

Track Your Relationship to the Lunar Cycle

Date

Lunar Cycle

Energy Level

Low 0 1 2 3 4 5 6 7 8 9 10 High

Additional notes (e.g. how does energy vary during the day?)

Mood/Emotional Experience (present, wired, disconnected, anxious, calm, irritated etc)

Physical Symptoms (pain, tension, cramps, constipation, restlessness, headache, fatigue etc)

Sleep & Dream Experience (quality of sleep, time when waking, any dreams (theme of dreams?))

Social Experience (confident, withdrawn, inadequate, calm, bolstered by company, irritable)

Menstrual Cycle & Day (menstrual, follicular, ovulation, luteal)

Notes (additional observations)