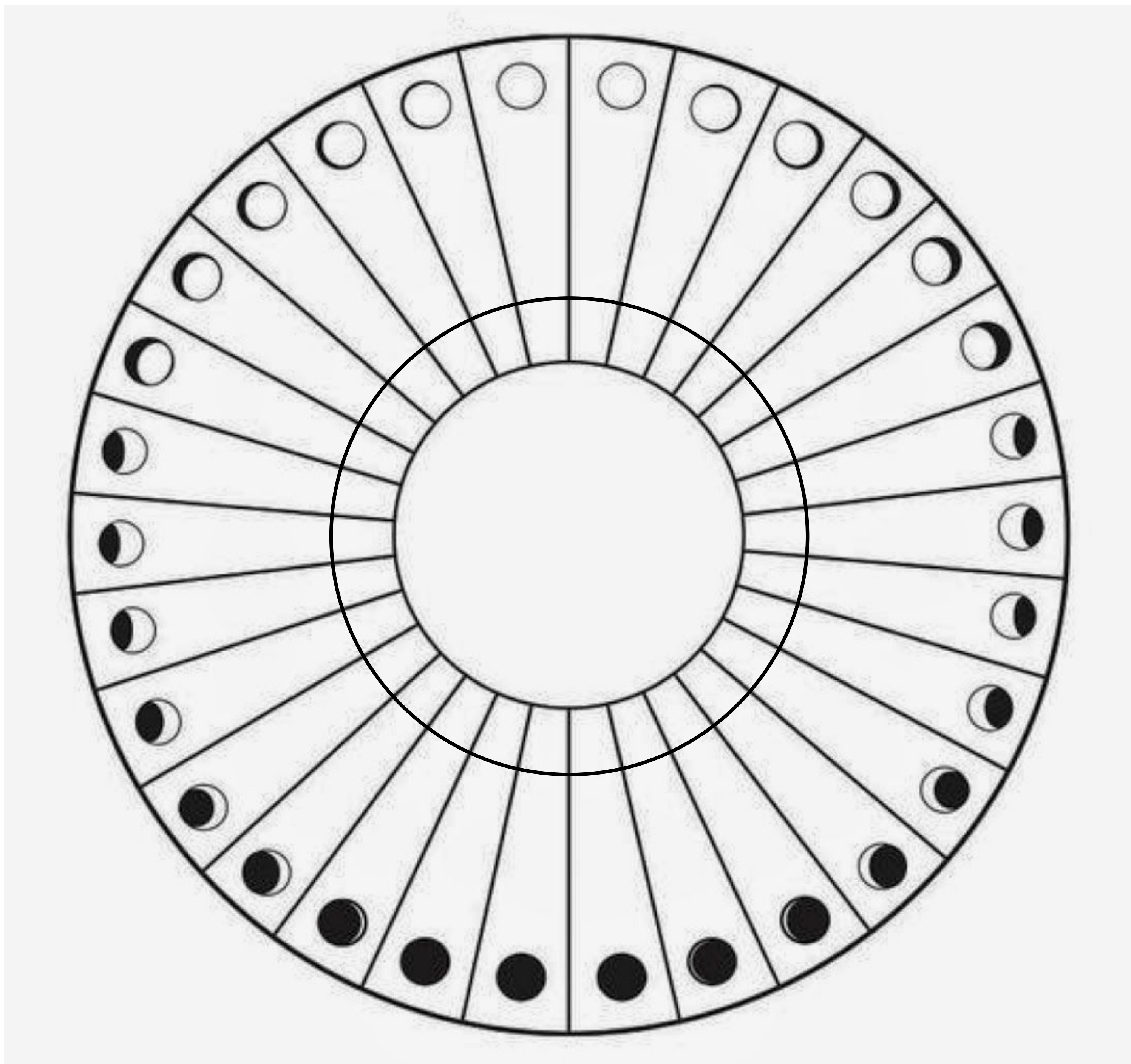


Charting by the Moon



Lakeland Wellbeing



Write the date and day number of your cycle in the middle corresponding to the moon phase. Each day, as you go to bed, reflect how you have felt physically, emotionally, spiritually, sexually. Mark the days of your period and any changes in bleed/symptoms/mood. You can be as creative as you like with this chart - using colours or symbols to brighten it up a bit.

As you complete the chart each month you might begin to notice patterns of behaviour/mood/physical sensations as the moon completes her cycle.