

# Lunar Cycle Tracker

The following chart gives you a quick, big-picture view of your growth over the year through each lunar cycle.

You'll be exploring each phase more deeply in your monthly journal pages, where you can reflect, process, and write in detail.

This chart is simply to capture the essence of each phase in a few words or short phrases—so you can see your patterns, progress, and evolution all in one place. Think of this as a snapshot, not a full journal entry.



## **New Moon — Intention**

Set a clear focus for the cycle. Keep it simple—one intention or theme. Over time, notice how your intentions evolve or repeat.



## **First Quarter — Progress**

Track movement and effort. Note small wins, momentum, or resistance. This shows how you follow through on your intentions.



## **Full Moon — Revealed**

Capture what comes into awareness. Write what you're seeing, feeling, or realizing. This is your moment of insight.



## **Last Quarter — Integrated**

Reflect, release, and ground the lesson. Note key takeaways or shifts. This is where growth becomes real and sustainable.

Lunar Cycle Dates	New Moon Intention	First Quarter Progress	Full Moon Revealed	Last Quarter Integrated
Feb 17th - Mar 17th				
Mar 18th - Apr 16th				
Apr 17th - May 15th				
May 16th - Jun 13th				
Jun 14th - Jul 13th				
Jul 14th - Aug 11th				
Aug 12th - Sep 9th				
Sep 10th - Oct 9th				
Oct 10th - Nov 8th				
Nov 9th - Dec 7th				
Dec 8th - Jan 6th				
Jan 7th - Feb 5th				