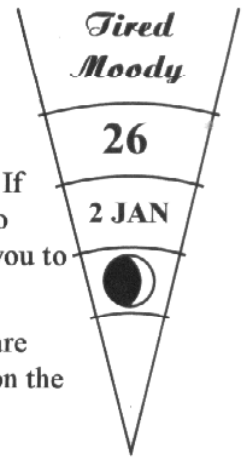


Sheet I - MOON DIAL RECORD

The Moon Dial record sheet below has been produced as a simple method for you to record your own monthly experiences.

The outermost number is the day number of your cycle, so the first day of bleeding is day 1. If your cycle is longer than 28 days, use the extra blank segments. The next ring in is for you to record the date, and the inner ring is for the moon's phase. The outermost divisions are for you to make any notes which you wish to record - see the example on the right.

Photocopy this sheet for as many months as you wish to record. After 3 or 4 months, compare the separate dials and note days of similarity. Transfer this information to the 'Moon Dial' on the accompanying sheet.



MOON DIAL RECORD

MONTH:
YEAR:

