

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.

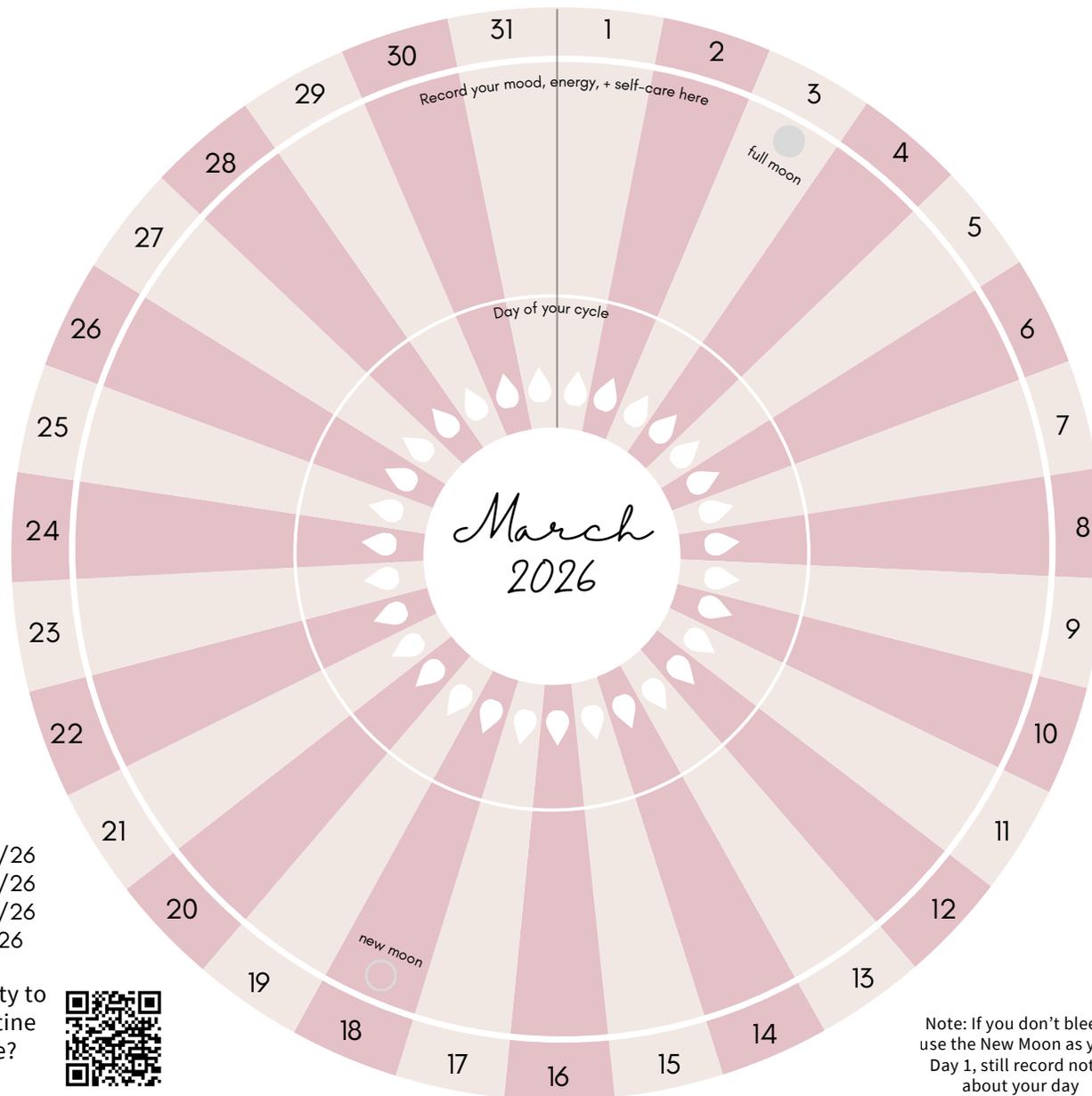
Before artificial lighting, the female cycle synced perfectly with the moon. Now, you might find that you **bleed** at the **new moon** or maybe at the **full moon**, but keeping track of your rhythm will help you to plan out your lifestyle and your **self-care** throughout the month.

- Full Moon: 3/3/26
- Waning Moon: 3/11/26
- New Moon: 3/18/26
- Waxing Moon: 3/25/26

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



March 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.

March

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

NEW MOON - WINTER
POWER PHASE I

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

Mind

- Journal prompt: what is something you are ready to release this month? (mental self-care)
- Listen to calming nature sounds or soft instrumental music (emotional self-care)
- Read a book that nurtures your soul (spiritual self-care)

Body

- Take warm baths with Epsom salts + essential oils (mental self-care)
- Enjoy warming, nourishing foods like soups, stews, + herbal teas (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

- Set a simple intention for the upcoming cycle (emotional self-care)
- Give yourself permission to rest + slow down (mental self-care)
- Affirm: "I honor my need for stillness and trust the quiet wisdom that rises when I slow down."

Follicular

Days 7-10

WAXING MOON - SPRING
POWER PHASE I

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

Mind

- Journal prompt: what is one creation you would like to manifest during your ovulation week? (mental self-care)
- Create a vision board for your spring goals (emotional self-care)
- Listen to an uplifting podcast or TED Talk (mental self-care)
- Try learning a new skill or start a creative project (mental self-care)

Body

- Increase movement with hikes, pilates, or a new workout (physical self-care)
- Fast for 24 hours (feminine self-care)
- Eat fresh, vibrant foods like berries, greens, and citrus (physical self-care)
- Refresh your skincare routine for a spring glow (physical self-care)

Energy

- Spend time outside, soaking up fresh air + sunshine (mental self-care)
- Wear brighter colors to match your rising energy (emotional self-care)
- Affirm: "I welcome fresh energy as my inner spring begins to bloom."

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

- Journal prompt: write a love letter to yourself, focusing on your strengths (mental self-care)
- Have deep, intentional conversations with a close friend (social self-care)
- Engage in activities that challenge your mind, like puzzles or strategic games (mental self-care)

Body

- Do strength training, dance workouts, or high-energy movement (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

- Plan a social gathering, coffee date, or outdoor brunch (social self-care)
- Try an expressive activity like singing, acting, or public speaking (emotional self-care)
- Affirm: "I share my energy & light freely, trusting that my presence nourishes those around me."

Luteal

Days 20-28 (bleed)

WANING MOON - AUTUMN
NURTURE PHASE

optimal fasting window: none
best foods: hormone feasting

Mind

- Journal prompt: write out your priorities for the coming month (mental self-care)
- Engage in guided meditation or breathwork (emotional self-care)
- Declutter a small space to create a sense of order (practical self-care)

Body

- Focus on restorative workouts like yoga or low-impact strength training (feminine self-care)
- Eat grounding foods like root vegetables, oats, + dark chocolate (physical self-care)
- Treat yourself to a warm herbal tea ritual in the evening (emotional self-care)
- Take a break from fasting until you start bleeding (feminine self-care)

Energy

- Set boundaries + say "no" to extra stressors (mental self-care)
- Spend time in quiet reflection—walk in nature or journal (emotional self-care)
- Affirm: "I listen to my inner voice and lovingly release what no longer supports my growth."

