Month:	4 Seasons in 4 Weeks (4s4w) Monthly Tracker for Cycling Women																														
Begin Day 1 on 1st Day of Period	Week 1, Fall Period New Moon Rest/Vision Internal							Week 2, Winter Venus Week Waxing Gibbous Moon Become/Seduce External							Week 3, Spring Ovulation Full Moon Fully Express External							Week 4, Summer Fire Walk 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	30	31
Low - Med O High +																															
Overall Health																															
Energy																															
Libido																															
Mind Mood																															
Sleep																															
Communication																															
Contraception																															
Sex																															
Exercise																															
Good Nutrition																															
Beauty/Self-care 1–10																															
Feeling the Love 1–10																															
Indicators																															
Headache																															
Acne																															
Cramps																															
Breast Tenderness																															
Irritability																															
Depression																															
"Hot Spots" Week 4																															