

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

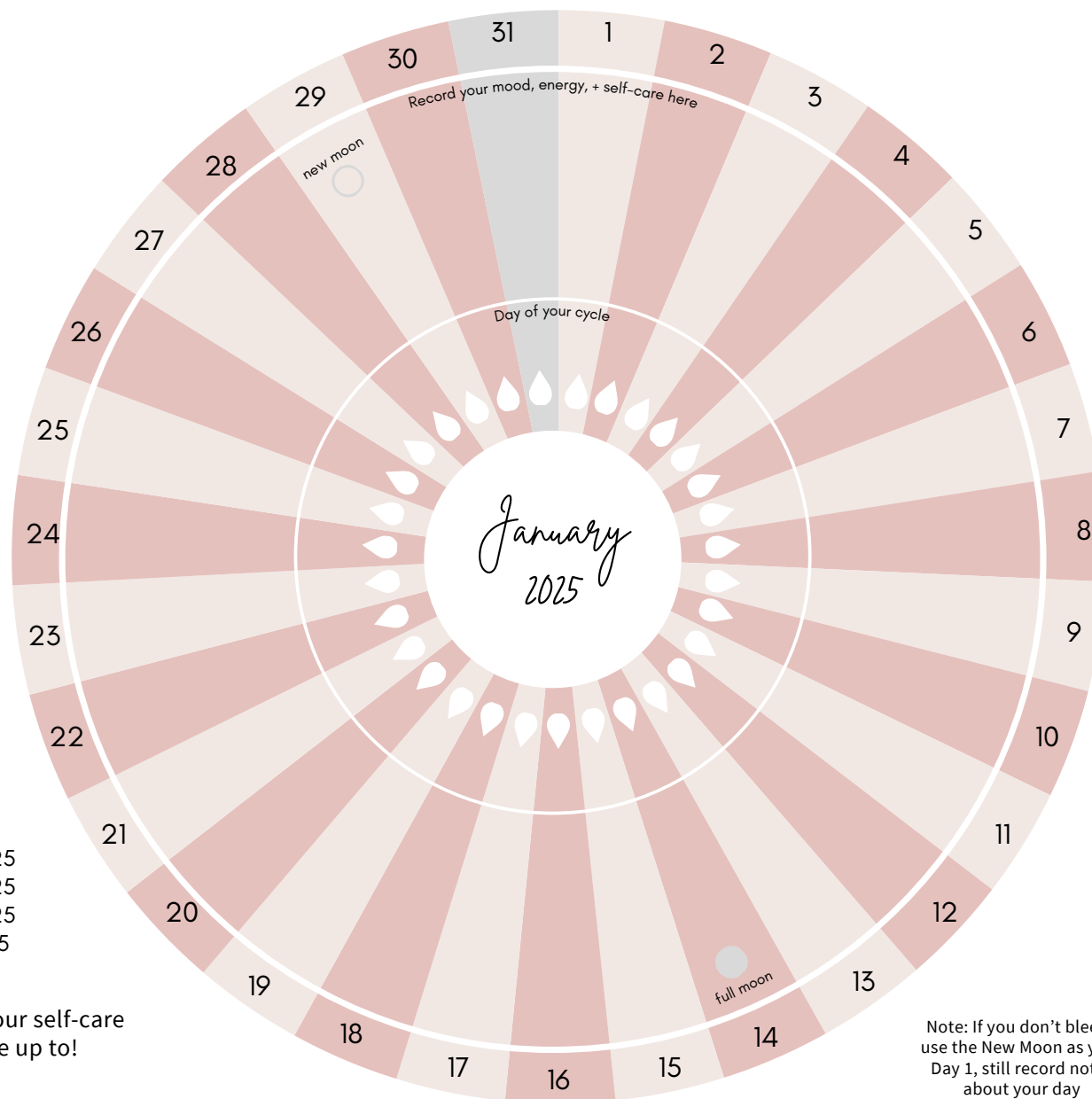
Just as the light of the moon ebbs + flows throughout the month, there are days when our energy + hormones are high and there are days when our energy + hormones are low.

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.

- First Quarter: 1/7/25
- Full Moon: 1/14/25
- Last Quarter: 1/22/25
- New Moon: 1/29/25

Tag me when you're doing your self-care
- I wanna see what you're up to!
@mrsmooney

January SELF-CARE CALENDAR



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

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**



January

SELF-CARE CALENDAR

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

Menstruation

Days 1 - 6

NEW MOON - WINTER

POWER PHASE I

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

Mind

- journal prompt: reflect on the past year + set 3 intentions for the new year (mental self-care)
- read a motivational book to inspire a fresh mindset (emotional self-care)
- meditate on gratitude for your growth and resilience (spiritual self-care)

Body

- sip on warm, grounding teas like ginger or turmeric to ease cramps + inflammation (physical self-care)
- take a warm bath with Epsom salts + essential oils to relax your body (emotional self-care)
- fast for 17 hours (feminine self-care)

Energy

- schedule yourself downtime to restore your energy (emotional self-care)
- practice deep breathing or restorative yoga to stay grounded (mental self-care)
- light a candle and embrace stillness for inner peace (spiritual self-care)

Follicular

Days 7-10

WAXING MOON - SPRING

POWER PHASE I

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

Mind

- brainstorm new projects or goals for the year—get creative with vision boards (mental self-care)
- take an online course to learn a new skill or hobby (mental self-care)
- plan out the month ahead, setting small, achievable milestones (practical self-care)

Body

- try a new workout or dance class to celebrate your rising energy levels (physical self-care)
- fast for 24 hours (feminine self-care)
- enjoy light, fresh meals like salads with citrus or avocado for a detoxifying start (physical self-care)
- stay hydrated (physical self-care)

Energy

- practice affirmations like “I embrace new opportunities with confidence” (emotional self-care)
- organize and declutter a space in your home to reflect your fresh mindset (practical self-care)
- connect with friends or like-minded women to share ideas and goals (social self-care)

Ovulation

Days 11-19

FULL MOON - SUMMER

MANIFESTATION (11-15) +
POWER PHASE II (16-19)

optimal fasting window: 13-15 hrs +
13-72 hrs
best foods: hormone feasting

Mind

- make time for brainstorming + problem-solving for your yearly goals (mental self-care)
- write out affirmations to enhance your confidence + clarity (emotional self-care)
- plan meaningful conversations or collaborations with others (social self-care)

Body

- enjoy high-energy workouts like cycling, HIIT, or a long hike (physical self-care)
- intermittent fast 3 times this week - 13-17 hours (feminine self-care)
- eat vibrant, nutrient-dense foods like berries, leafy greens, + quinoa (physical self-care)

Energy

- attend or host a social gathering (social self-care)
- volunteer in community to share your warmth + generosity (emotional self-care)
- express yourself through a creative outlet (spiritual self-care)

Luteal

Days 20-28 (bleed)

WANING MOON - AUTUMN

NURTURE PHASE

optimal fasting window: none
best foods: hormone feasting

Mind

- journal prompt: reflect on your progress with your January goals + adjust as needed (mental self-care)
- write a “done” list instead of a “to-do” list to honor what you’ve accomplished (practical self-care)
- practice gratitude journaling for the small wins of the month (spiritual self-care)

Body

- do calming exercises like yin yoga or Pilates to release tension (feminine self-care)
- eat warming, grounding meals like soups, stews, or roasted veggies (physical self-care)
- pamper yourself with an at-home spa day—facials, scrubs, + cozy socks (emotional self-care)

Energy

- create a cozy evening with candles + a good book (mental self-care)
- say “no” to extra commitments to protect your energy (emotional self-care)
- connect with your intuition through oracle cards or quiet meditation (spiritual self-care)

