Month:	4 Phases Monthly Tracker for Non-Cycling Women ~ 4s4w.com																														
Begin Day 1 on New Moon	Week 1, Rest The Visionary New Moon Self-Care/Honor your Bloodline Internal							Week 2, Build The Lover Waxing Gibbous Moon Become/Attract External							Week 3, Express The Goddess Full Moon Truth, Balance, & Nurturing Leadership External							Week 4, Process The Firewalker Waning Crescent Moon Observe/Transform Internal							Extra Days if Needed		
Date																															
Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29			
Moon Phase																															
Low - Med O High +																															
Overall Health																															
Energy																															
Libido																															
Mind Mood																															
Sleep																															
Communication																															
Sex																															
Exercise																															
Good Nutrition																															
Beauty/Self-care 1–10																															
Feeling the Love 1–10																															
Headache																															
Dryness																															
Sadness																															
Irritability																															
Depression																															
"Hot Spots" Week 4																															
Poor memory																															