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 ☹️ 😔 😡</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>W E D Dec 30</p>  <p>Last Quarter ♎ Libra</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 ☹️ 😔 😡</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T H U Dec 31</p>  <p>Waning Crescent ♎ Libra</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 ☹️ 😔 😡</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>F R I Jan 1</p>  <p>Waning Crescent ♏ Scorpio</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 ☹️ 😔 😡</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>S A T Jan 2</p>  <p>Waning Crescent ♏ Scorpio</p>	<p>D A Y —</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 ☹️ 😔 😡</p>	<p>Energy ○○○○○○○○○○ Focus ○○○○○○○○○○</p> <p>Feelings and Plans:</p>

<p>S U N Jan 3</p>  <p>Waning Crescent ♏ Scorpio to ♐ Sagittarius</p>	<p>D A Y _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○○○○ Focus ○○○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>M O N Jan 4</p>  <p>Waning Crescent ♐ Sagittarius</p>	<p>D A Y _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○○○○ Focus ○○○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>T U E Jan 5</p>  <p>Waning Crescent ♐ Sagittarius</p>	<p>D A Y _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○○○○ Focus ○○○○○○○○○○○○</p> <p>Feelings and Plans:</p>
<p>W E D Jan 6</p>  <p>Waning Crescent ♑ Capricorn</p>	<p>D A Y _____</p> <p><input type="checkbox"/> menstrual <input type="checkbox"/> follicular <input type="checkbox"/> ovulatory <input type="checkbox"/> luteal</p> <p>😊 😐 😞 😄 😓 😡</p>	<p>Energy ○○○○○○○○○○○○ Focus ○○○○○○○○○○○○</p> <p>Feelings and Plans:</p>

## The whole cycle is complete!

You've completed 13 full Lunations! Please note anything here that you noticed about your year of tracking the phases of the Moon and of your body. All thoughts, impressions and feelings are important. What were the biggest lessons and challenges of the year? What were the lessons for you in following cycles?

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# Major Moon Phase Prompts

These are optional, but will help you tune yourself to the Moon's energy on the appropriate days

**December 19** – *New Moon in Sagittarius* – What new truth or vision for my life feels ready to take root in my heart and body?

**December 27** – *First Quarter Moon in Aries* – Where do I need to summon courage and physical energy to overcome hesitation?

**January 3** – *Full Moon in Cancer* – What emotional needs are being illuminated, and how can I nurture my body as a sanctuary?

**January 10** – *Last Quarter Moon in Libra* – What relationships or habits no longer bring balance to my mind and body?

**January 18** – *New Moon in Capricorn* – What structures or commitments could strengthen my emotional and physical resilience?

**January 26** – *First Quarter Moon in Taurus* – Where am I being called to take steady, tangible steps toward emotional security?

**February 1** – *Full Moon in Leo* – How can I honor the full expression of my heart and vitality without fear of judgment?

**February 9** – *Last Quarter Moon in Scorpio* – What deep emotional attachments or physical tensions am I ready to release?

**February 17** – *Solar Eclipse in Aquarius* – What future vision is asking me to clear space emotionally and physically for transformation?

**February 24** – *First Quarter Moon in Gemini* – How can I take deliberate action to align my thoughts with the needs of my body?

**March 3** – *Lunar Eclipse in Virgo* – What physical or emotional habits need to be shed for me to feel whole and present?

**March 11** – *Last Quarter Moon in Sagittarius* – Where can I let go of outdated beliefs that weigh down my spirit and body?

**March 18** – *New Moon in Pisces* – What dream or feeling within me is ready to quietly begin taking form?

**March 25** – *First Quarter Moon in Cancer* – How can I actively create more safety and nourishment for my emotional body?

**April 1** – *Full Moon in Libra* – What truths about my relationships are reflected in how my body feels right now?

**April 10** – *Last Quarter Moon in Capricorn* – What emotional burdens could I release to lighten my physical and mental load?

**April 17** – *New Moon in Aries* – What fresh action can I take to ignite vitality in my body and spirit?

**April 24** – *First Quarter Moon in Leo* – Where do I need to confidently stand in my own creative and emotional strength?

**May 1** – *Full Moon in Scorpio* – What buried emotions are surfacing, and how can I safely process them through my body?

**May 9** – *Last Quarter Moon in Aquarius* – What detachment or change could bring me greater emotional and physical freedom?

**May 16** – *New Moon in Taurus* – What small, steady choice could deepen my sense of physical and emotional comfort?

**May 23** – *First Quarter Moon in Virgo* – Where do I need to take mindful, practical steps to support my well-being?

**May 31** – *Blue Moon in Sagittarius* – How can I expand my perspective in a way that energizes both my mind and body?

**June 8** – *Last Quarter Moon in Pisces* – What illusions or emotional fog could I clear to feel more grounded in my body?

**June 14** – *New Moon in Gemini* – What new way of thinking could bring lightness and flexibility to my emotional state?

**June 21** – *First Quarter Moon in Libra* – How can I take an intentional step toward harmony in my relationships and body?

**June 29** – *Full Moon in Capricorn* – What achievements or responsibilities are weighing on my body, and which bring pride?

**July 7** – *Last Quarter Moon in Aries* – What impulsive habits can I release to restore balance to my energy?

**July 14** – *New Moon in Cancer* – What emotional roots am I ready to nurture for deeper safety and comfort?

**July 21** – *First Quarter Moon in Libra* – What deliberate action could bring more equilibrium to my emotions and body?

**July 29** – *Full Moon in Aquarius* – How can I embrace my uniqueness while staying connected to my emotional needs?

**August 5** – *Last Quarter Moon in Taurus* – What comfort or stability am I holding onto that may now be slowing my growth?

**August 12** – *Solar Eclipse in Leo* – How can I clear away fear of visibility so my full vitality can shine?

**August 19** – *First Quarter Moon in Scorpio* – What deep truth needs my courage to act on for emotional renewal?

**August 28** – *Lunar Eclipse in Pisces* – What illusions or emotional dreams must I release to feel truly present in my body?

**September 4** – *Last Quarter Moon in Gemini* – What mental chatter could I let go of to create peace in my body and mind?

**September 10** – *New Moon in Virgo* – What intentional routine could bring greater emotional and physical balance?

**September 18** – *First Quarter Moon in Sagittarius* – Where can I take a bold step toward a more open-hearted and active life?

**September 26** – *Full Moon in Aries* – What emotions are fueling my actions, and how do they feel in my body?

**October 3** – *Last Quarter Moon in Cancer* – What emotional patterns from my past am I ready to release from my body?

**October 10** – *New Moon in Libra* – What intention could restore beauty and balance to my emotional and physical world?

**October 18** – *First Quarter Moon in Capricorn* – What disciplined step could I take now to protect my emotional energy?

**October 26** – *Full Moon in Taurus* – What sensory pleasures or sources of comfort are asking for my full attention?

**November 1** – *Third Quarter Moon in Leo* – What self-image or prideful habit could I let go of to live more authentically?

**November 9** – *New Moon in Scorpio* – What truth or transformation am I ready to invite into my emotional and physical life?

**November 17** – *First Quarter Moon in Aquarius* – What unconventional step could I take toward greater emotional independence?

**November 24** – *Full Moon in Gemini* – What truths am I ready to voice, and how does speaking them affect my body?

**December 1** – *Last Quarter Moon in Virgo* – What perfectionism or self-criticism can I release for my body to feel lighter?

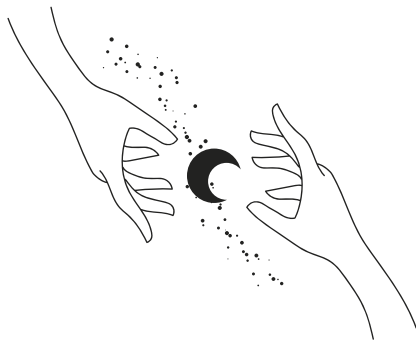
**December 8** – *New Moon in Sagittarius* – What new horizon calls me toward greater vitality and joy?

**December 17** – *First Quarter Moon in Pisces* – What compassionate action could I take to nurture both my emotions and my body?

**December 23** – *Full Moon in Cancer* – How can I create a sense of home within my body and emotional world?

**December 30** – *Last Quarter Moon in Libra* – What imbalance am I ready to let go of to bring peace to my heart and body?

# The journey continues!



Thank you for journeying through the 2026 Cycles Journal. I hope these pages gave you a safe place to observe how your body moves through cycles and how closely the Moon follows our inner patterns, but this isn't the end. There are many more cycles to come!

Be sure to look for the 2027 Cycles Journal, coming next year. I also make a yearly Moon Calendar poster print that also shows you all of the phases of the year. Don't forget to check it out. May each new cycle bring you clarity, renewal, and a deeper sense of alignment!

If you'd like to explore more of my work, including readings, astrological tracking or artwork, you can find me at:

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<http://www.instagram.com/trinadoodles>







The Moon moves in cycles,  
and so do we. This journal is a  
place to observe, reflect, and  
reconnect with your body and  
the Moon, helping you honor  
sacred rhythms and find  
meaning in life's patterns.