

of your body. The Cycle Cards tell you:

"What's going on" during each phase of the woman's cycle. Each card gives you the name for a phase of the cycle, your cycle time, and the number of days that phase is to last. The Cycle Cards provide you with factual information about what signs to look for in your body each day.



Your Body:

The Glossary Card explains what areas of the body are involved in the woman's cycle including your breasts, your uterus, cervix and flow, your vulva, ovaries, hormones and core temperature. It is best to check your body at the same time every day and compare what you find to the Cycle Cards.

GLOSSARY

VULVA: The vulva is the area around your vaginal lips, where you can find mucus changes during your cycle

UTERUS: Your womb is located inside the lower part of your pelvis and is about the size of a pear. Your uterus moves up and down your lower pelvis during your cycle

CERVIX: The cervix is the opening of your womb, it is located at the deep end of your Vagina. The cervix rises and falls with your uterus, and its opening becomes wider or narrower with your cycle

FLOW: Your flow is the fluid-like mucus in your cervix, vagina, and vulva that changes texture and amount with your cycle

BODY: Overall you will experience different physical and emotional reactions for each phase of your cycle

BREAST: Your breasts also change with the cycle: they may feel heavier, lighter or sensitive at different times of your cycle

CORE TEMP: Your core body temperature is lower during your period. It goes up for ovulation and stays up afterwards until your next period

OVARIES: Your ovaries are located on each side of your uterus and are about the size of an almond. They produce female hormones Estrogen and Progesterone. One of the ovaries matures and releases an egg every cycle

HORMONES: The female hormones affect your emotions and all of your body especially your uterus, breast, and vaginal discharge

CYCLE TIME: Tells you where you are in your cycle

NUMBER OF DAYS: How long the phase lasts, or if it is variable

BODY STATUS: What is going on in your body (like increasing fertility, ovulating, menstruating)

DURATION: A reminder of length and if the phase is stable or variable

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The Colors



The colors in MyMoonCards represent cycle changes addressed by the Cycle Cards.

Arrange your Cycle Cards to match your cycle:
Follow the woman's cycle phases and the colors in the Cycle Cards.



From Period to Period

Rotate through the Cycle Cards as your body changes:

Read about each aspect of your cycle by rotating through the Cycle Cards as your body changes from one phase to the next phase of your cycle. Do not be alarmed if your body does not display all of the characteristics listed on each Cycle Card, instead use the cards as a guide to help you discover your own body's response during each phase of your cycle.



Length of phases:



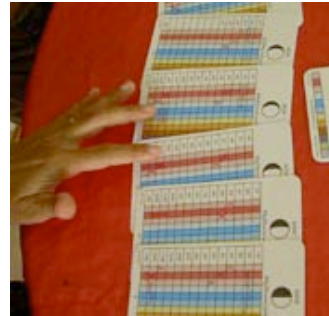
You will NOT change your Cycle Card every day. The Cycle Cards provide you with the average number of days for the different phases of the woman's cycle. Notice how many days your body spends on each Cycle Card.



Moon Cards

Use a new Moon Card every day to track the phases of your cycle

By tracking your cycle, you can learn what you can expect from your body during each phase of your cycle and how to prepare for your changes.



From period to period continue the same 3 steps daily:

Find today's date on the next Moon Card.
Examine yourself and compare your body with the Cycle Cards. Mark the color box in the Moon Card that reflects your body today.

If your body is the same mark the same color box on the Moon Card. If your body has changed mark the box that correlates to your body.



Red is for your PERIOD

Period's last an average of 5 days. Look at the Red Cycle Card for more about your period.

During your period:
Mark a pink or red box in a new Moon Card every day.



After your period:

Notice the duration of your period phase by counting the days that you menstruate.

From period to period:

Discover the length of your cycle by counting dates from one period to the next.



Blue is for water the AFTER PERIOD-BEFORE OVULATION

This is the wet growing time of your cycle before ovulation. The variable time of the cycle. Variable means



that each woman is different during this phase.

Notice the changes in your body that reflects the AFTER PERIOD or BEFORE OVULATION Blue Cycle Cards and focus on the one that matches your body for the day.

You may be on the Light Blue or the Dark Blue Stripe Cycle Card after your period ends. Read the section " YOU and your cycle" to find out more about your cycle phases.

Mark the Light Blue box in the Moon Card when you are dry "not wet yet" after your period.

Mark the "wet" Dark Blue or Stripe box in the Moon Card as your fertility increases before your ovulation. And begin to review the next Cycle Card to become aware of your body's future changes.



Gold is for OVULATION

The Gold Cycle Card explains the signs your body can have during ovulation, when you release your golden egg.

The egg either stays in your body because it has been fertilized and wants to grow in your womb, or if it is NOT fertilized your egg quickly passes from your body one to two days after ovulation.

Mark the Gold box when you ovulate.
Review the next two cycle cards to learn about your changes after ovulating.



Orange Brown is for AFTER OVULATION

The Orange Brown Cycle Card is for that phase of your cycle when your womb waits for the fertilized egg.

This is a stable phase of the cycle lasting ten days. Your womb will wait regardless of what has happened to the egg and after ten days your body changes again.

Mark an Orange or Brown box in the Moon Card according to your body during this phase. Read the next two cycle cards to become aware of your changes before and during your period.



Purple Green Lavender is for BEFORE your PERIOD

The Purple Green Lavender Cycle Card is for the ability of women to change. This phase is also stable. It lasts from 2 to 5 days if there is no fertile egg to grow.

Purple illustrates shifts in your hormones, like that transition time before your next period. Mark the Purple box in the Moon Card when you feel a shift in your hormones.

Green represents your growth potential and lavender is for the end of the cycle.

Mark the Green box for pregnancy and the Lavender box for your mucus before menstruation.

Get ready for the next menstruation review the period cycle card.



From PERIOD to PERIOD

Record What You Discover:

Mark the Moon Card according to what you discover about your body every day. If you cannot figure what color box to mark, continue to monitor yourself by comparing yourself with the Cycle Cards and begin a new cycle of tracking again on the first day of your next period. However if you are concerned about your body or your cycles please seek professional help and information. You will become more familiar with yourself and your body as you focus on your cycle, and you will learn from period to period how to best empower yourself to use your cycle for your health and well being.

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