



MOON TRACKER

TRACK THE MOON. HONOR THE CYCLES. RETURN TO YOURSELF.

YEAR:

JANUARY

FULL MOON _/ _/ _/

NEW MOON _/ _/ _/

FIRST QUARTER _/ _/ _/

LAST QUARTER _/ _/ _/

FEBRUARY

FULL MOON _/ _/ _/

NEW MOON _/ _/ _/

FIRST QUARTER _/ _/ _/

LAST QUARTER _/ _/ _/

MARCH

FULL MOON _/ _/ _/

NEW MOON _/ _/ _/

FIRST QUARTER _/ _/ _/

LAST QUARTER _/ _/ _/

APRIL

FULL MOON _/ _/ _/

NEW MOON _/ _/ _/

FIRST QUARTER _/ _/ _/

LAST QUARTER _/ _/ _/

MAY

FULL MOON _/ _/ _/

NEW MOON _/ _/ _/

FIRST QUARTER _/ _/ _/

LAST QUARTER _/ _/ _/

JUNE

FULL MOON _/ _/ _/

NEW MOON _/ _/ _/

FIRST QUARTER _/ _/ _/

LAST QUARTER _/ _/ _/

JULY

FULL MOON _/ _/ _/

NEW MOON _/ _/ _/

FIRST QUARTER _/ _/ _/

LAST QUARTER _/ _/ _/

AUGUST

FULL MOON _/ _/ _/

NEW MOON _/ _/ _/

FIRST QUARTER _/ _/ _/

LAST QUARTER _/ _/ _/

SEPTEMBER

FULL MOON _/ _/ _/

NEW MOON _/ _/ _/

FIRST QUARTER _/ _/ _/

LAST QUARTER _/ _/ _/

OCTOBER

FULL MOON _/ _/ _/

NEW MOON _/ _/ _/

FIRST QUARTER _/ _/ _/

LAST QUARTER _/ _/ _/

NOVEMBER

FULL MOON _/ _/ _/

NEW MOON _/ _/ _/

FIRST QUARTER _/ _/ _/

LAST QUARTER _/ _/ _/

DECEMBER

FULL MOON _/ _/ _/

NEW MOON _/ _/ _/

FIRST QUARTER _/ _/ _/

LAST QUARTER _/ _/ _/



INTENTIONS

"THE MOON REMINDS US THAT EVERY PHASE IS PART OF THE JOURNEY."

LEGEND

- FULL MOON
- NEW MOON
- FIRST QUARTER
- LAST QUARTER

NOTES

MOON TRACKER

ALIGN WITH THE CYCLES. CONNECT WITH YOURSELF.

MONTH: _____

YEAR: _____

MONTHLY MOON PHASES



NEW MOON



WAXING CRESCENT



FIRST QUARTER



WAXING GIBBOUS



FULL MOON



WANING GIBBOUS



LAST QUARTER



WANING CRESCENT



ENERGY OF THE MONTH

WHAT CAN I RELEASE?

MONTHLY INTENTION

FOCUS THEME OF THE MONTH

HOW DO I WANT TO FEEL THIS MONTH?

WHAT AM I READY TO RECEIVE?

NOTES

DAILY MOON TRACKER

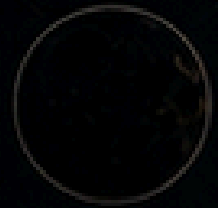
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
☀ ENERGY LEVEL	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
♥ MOOD	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
☾ SLEEP QUALITY	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
👁 INTUITION	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
✨ DREAMS	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
👁 SYNCHRONICITIES	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
🧘 SELF CARE	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
☀ GRATITUDE	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

MOON JOURNAL

★ REFLECT. RELEASE. REALIGN. ★



★ TODAY'S MOON PHASE ★



NEW MOON



WAXING CRESCENT



FIRST QUARTER



WAXING GIBBOUS



FULL MOON



WANING GIBBOUS



LAST QUARTER



WANING CRESCENT



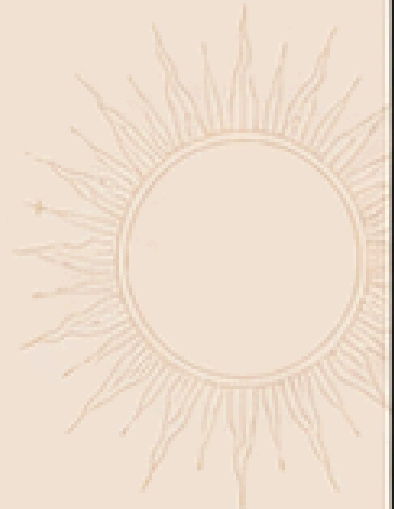
DATE: _____

MOON PHASE: _____

★ HOW DOES THIS MOON FEEL? ★

★ ENERGY OF TODAY

What is the energy like today?



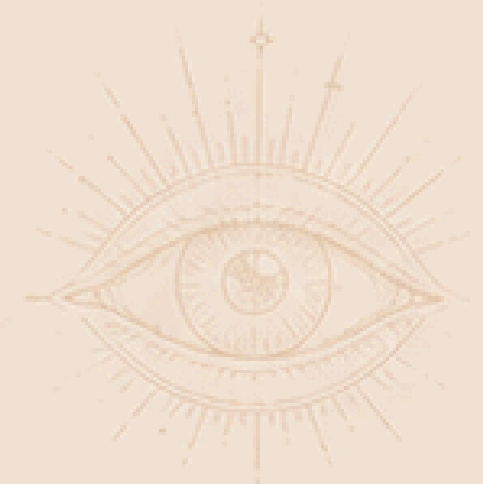
★ WHAT I AM FEELING

Name what's present.



★ WHAT I AM LEARNING

What insights are arising?



★ WHAT I AM READY TO RELEASE

Let it out. Write it down.



★ WHAT I AM CALLING IN

Set your intention.



★ ALIGNED ACTIONS

What can I do today to support my growth?



★ TODAY I AM GRATEFUL FOR

Little things. Big things. Everything.



★ NOTES & FREE FLOW

