



JANUARY 2026 LUNAR CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Day 10 E:	2 Day 11 E:	3 Full Moon Day 12 E:
4 Day 13 E:	5 Day 14 E: P:	6 Day 15 E: P:	7 Day 16 E: P:	8 Day 17 E: P:	9 Day 18 E: P:	10 Day 19 E: P:
11 Day 20 E: P:	12 Day 21 E: P:	13 Day 22 E: P:	14 Day 23 E: P:	15 Day 24 E: P:	16 Day 25 E: P:	17 Day 26 E: P:
18 Day 27 E: P:	19 Day 28 E: P:	20 Baseline E: Same as Day 1 Dose	21 Day 1 E:	22 Day 2 E:	23 Day 3 E:	24 Day 4 E:
25 Day 5 E:	26 Day 6 E:	27 Day 7 E:	28 Day 8 E:	29 Day 9 E:	30 Day 10 E:	31 Day 11 E:

NOTES:

Labs are drawn on cycle day 12 and 21.

Doses are to be applied Twice Daily. If day one of period does not fall between cycle days 26 through 3, check with your provider for possible dose adjustment.

DAILY SYMPTOMS

AND OBSERVATIONS TO RECORD:

ANG- Angry	INC- Incontinence
ANX- Anxiety	INS- Insomnia
BF- Brain Fog	IR- Irritable
BL -Bloating	IT- Itching
CR- Cramps	JP- Joint Pain
CS- Constipation	LI- Libido
DEP- Depression	NA- Nausea
DI- Dizziness	NS- Night Sweats
DV- Dry Vagina	SA- Sad
FA- Fatigue	SB- Sore Breasts
GRT- Feel Great	SP- Spotting
HA- Headache	T- Teary
HF- Hot Flashes	TD- Tired
HP- Heart	TG- Tingling
Palpitations	

FEBRUARY 2026 LUNAR CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Full Moon Day 12 E:	2 Day 13 E:	3 Day 14 E: P:	4 Day 15 E: P:	5 Day 16 E: P:	6 Day 17 E: P:	7 Day 18 E: P:
8 Day 19 E: P:	9 Day 20 E: P:	10 Day 21 E: P:	11 Day 22 E: P:	12 Day 23 E: P:	13 Day 24 E: P:	14 Day 25 E: P:
15 Day 26 E: P:	16 Day 27 E: P:	17 Day 28 E: P:	18 Baseline E: Same as Day 1 Dose	19 Baseline E: Same as Day 1 Dose	20 Day 1 E:	21 Day 2 E:
22 Day 3 E:	23 Day 4 E:	24 Day 5 E:	25 Day 6 E:	26 Day 7 E:	27 Day 8 E:	28 Day 9 E:

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GRT- Feel Great	SP- Spotting
HA- Headache	T- Teary
HF- Hot Flashes	TD- Tired
HP- Heart Palpitations	TG- Tingling



MARCH 2026 LUNAR CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Day 10 E: 1	Day 11 E: 2	Full Moon Day 12 E: 3	Day 13 E: 4	Day 14 E: P: 5	Day 15 E: P: 6	Day 16 E: P: 7
Day 17 E: P: 8	Day 18 E: P: 9	Day 19 E: P: 10	Day 20 E: P: 11	Day 21 E: P: 12	Day 22 E: P: 13	Day 23 E: P: 14
Day 24 E: P: 15	Day 25 E: P: 16	Day 26 E: P: 17	Day 27 E: P: 18	Day 28 E: P: 19	Baseline E: Same as Day 1 Dose 20	Day 1 E: 21
Day 2 E: 22	Day 3 E: 23	Day 4 E: 24	Day 5 E: 25	Day 6 E: 26	Day 7 E: 27	Day 8 E: 28
Day 9 E: 29	Day 10 E: 30	Day 11 E: 31				

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DV- Dry Vagina	SA- Sad
FA- Fatigue	SB- Sore Breasts
GRT- Feel Great	SP- Spotting
HA- Headache	T- Teary
HF- Hot Flashes	TD- Tired
HP- Heart	TG- Tingling
Palpitations	



APRIL 2026 LUNAR CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Full Moon Day 12 E:	Day 13 E:	Day 14 E: P:	Day 15 E: P:
Day 16 E: P:	Day 17 E: P:	Day 18 E: P:	Day 19 E: P:	Day 20 E: P:	Day 21 E: P:	Day 22 E: P:
Day 23 E: P:	Day 24 E: P:	Day 25 E: P:	Day 26 E: P:	Day 27 E: P:	Day 28 E: P:	Baseline E: Same as Day 1 Dose
Baseline E: Same as Day 1 Dose	Day 1 E:	Day 2 E:	Day 3 E:	Day 4 E:	Day 5 E:	Day 6 E:
Day 7 E:	Day 8 E:	Day 9 E:	Day 10 E:	Day 11 E:		

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FA- Fatigue	SB- Sore Breasts
GRT- Feel Great	SP- Spotting
HA- Headache	T- Teary
HF- Hot Flashes	TD- Tired
HP- Heart	TG- Tingling
Palpitations	

MAY 2026 LUNAR CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Full Moon Day 12 E: 1	Day 13 E: 2
Day 14 E: 3 P:	Day 15 E: 4 P:	Day 16 E: 5 P:	Day 17 E: 6 P:	Day 18 E: 7 P:	Day 19 E: 8 P:	Day 20 E: 9 P:
Day 21 E: 10 P:	Day 22 E: 11 P:	Day 23 E: 12 P:	Day 24 E: 13 P:	Day 25 E: 14 P:	Day 26 E: 15 P:	Day 27 E: 16 P:
Day 28 E: 17 P:	Baseline E: 18 Same as Day 1 Dose	Baseline E: 19 Same as Day 1 Dose	Day 1 E: 20	Day 2 E: 21	Day 3 E: 22	Day 4 E: 23
Day 5 E: 24	Day 6 E: 25	Day 7 E: 26	Day 8 E: 27	Day 9 E: 28	Day 10 E: 29	Day 11 E: 30
Full Moon Day 12 E: 31						

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GRT- Feel Great	SP- Spotting
HA- Headache	T- Teary
HF- Hot Flashes	TD- Tired
HP- Heart	TG- Tingling
Palpitations	



JUNE 2026 LUNAR CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Day 13 E: P:	Day 14 E: P:	Day 15 E: P:	Day 16 E: P:	Day 17 E: P:	Day 18 E: P:
Day 19 E: P:	Day 20 E: P:	Day 21 E: P:	Day 22 E: P:	Day 23 E: P:	Day 24 E: P:	Day 25 E: P:
Day 26 E: P:	Day 27 E: P:	Day 28 E: P:	Baseline E: Same as Day 1 Dose	Day 1 E:	Day 2 E:	Day 3 E:
Day 4 E:	Day 5 E:	Day 6 E:	Day 7 E:	Day 8 E:	Day 9 E:	Day 10 E:
Day 11 E:	Full Moon Day 12 E: 	Day 13 E:				

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GRT- Feel Great	SP- Spotting
HA- Headache	T- Teary
HF- Hot Flashes	TD- Tired
HP- Heart Palpitations	TG- Tingling



JULY 2026 LUNAR CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Day 14 E: P:	2 Day 15 E: P:	3 Day 16 E: P:	4 Day 17 E: P:
5 Day 18 E: P:	6 Day 19 E: P:	7 Day 20 E: P:	8 Day 21 E: P:	9 Day 22 E: P:	10 Day 23 E: P:	11 Day 24 E: P:
12 Day 25 E: P:	13 Day 26 E: P:	14 Day 27 E: P:	15 Day 28 E: P:	16 Baseline E: Same as Day 1 Dose	17 Baseline E: Same as Day 1 Dose	18 Day 1 E:
19 Day 2 E:	20 Day 3 E:	21 Day 4 E:	22 Day 5 E:	23 Day 6 E:	24 Day 7 E:	25 Day 8 E:
26 Day 9 E:	27 Day 10 E:	28 Day 11 E:	29 Full Moon Day 12 E: 	30 Day 13 E:	31 Day 14 E: P:	

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FA- Fatigue	SB- Sore Breasts
GRT- Feel Great	SP- Spotting
HA- Headache	T- Teary
HF- Hot Flashes	TD- Tired
HP- Heart	TG- Tingling
Palpitations	



AUGUST 2026 LUNAR CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Day 15 E: P: 1
Day 16 E: P: 2	Day 17 E: P: 3	Day 18 E: P: 4	Day 19 E: P: 5	Day 20 E: P: 6	Day 21 E: P: 7	Day 22 E: P: 8
Day 23 E: P: 9	Day 24 E: P: 10	Day 25 E: P: 11	Day 26 E: P: 12	Day 27 E: P: 13	Day 28 E: P: 14	Baseline E: Same as Day 1 Dose 15
Baseline E: Same as Day 1 Dose 16	Day 1 E: 17	Day 2 E: 18	Day 3 E: 19	Day 4 E: 20	Day 5 E: 21	Day 6 E: 22
Day 7 E: 23	Day 8 E: 24	Day 9 E: 25	Day 10 E: 26	Day 11 E: 27	Full Moon Day 12 E: 28	Day 13 E: 29
Day 14 E: P: 30	Day 15 E: P: 31					

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DEP- Depression	NA- Nausea
DI- Dizziness	NS- Night Sweats
DV- Dry Vagina	SA- Sad
FA- Fatigue	SB- Sore Breasts
GRT- Feel Great	SP- Spotting
HA- Headache	T- Teary
HF- Hot Flashes	TD- Tired
HP- Heart	TG- Tingling
Palpitations	



SEPTEMBER 2026 LUNAR CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Day 16 E: P:	Day 17 E: P:	Day 18 E: P:	Day 19 E: P:	Day 20 E: P:
Day 21 E: P:	Day 22 E: P:	Day 23 E: P:	Day 24 E: P:	Day 25 E: P:	Day 26 E: P:	Day 27 E: P:
Day 28 E: P:	Baseline E: Same as Day 1 Dose	Day 1 E:	Day 2 E:	Day 3 E:	Day 4 E:	Day 5 E:
Day 6 E:	Day 7 E:	Day 8 E:	Day 9 E:	Day 10 E:	Day 11 E:	Full Moon Day 12 E:
Day 13 E:	Day 14 E: P:	Day 15 E: P:	Day 16 E: P:			

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DEP- Depression	NA- Nausea
DI- Dizziness	NS- Night Sweats
DV- Dry Vagina	SA- Sad
FA- Fatigue	SB- Sore Breasts
GRT- Feel Great	SP- Spotting
HA- Headache	T- Teary
HF- Hot Flashes	TD- Tired
HP- Heart	TG- Tingling
Palpitations	



OCTOBER 2026 LUNAR CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Day 17 E: P:	Day 18 E: P:	Day 19 E: P:
Day 20 E: P:	Day 21 E: P:	Day 22 E: P:	Day 23 E: P:	Day 24 E: P:	Day 25 E: P:	Day 26 E: P:
Day 27 E: P:	Day 28 E: P:	Baseline E: Same as Day 1 Dose	Day 1 E:	Day 2 E:	Day 3 E:	Day 4 E:
Day 5 E:	Day 6 E:	Day 7 E:	Day 8 E:	Day 9 E:	Day 10 E:	Day 11 E:
Full Moon Day 12 E:	Day 13 E:	Day 14 E: P:	Day 15 E: P:	Day 16 E: P:	Day 17 E: P:	Day 18 E: P:

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DI- Dizziness	NS- Night Sweats
DV- Dry Vagina	SA- Sad
FA- Fatigue	SB- Sore Breasts
GRT- Feel Great	SP- Spotting
HA- Headache	T- Teary
HF- Hot Flashes	TD- Tired
HP- Heart Palpitations	TG- Tingling



NOVEMBER 2026 LUNAR CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Day 19 E: P:	Day 20 E: P:	Day 21 E: P:	Day 22 E: P:	Day 23 E: P:	Day 24 E: P:	Day 25 E: P:
Day 26 E: P:	Day 27 E: P:	Day 28 E: P:	Baseline E: Same as Day 1 Dose	Baseline E: Same as Day 1 Dose	Day 1 E:	Day 2 E:
Day 3 E:	Day 4 E:	Day 5 E:	Day 6 E:	Day 7 E:	Day 8 E:	Day 9 E:
Day 10 E:	Day 11 E:	Full Moon Day 12 E:	Day 13 E:	Day 14 E: P:	Day 15 E: P:	Day 16 E: P:
Day 17 E: P:	Day 18 E: P:					

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GRT- Feel Great	SP- Spotting
HA- Headache	T- Teary
HF- Hot Flashes	TD- Tired
HP- Heart	TG- Tingling
Palpitations	



DECEMBER 2026 LUNAR CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Day 19 E: P: 1	Day 20 E: P: 2	Day 21 E: P: 3	Day 22 E: P: 4	Day 23 E: P: 5
Day 24 E: P: 6	Day 25 E: P: 7	Day 26 E: P: 8	Day 27 E: P: 9	Day 28 E: P: 10	Baseline E: Same as Day 1 Dose 11	Day 1 E: 12
Day 2 E: 13	Day 3 E: 14	Day 4 E: 15	Day 5 E: 16	Day 6 E: 17	Day 7 E: 18	Day 8 E: 19
Day 9 E: 20	Day 10 E: 21	Day 11 E: 22	Full Moon Day 12 E: 23	Day 13 E: 24	Day 14 E: P: 25	Day 15 E: P: 26
Day 16 E: P: 27	Day 17 E: P: 28	Day 18 E: P: 29	Day 19 E: P: 30	Day 20 E: P: 31		

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