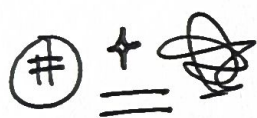


2026	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W
Jan	1 29	2 30	3 31	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
Feb	29	28	27	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
Mar	29	28	27	1 29	2 30	3 31	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
Apr	23	24	25	26	27	28	1 29	2 30	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
May	21	22	23	24	25	26	27	28	1 29	2 30	3 31	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Jun	18	19	20	21	22	23	24	25	26	27	28	1 29	2 30	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
Jul	16	17	18	19	20	21	22	23	24	25	26	27	28	1 29	2 30	3 31	4	5	6	7	8	9	10	11	12	13	14	15
Aug	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	1 29	2 30	3 31	4	5	6	7	8	9	10	11	12
Sep	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	1 29	2 30	3	4	5	6	7	8	9
Oct	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	1 29	2 30	3 31	4	5	6	7
Nov	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	1 29	2 30	3	4
Dec	3 31	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	1 29	2 30

-- ✂ -- out + paste in your journal or planner --



tracking your cycle is your work

use symbols and organize the info in a way that makes sense for you

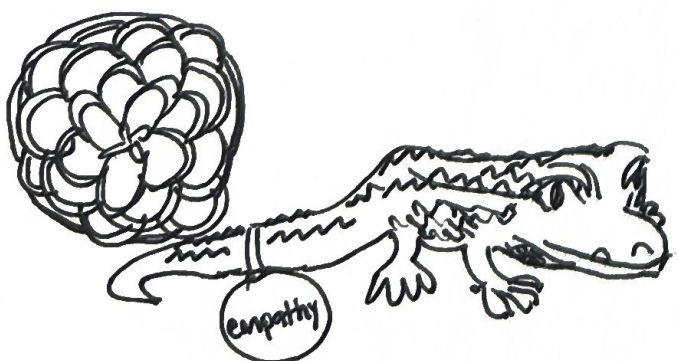
example: circle the first day of your period. shade w/ ~~color~~ on days that are moody. add a star or magic for special moments

sharing your info (data) with others is your business

where there is profit to be made we say no
and uplift autonomy and sovereignty

maintain your health rituals ♥ being balanced with doing

Love you and your moon,
Ramsay



pencil

