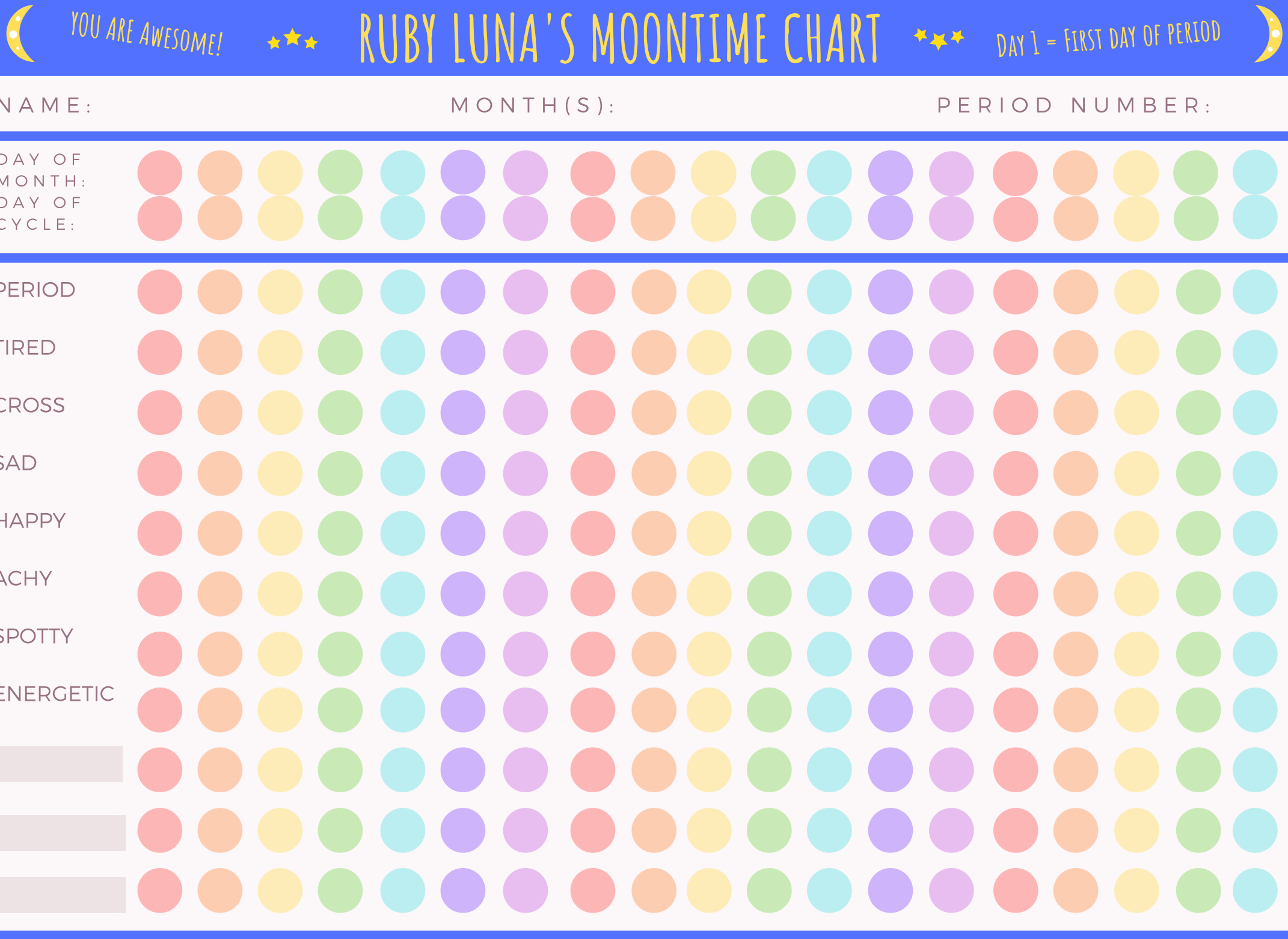
YOU ARE AWESOME!
RUBY LUNA'S MOONTIME CHART
DAY 1 = FIRST DAY OF PERIOD
NAME:
MONTH(S):
PERIOD NUMBER:
DAY OF MONTH:
DAY OF CYCLE:
PERIOD
TIRED
CROSS
SAD
HAPPY
ACHY
SPOTTY
ENERGETIC