

Moon Charting

To use this chart, take a moment at the end of each day to record the following:

1. Indicate the Date
2. Circle Y or N to indicate if you are or are not menstruating.
3. Indicate the current phase of the moon (new moon, waxing, full moon, waning)
4. Record the number that best represents each of the characteristics listed.
5. If you have further clarifying comments on any of the characteristics, note them within a moon journal.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Date							
Menstruating? (Y/N)							
Moon Phase (N, Wax, F, Wan)							

Rate below from 1-6: 1 = Not at all / 2 = Minimal / 3 = Mild / 4 = Moderate / 5 = A lot / 6 = Extreme

Irritable, angry, impatient							
Eat more, crave foods							
Sleep more, naps							
Depressed, sad, low, blue, tearful							
Sexual interest							
Desire to be alone							
Restless, can't sit still							
Headaches							
Anxious, jittery, nervous							
Increased efficiency							
Breast pain							
Creative, new ideas							
Back, joint or muscle pain							
Feel bloated, water retention							
Stay home, avoid social activity							
Feel less like working							
Abdominal pain							
Vivid dreams							
Mood swings							
Increased sense of well-being							
Low self-esteem							
Took time for yourself							
Eating healthy foods							
Made journal entry (Y/N)							