

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.

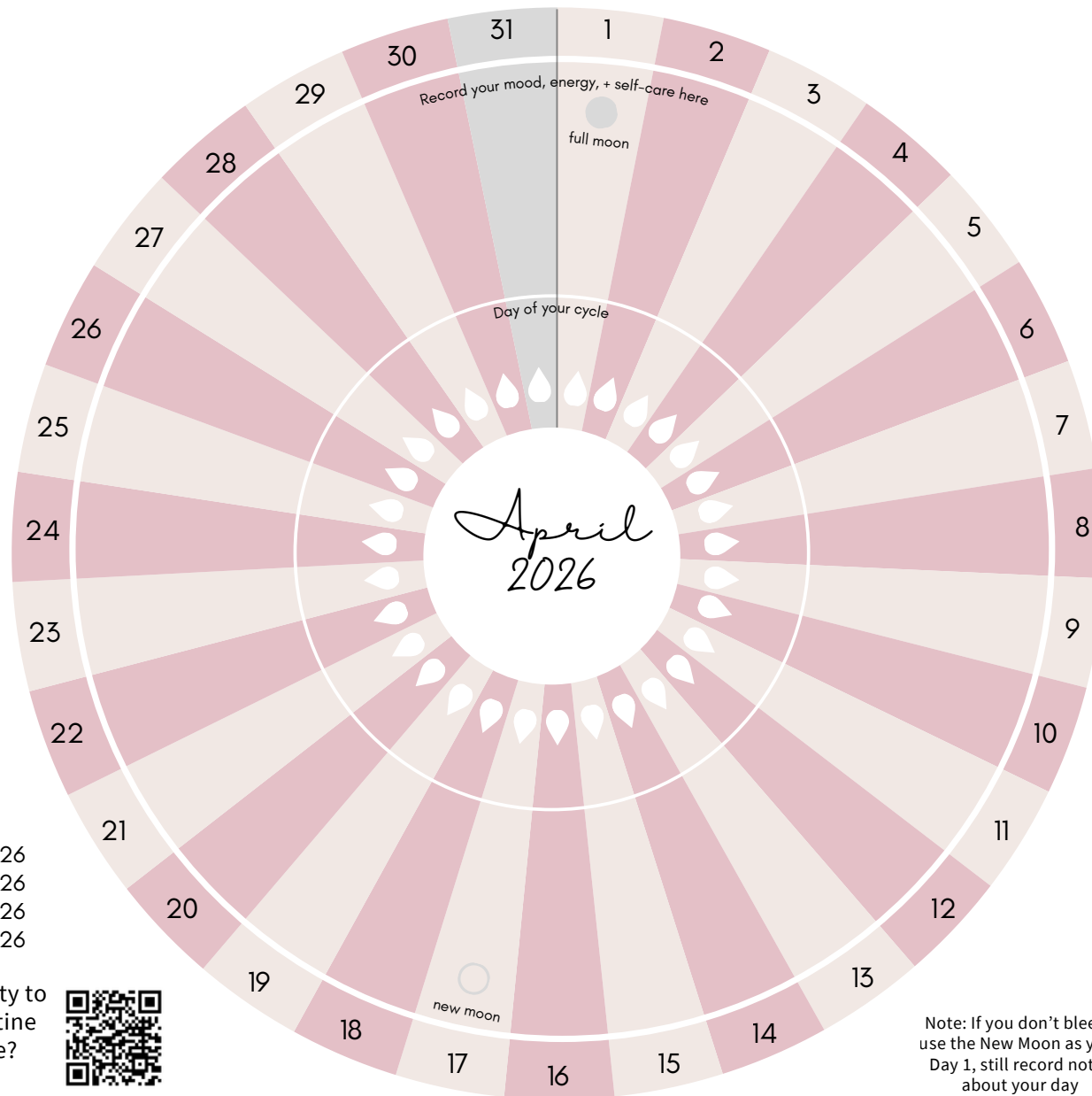
Before artificial lighting, the female cycle synced perfectly with the moon. Now, you might find that you **bleed** at the **new moon** or maybe at the **full moon**, but keeping track of your rhythm will help you to plan out your lifestyle and your **self-care** throughout the month.

- Full Moon: 4/1/26
- Last Quarter: 4/9/26
- New Moon: 4/17/26
- First Quarter: 4/24/26

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



# April SELF-CARE TRACKER



**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.

# April

## 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: Where do I need more softness in my life? (mental self-care)
- Try a guided "letting go" meditation focused on emotional release (emotional self-care)
- Listen to soft acoustic or lo-fi music & simply "be" (mental self-care)

#### Body

- Try an herbal steam with calming herbs like lavender or chamomile (emotional self-care)
- Give yourself a 10-minute foot massage with oil (physical self-care)
- Fast for at least 17 hours (feminine self-care)
- Aim to lower carbs/glucose to support estrogen growth (feminine self-care)

#### Energy

- Cancel something optional on your calendar (mental self-care)
- Write your dreams from the past few nights; your subconscious is extra active now (mental self-care)
- Affirm: "I honor the quiet beginnings unfolding."

### Follicular

Days 7-10

**SWEET MAIDEN**

**WAXING MOON - SPRING**

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

#### Mind

- Journal prompt: What ideas feel exciting and alive right now? (mental self-care)
- Make a vision board with magazine clippings for your spring intentions (mental self-care)
- Watch a TED Talk that inspires curiosity or creative thinking (mental self-care)

#### Body

- Try a new type of movement (roller skating, hula hooping, barre, etc.) (physical self-care)
- Fast for 24 hours (feminine self-care)
- Eat fresh, vibrant foods like berries, greens, and citrus (physical self-care)
- Hydrate with fruit-infused water to flush + energize (physical self-care)

#### Energy

- Reorganize a self-care space to feel lighter + fresher (mental self-care)
- Dress in bright, pastel colors to match the season's vibe (emotional self-care)
- Affirm: "I am open to growth and expansion."

### Ovulation

Days 11-19

**WILD QUEEN**

**FULL MOON - SUMMER**

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

#### Mind

- Journal prompt: What connections feel nourishing right now? (mental self-care)
- Host a mini girls' night, circle, or brunch—even virtually (social self-care)
- Start a gratitude practice by voice noting 3 things daily and sending to a friend (emotional self-care)

#### Body

- Do a playlist-powered dance party in your living room—bonus if barefoot (physical self-care)
- Intermittent fast 3 times this week - 13-17 hours (feminine self-care)
- Prioritize protein + healthy fats for sustained energy (feminine self-care)

#### Energy

- Take bold action on a decision you've been putting off (emotional self-care)
- Try a bold lipstick, new outfit, or a fun body oil that makes you feel glowy (emotional self-care)
- Affirm: "I radiate confidence and joy."

### Luteal

Days 20-28 (bleed)

**MOTHER MUSE**

**WANING MOON - AUTUMN**

optimal fasting window: none  
best foods: hormone feasting

#### Mind

- Journal prompt: What can I simplify this week? (mental self-care)
- Make a no list—things you're releasing or saying no to this month (emotional self-care)
- Plan your next two weeks in low-pressure mode: "must do" vs "nice to do" (practical self-care)

#### Body

- Focus on restorative workouts like yoga or low-impact strength training (feminine self-care)
- Cook a new comforting seasonal meal (think roasted veggies with honey + herbs) (physical self-care)
- Do a face mask + quiet time with no phone—just candlelight or silence (emotional self-care)
- Take a break from fasting until you start bleeding (feminine self-care)

#### Energy

- Organize your closet and pull out 3 pieces that don't feel aligned with your current self (practical self-care)
- Reduce social commitments that feel heavy (social self-care)
- Affirm: "I honor my need for space and clarity."

