

# Moon Mood Tracker

Date:

Moon Sign/Human Design Gate:

Moon Phase: ●●●○●○●●

How I Feel:

- Morning-
  - Mid-Day-
  - Evening-
- 

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## NOTES

- 1 - State the date you're tracking your mood
- 2 - For the Moon sign, write the name of the zodiac sign the Moon is in (i.e., Capricorn, Aries, Pisces, etc.) & the Human Design Gate that the Moon is transiting
- 3 - Circle the Moon phase
- 4 - Describe how you feel
- 5 - Notice the patterns over time
- 6 - Pay particular attention to how you are feeling when the Moon is in your Sun sign and your Human Design Sun Gates and your Moon sign and your Human Design Moon Gates