



Joie

MOON MANDALA

Menstrual Period

From:-----

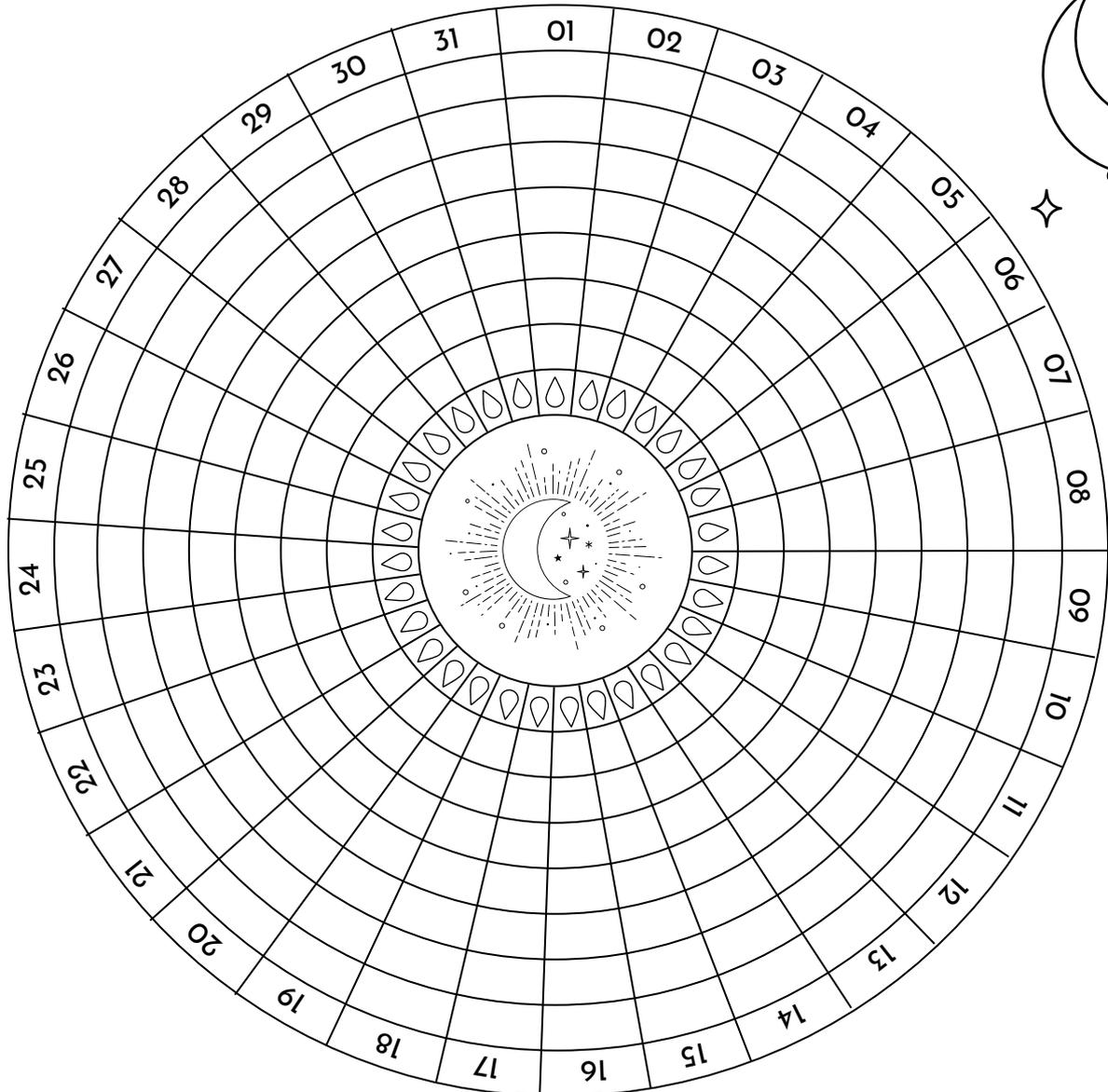
To:-----

Draw the four moon phases in the top spaces to follow your synchrony with nature.

Mark your cycle days in the numbered circle from 01 to 31.

Use the blank lines in each category to add other feelings you experience throughout your cycle and define a symbol for each one.

PHYSICAL	EMOTIONAL	MENTAL	ENERGY
Fatigue	Happy	Confusion	★ Social
Insomnia	☹ Sad	Euphoria	Dynamic
Zz Deep sleep	☹ Anger	Clarity	↓ Low
Pain	☼ Sensitive	☹ Anxiety	Motivation
Bloating	☹ Loneliness	☹ Distraction	Creative
Skin/Acne	-----	Focus	-----
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Notes: Colors by Category: Assign a color to each column (e.g., Blue for Mental, Pink for Emotional) and use bolder shades for higher intensity days.

Practical Symbols: You can draw quick icons for easy tracking, such as a lightning bolt for high energy, a flower for when you are feeling sensitive, or Zzz for sleep.