

February SELF-CARE TRACKER

As a woman, our cycles align beautifully to the rhythms of the moon. The cycle our **hormones** takes **28 days** and matches the energy of the moon cycle.

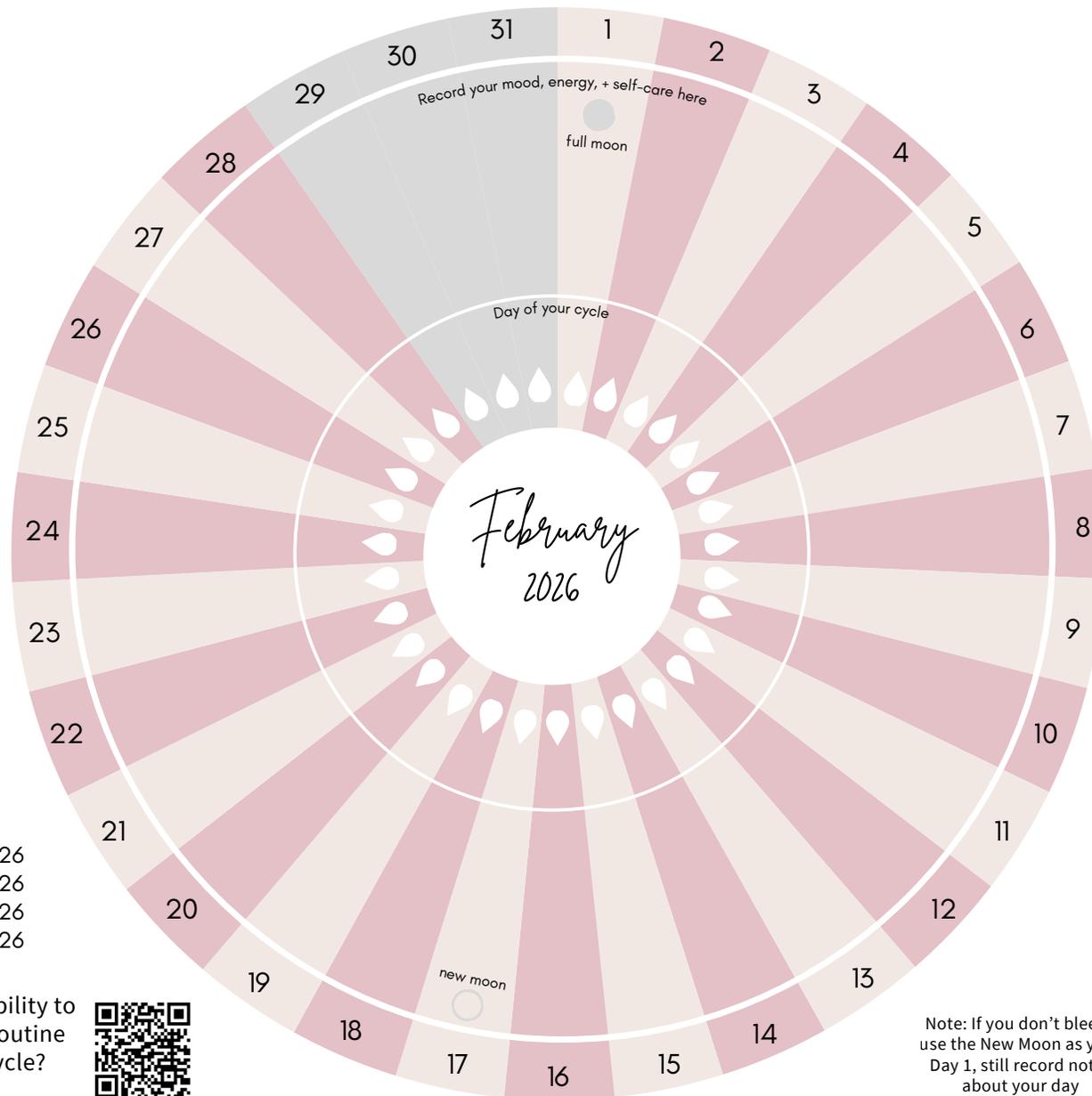
I call this Moon Cycle Flow

Just as the light of the moon ebbs + flows throughout the month, there are days when our energy + hormones are high and there are days when our energy + hormones are low.

Before artificial lighting, the female cycle synced perfectly with the moon. Now, you might find that you **bleed** at the **new moon** or maybe at the **full moon**, but keeping track of your rhythm will help you to plan out your lifestyle and your **self-care** throughout the month.

- Full Moon: 2/1/26
- Last Quarter: 2/9/26
- New Moon: 2/17/26
- First Quarter: 2/24/26

Do you want some accountability to help you set up a self-care routine that is aligned with your cycle? Learn more here [➔](#)



USING THIS CHART:
This circular chart represents the days in the month, with the **New Moon** + **Full Moon** noted near the date.

The drops around the center are a quick way for you to notate your bleeding days; the space above the **droplets** is space for recording your **Moon Cycle date**.

Day 1 starts on the first full day of bleeding. Most cycles are 28 days, with **ovulation** happening in the middle.

Use the space between the rings to take notes about each day -

- the self-care you did (see next page)
- the way you felt emotionally, mentally, or physically
- your fasting/eating windows
- your feminine energy
- family interactions
- **anything to help you gather data about your moon cycle patterns**

Note: If you don't bleed, use the New Moon as your Day 1, still record notes about your day



Below you will find self-care ideas for each phase of your Moon Cycle to fill in your chart each day.

February SELF-CARE TRACKER

Day 1 is the first full day of bleeding + if you don't bleed, then use the **New Moon** as your Day 1.

Menstruation

Days 1 - 6

WISE CRONE

NEW MOON - WINTER

optimal fasting window: 13-72 hrs
best foods: ketobiotic

Mind

- Journal prompt: write a love letter to yourself, reflecting on your strengths + growth (mental self-care)
- Read a soothing poetry book or listen to calming audiobooks (emotional self-care)
- Meditate on forgiveness - release any lingering self-judgment or guilt (spiritual self-care)

Body

- Indulge in cozy self-care with a weighted blanket + warm herbal tea (emotional self-care)
- Prioritize iron-rich foods like red meat, spinach, lentils, or dark chocolate (physical self-care)
- Fast for 17 hours (feminine self-care)

Energy

- Embrace quiet evenings to recharge emotionally & energetically (emotional self-care)
- Practice gentle yoga or stretching to ease tension (physical self-care)
- Light a red or pink candle & focus on your inner warmth (spiritual)
- Affirm: "My body's need for rest is wise, valid, and sacred."

Follicular

Days 7-10

SWEET MAIDEN

WAXING MOON - SPRING

optimal fasting window: 13-72 hrs
best foods: ketobiotic

Mind

- Journal prompt: Write down your goals for connection this month - whether with yourself or others (mental self-care)
- Brainstorm fun Valentine's or Galentine's plans to share joy with loved ones (emotional self-care)
- Create a vision board centered around self-love and personal growth (mental self-care)

Body

- Start a new workout routine - Pilates, barre, or a dance class (physical self-care)
- Fast for 24 hours (feminine)
- Exfoliate and refresh your skin with a DIY scrub (physical self-care)
- Wear bright, playful colors that lift your mood (emotional self-care)

Energy

- Plan a day out with friends to reconnect and share laughter (social self-care)
- Declutter your wardrobe and donate items, clearing space for fresh energy (practical self-care)
- Affirm: "Curiosity and creativity guide me forward with ease."

Ovulation

Days 11-19

WILD QUEEN

FULL MOON - SUMMER

ofasting window: 13-15 hrs pre-ovulation
13-72 hrs post-ovulation
best foods: hormone feasting

Mind

- Journal prompt: Make a list of things you love about yourself and your life (mental self-care)
- Have deep, heart-centered conversations with loved ones or mentors (emotional self-care)
- Read a book about embracing feminine energy (mental self-care)

Body

- Try a new makeup look or ritual that makes you feel feminine (physical self-care)
- Cook a colorful, love-inspired meal to share (social self-care)
- Intermittent fast 3 times this week - 13-17 hours (feminine self-care)
- Enjoy aphrodisiac-rich foods like dark chocolate, strawberries, or almonds (emotional self-care)

Energy

- Host or attend a Galentine's gathering to celebrate friendship + connection (social self-care)
- Volunteer in a way that fuels your sense of purpose (emotional self-care)
- Affirm: "My presence brings warmth, kindness, and clarity to others."

Luteal

Days 20-28 (bleed)

MOTHER MUSE

WANING MOON - AUTUMN

optimal fasting window: none
best foods: hormone feasting

Mind

- Journal prompt: Reflect on your month & your emotional journey (mental self-care)
- Plan small self-love gestures, like writing daily affirmations or acts of kindness (emotional self-care)
- Organize your schedule for the rest of the month (practical self-care)

Body

- Engage in restorative exercises like yin yoga or walking in nature (feminine self-care)
- Focus on nutrient-dense, grounding foods like sweet potatoes, oats, or nuts (physical self-care)
- Create a calming nighttime routine with essential oils like chamomile or vanilla (emotional self-care)

Energy

- Practice gratitude by listing 10 things that brought you joy this month (mental self-care)
- Spend time in solitude for introspection and to nurture your inner calm (emotional self-care)
- Affirm: "I honor my emotions and listen to what they are teaching me."

