

Lunar Cycle Tracker



Each lunar cycle offers a chance to reset, reflect, and realign with your intentions. This tracker is designed to guide you through the four key moon phases of the month: the New Moon, the First Quarter Moon, the Full Moon, and the Last Quarter Moon. Each phase builds on the one before it, helping you set intentions, check in with your progress, and release what no longer serves you.

For each phase, you'll find space to note:

- ✦ *The moon's sign and its guiding theme (or sub-theme, as the cycle unfolds).*
- ✦ *Your current life happenings — what's showing up for you right now.*
- ✦ *The intentions you want to set, refine, or release.*

To help you along the way:

- ✦ *You can reference my free Lunar Cycle Calendars for the dates and signs of each phase.*
- ✦ *Use the included Sign Key on the next page to better understand the energy each moon brings and how it can support your planning and reflections.*

Print this tracker and keep it nearby — in your journal, planner, or on your altar — so you can return to it throughout the month. Over time, you'll begin to notice patterns in how the moon phases mirror your own rhythms, helping you live with more awareness, flow, and intention.

SIGN KEY

Aries

SPARK (*initiating, courageous, dynamic*)

Taurus

GROUND (*steady, sensual, determined*)

Gemini

PROCESS (*communication, learning, curiosity*)

Cancer

NURTURE (*protective, compassionate, supportive*)

Leo

EXPRESS (*radiant, confident, heart-centered*)

Virgo

MANAGE (*organized, discerning, efficient*)

Libra

PARTNER (*harmonizing, diplomatic, collaborative*)

Scorpio

SHADOW (*transformative, introspective, mysterious*)

Sagittarius

EXPLORE (*philosophical, expansive, adventurous*)

Capricorn

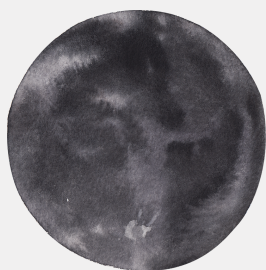
BUILD (*disciplines, strategic, enduring*)

Aquarius

INNNOVATE (*inventive, unconventional, progressive*)

Pisces

IDEALIZE (*liberating, healing, boundless*)



NEW MOON

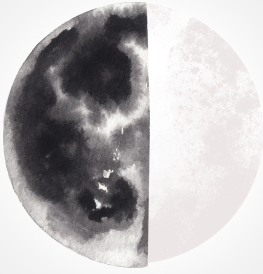
Sign: _____

Date: _____

Theme: _____

Current Life Happenings:

Clarity on Intentions:



FIRST QUARTER MOON

Sign: _____

Date: _____

Theme: _____

Current Life Happenings:

Adjustments from Awareness:



FULL MOON

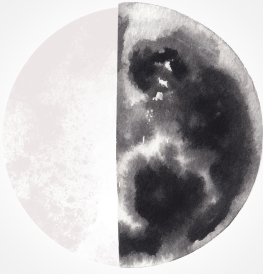
Sign: _____

Date: _____

Theme: _____

Current Life Happenings:

Illuminating Accountability:



LAST QUARTER MOON

Sign: _____

Date: _____

Theme: _____

Current Life Happenings:

Choice for Next Steps:
