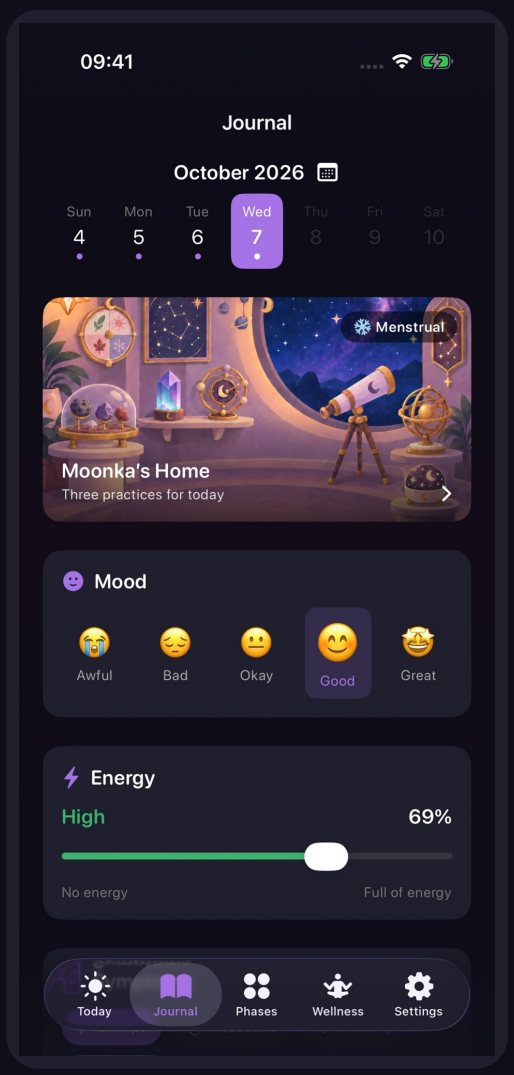
Your cycle.
Seasons within you.

How to use Moonka with curiosity, self-care and without pressure.



Real app interface. Example data.



“Let’s start with how you feel today. The rest can wait.”

English · complete guide

14 October 2026 · screenshots show examples

Your little route

You do not need to learn everything in one evening. Start with one entry and explore the rest whenever you feel like it.

Today

Your cycle day, phase, calendar, daily tip, and an overview of mood and energy.

Journal

Mood, energy, symptoms and short notes for a chosen day. Moonka's home and your contraception card are here too.

Phases

Four seasons of your cycle, with movement, food and everyday ideas for each.

Wellness

Breathing, meditation, body awareness, personal notes and gratitude letters.

Settings

Cycle details, reminders, language, theme, PIN, PDF reports and subscription.

Contents

Open a section

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A tip from Moonka

I like small steps. Today, simply noticing how you feel is enough.

Tap a section in the contents to jump to it. PDF bookmarks also help you find the right page.

Shall we get acquainted?

On your first visit, Moonka helps you set up cycle tracking, contraception and notifications. You can update the details later.

1. Recall the first day

Enter the first day of your last period. If you cannot remember, leave the date unknown and add it when you have accurate information.

2. Set your rhythm

Choose your usual cycle and period lengths. A cycle runs from the first day of one period to the first day of the next.

3. Add what you need

Set up contraception and reminders if you want them. You can allow iOS notifications later.

4. Read the terms

Review privacy, the limits of predictions, and subscription access. Check the price and any trial offer on Apple's confirmation screen.

Your first entry can be short: date, mood and energy. Accurate recorded dates make your history more useful.

A tip from Moonka

Do not guess a date just to fill the ring. I can wait for your first real entry.

Without a period date, the app cannot identify your current phase. You can edit cycle details in Settings.

Today: a moment for yourself

One page to find your place in the cycle and choose a small action for the day.

1. Look at the ring

The number in the middle is your cycle day. Tap the ring to read what its indicators mean.

2. Open the phase

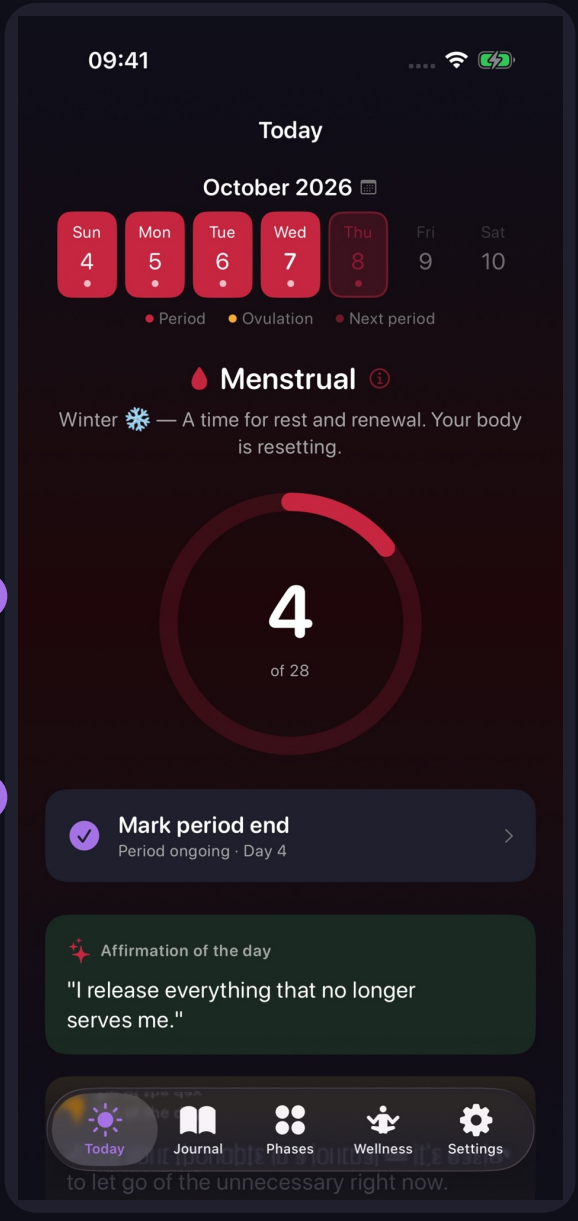
The name and season show your current phase. Tap the information card to learn more.

3. Record your period

Tap “Mark period start” and check the date. When your period ends, record the last day of bleeding.

4. Scroll down

Find a daily tip, a typical hormone pattern, a fertility forecast, contraception and charts of your own entries.



The real Today screen

A tip from Moonka

My forecast can be wrong. Your actual dates matter more than the expected day.

Hormone indicators are an educational model. Moonka does not measure hormone levels or make a diagnosis.

A calendar without confusion

Forgot to record a period, or chose the wrong date? You can add to and correct your history.

1. Open the calendar

In Today, tap the calendar beside the month or a date in the strip. Choose Month or Year view.

2. Add a past start date

Find the right month and day. Confirm the first day of your period. Do not create a future entry.

3. Correct the dates

Tap an existing entry and choose “Change dates”. You can also delete a mistaken entry after confirmation.

4. Tell the calendars apart

In Today, you edit period history. In Journal, you choose the day for a wellbeing entry; that calendar does not change period history.



Year calendar in English

A tip from Moonka

If you missed a day, return to it calmly. Today’s date should not replace yesterday’s.

Calendar markers distinguish recorded periods, predictions and today. Use the legend as your guide.

How are you today?

A short daily entry helps you notice your own patterns. Fill in only what you feel like sharing with yourself.

1. Check the day

Choose today or a past date in the strip or calendar. Your entry belongs to that day.

2. Note how you feel

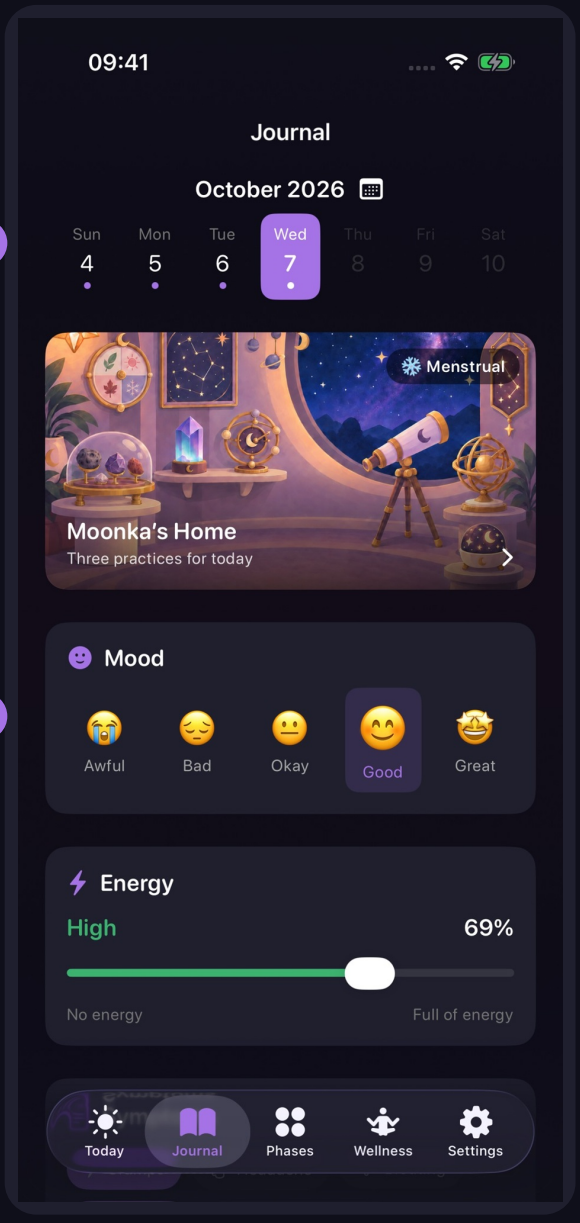
Choose a mood and move the energy slider. Use your own sense of how you feel; there is no correct answer.

3. Add symptoms

Tap the relevant labels. Use Add to create your own symptom. Tap a selected label again to unselect it.

4. Save your observations

Add a short note if you wish. After editing, tap Save and wait for confirmation. You can edit a past entry.



Date, Moonka's home, mood and energy

A tip from Moonka

"I slept little and have low energy" is already a useful entry. No life story required.

Deleting a custom symptom removes it from old entries too. Keep its name if you still need it in your history.

Notice your own rhythm

Charts bring together your mood and energy entries. They become more useful as your observations grow.

1. Find your charts

Scroll down in Today or Journal to the trends, then open the detailed view.

2. Choose a period

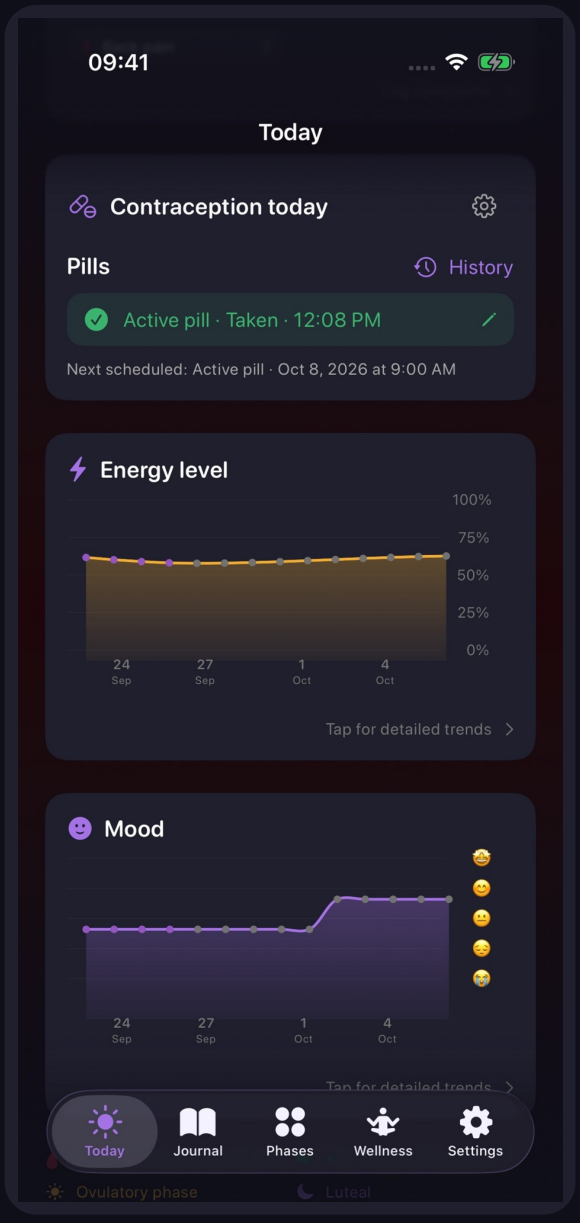
Switch between 1 and 3 months in the details. Compare entries by date and by cycle phase.

3. Explore one day

Tap the chart or use the date selector. Check that day's mood, energy and phase.

4. Look for patterns

For example: do low-energy days coincide with poor sleep? Compare the chart with your notes, rather than someone else's norms.



Mood and energy charts in Today

A tip from Moonka

One difficult day does not describe your whole cycle. Give your observations a little time.

A missing entry does not mean zero energy. Charts show recorded values; a link with a phase does not prove its cause.

Four seasons within you

Seasons help you remember the phases. How you feel may differ from the description, and that is worth recording.

Winter · menstrual

Shown in ruby red in the app.



Spring · follicular

Shown in green in the app.



Summer · ovulation

Shown in amber in the app.



Autumn · luteal

Shown in purple in the app.



A tip from Moonka

A season is a metaphor, not a timetable for your mood. Let how you feel set the pace.

You can explore any phase in Phases. This does not change your period dates or current cycle day.

Ideas you can choose

Open Phases, select a season and explore whatever interests you today.

Workouts

Browse the suggested types of movement and their explanations. Choose an intensity that feels right.

Nutrition

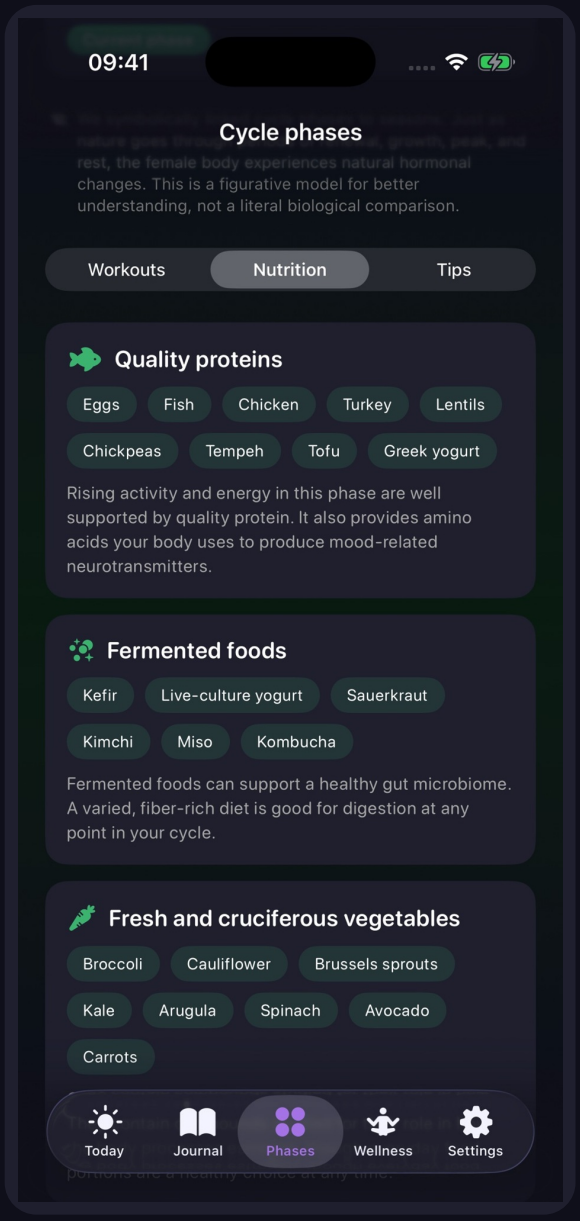
Explore food groups and examples. These are ideas for variety, not a required diet.

Tips

Find ideas for work, relationships and self-care. Choose one that suits your day.

Explanations and sources

Tap the phase heading for details. Open the sources at the bottom of sections. Explore ovulation and fertility forecasts from Today.



The Nutrition section

A tip from Moonka

You do not need to arrange your whole life around a phase. One useful idea is enough.

The fertile-window forecast does not confirm ovulation and is not a contraceptive method. Its interpretation is limited when using hormonal contraception.

Your method, your entries

Moonka helps you keep a record of contraception use. You enter your schedule according to your method's instructions.

Where to add it

Open Settings Contraception Add method. The card in Journal also takes you to setup.

What to enter

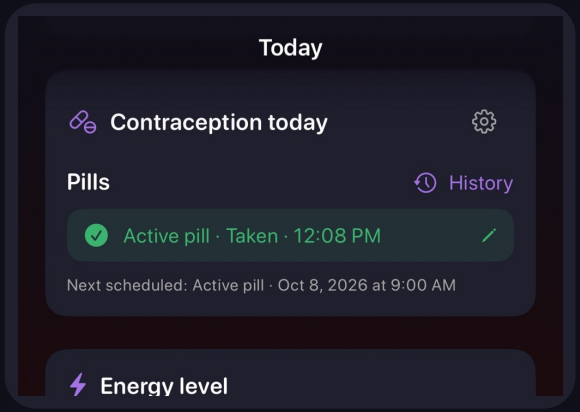
Choose a method, name and note. Enter the actual start date if you remember it. The date you started tracking is stored separately.

Available methods

Pills, patch, vaginal ring, hormonal or copper IUD, implant, injections, condoms and another method.

Different ways to track

For condoms, record use and its date. Set up actions for scheduled methods; keep important dates for long-acting methods.



The pill card in Today

Tracking, not prescribing

You set your schedule. Moonka keeps your entries and important dates, and reminds you about planned actions.

A tip from Moonka

If you do not remember when you started or had a method fitted, leave it unknown. An empty date is more honest than a random one.

Moonka does not choose a contraceptive method or assess how effective it is for you.

A schedule without guesswork

An entry records what you did. A reminder records what was planned. They are different things.

1. Set up your schedule

For pills, enter active days, placebo or break days, the pack start and time. For other methods, set the relevant action dates.

2. Record the action

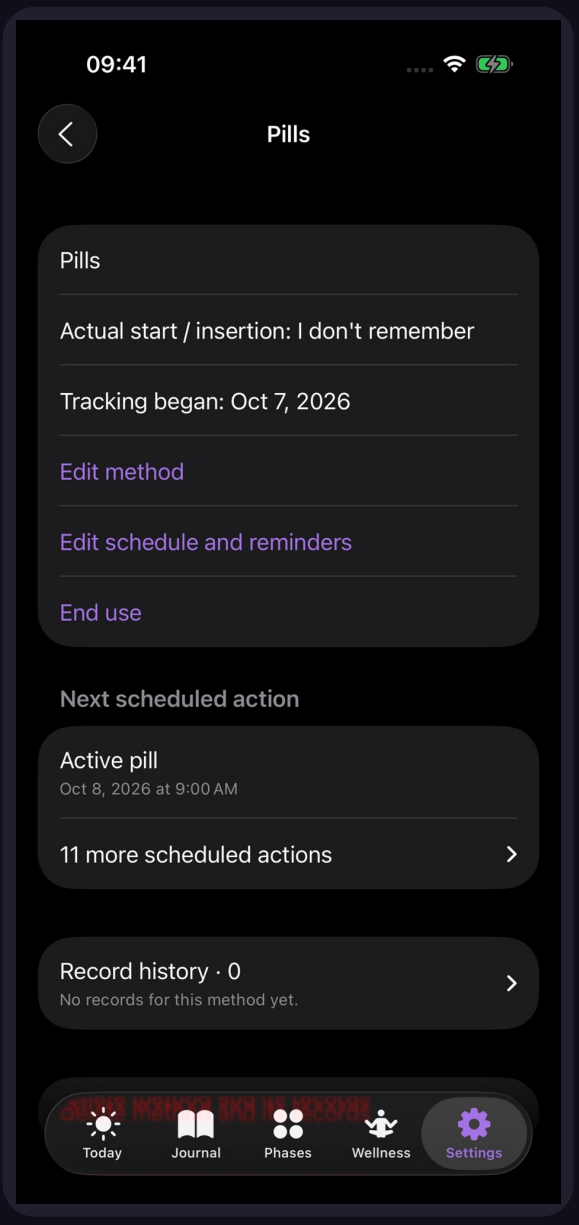
In the day card, mark an action completed or skipped. Check the actual time. You can edit or undo a mistaken entry.

3. Review the history

Open the method, expand Record history and select a month. You can also see the next scheduled action.

4. Update tracking carefully

Edit the method and schedule, or set a change for a later date. Ending use preserves its history; deleting the method removes its data.



Method schedule and history in English

A tip from Moonka

When travelling, check the schedule's time zone. Moonka lets you keep it or change the schedule.

Method reminders have their own settings. You can choose discreet text and pill reminder repeats. After a missed dose, follow the medicine's instructions or professional advice.

Come in, I am home

Tap Moonka's home in Journal. Here, small practices gradually fill the rooms with objects.

Look around

Zoom with gestures or the on-screen controls, move around the scene, and use reset to return to the full view.

Tap an object

Look closely at an unlocked object and read its description. Find it again in the collection below.

Open the map

Use the Map to move between available rooms. A locked room shows what you need to unlock before it.

Look through the window

There are details and interactive objects to discover. Explore at your own pace, without having to finish anything.



Observatory: the real English screen

A tip from Moonka

You can visit simply to look at the stars. There are no exams in my home.

Rooms open in order: Observatory, Library, Gem room, Greenhouse.

Three little actions

Moonka offers practices based on your answer about your energy. You can start with the smallest one.

1. Choose your energy

Tap A little, Enough or A lot. You can skip the question if you do not want to answer.

2. Open a listed mission

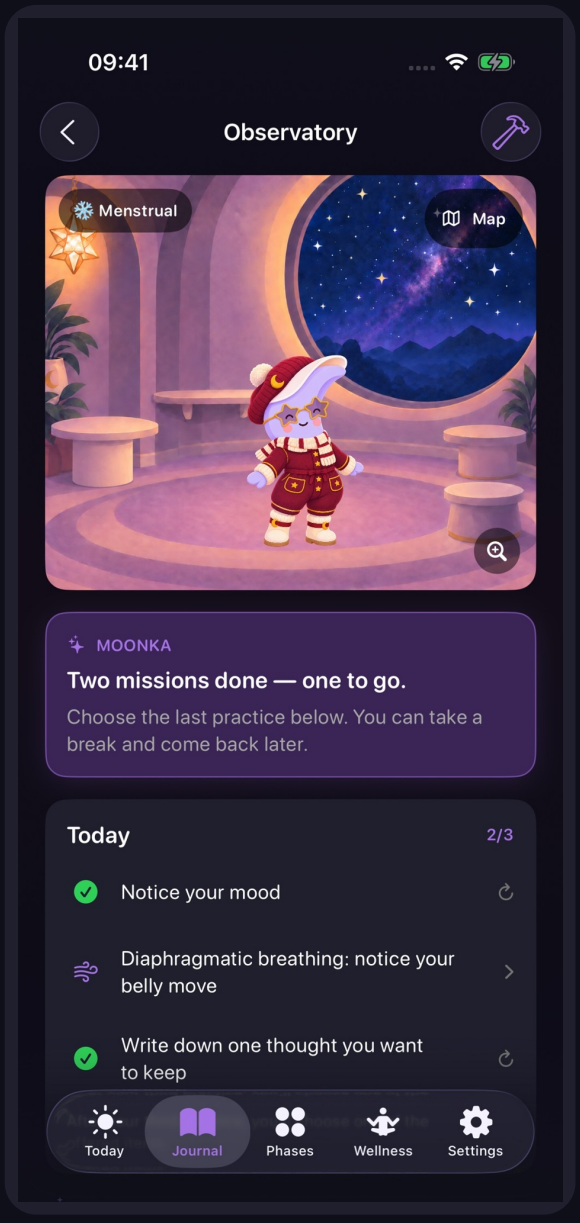
Tap an action in Moonka's home. The app opens the relevant entry, breathing exercise, meditation or other practice.

3. Complete its requirement

Save the entry or finish the required practice. Opening the screen alone does not count as completion.

4. Choose an object

After three completed missions, you can choose a reward. You can claim one object per day; repeating a practice does not earn another reward.



Daily missions: English interface example

A tip from Moonka

If you have little energy, choose A little. The collection can wait; your pause matters already.

A regular Journal entry does not necessarily complete a mission. Open the action from Moonka's list to receive mission credit.

A collection of little comforts

Objects stay in your collection. Seasonal looks and accessories let you personalise Moonka.

40 objects in four rooms

Each room holds 10 objects. Collect 10 out of 10 to open the next room.

Explore your finds

Scroll to Item collection and tap an unlocked object. Locked objects show a hint about access.

Visit the seasonal wardrobe

Browse seasonal and extra looks, plus accessories. Choose from available items; locked items show their unlock requirements.

After the full collection

The rooms remain your living home. Keep practising and exploring even after all the objects are collected.



Greenhouse collection: Ukrainian interface example

A tip from Moonka

You do not have to collect everything quickly. Choose what you like and return whenever you wish.

Seasonal looks relate to the cycle phase. The wardrobe shows access to each look or accessory.

What feels right now?

Wellness has four starting points. Choose one because you want to, rather than because you have to.

Breathing

For a short pause with a clear rhythm. Explore the guide and an animated practice.

Meditation

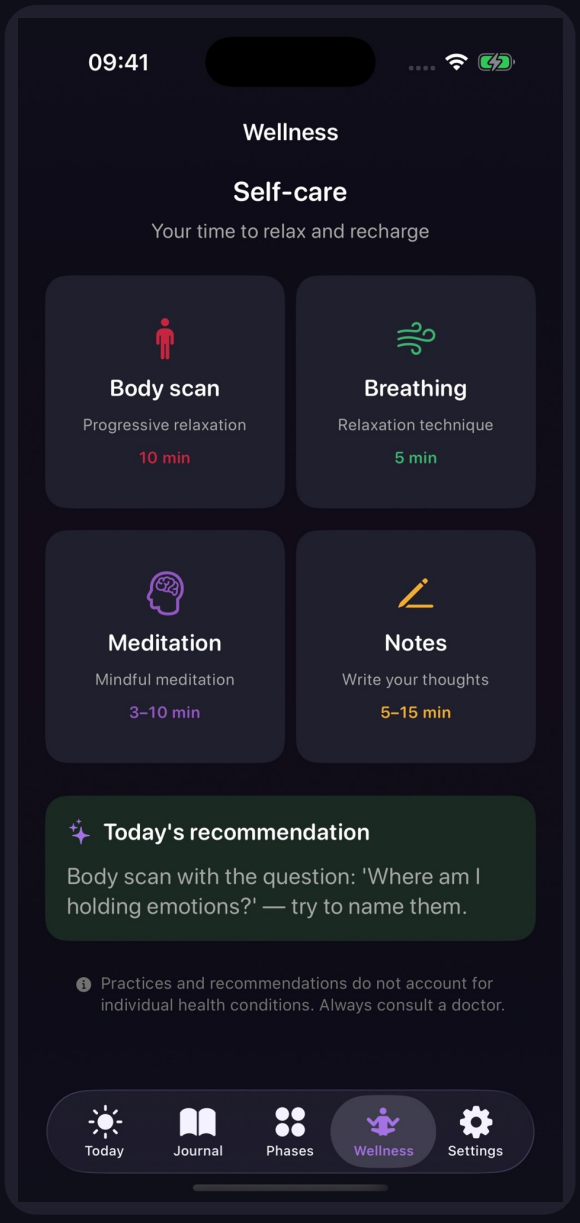
For a few minutes of attention to yourself. Choose your duration and sound.

Body scan

For noticing sensations in different parts of your body, one step at a time.

Notes

For thoughts that want a place to land. Find personal entries and gratitude letters; the daily recommendation offers one idea.



Four practices and the daily recommendation

A tip from Moonka

You do not need to try every practice. Pick one, or rest without the app.

Explanations, precautions and sources are available in the guides. Stop if a practice feels uncomfortable.

One breath at a time

Open Wellness Breathing and choose a technique. You can read the Guide first.

Four techniques

Box breathing, 4-7-8, diaphragmatic breathing and alternate-nostril breathing.

Start a practice

In Practice, tap Start. Follow the inhale, exhale and hold labels, rather than just the moving circle.

Choose a comfortable pace

Timing settings let you change the inhale, hold and exhale lengths, and restore the original rhythm.

Finish at your own pace

Use the available stop and repeat controls. For a mission, follow its completion requirement.



Animated box breathing practice

A tip from Moonka

There is no prize for the longest breath hold. Breathe gently, without strain.

If you feel dizzy or uncomfortable, stop and return to normal breathing. Read the precautions for your chosen technique.

A few minutes with yourself

Open Wellness Meditation. The Guide explains how to begin without special preparation.

1. Choose the duration

A regular practice offers 3, 5 or 10 minutes. A mission may require a specific duration.

2. Start the timer

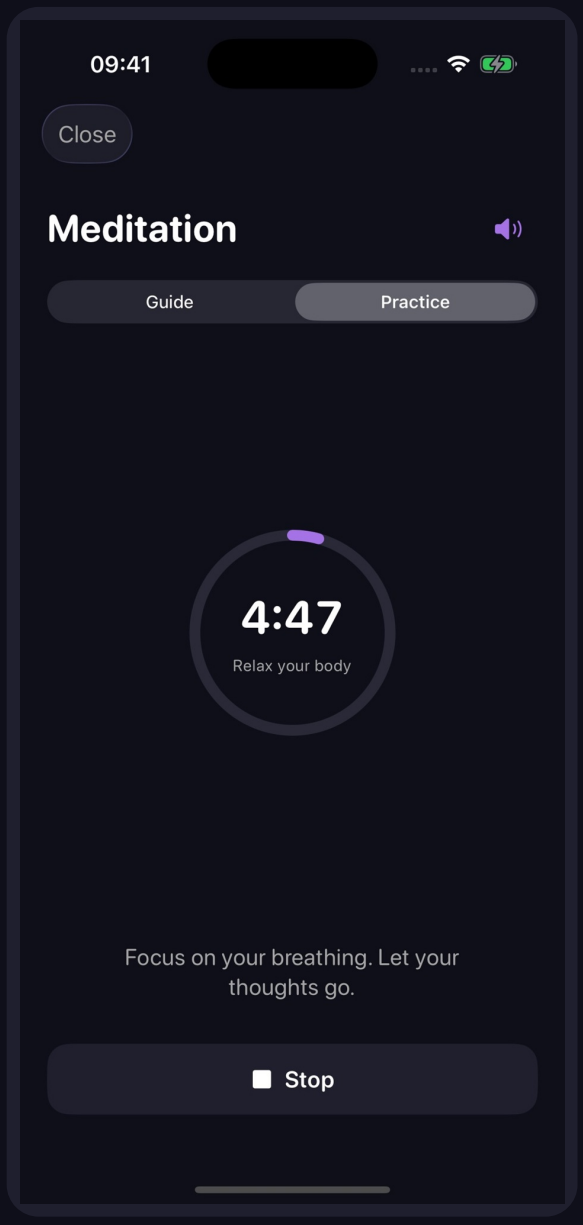
Tap Start, sit comfortably and follow the simple on-screen prompts.

3. Choose your sound

Tap the sound icon to turn the background music on or off.

4. Finish calmly

Tap Stop or wait for the timer to end. Mission credit requires completing its specified duration.



The meditation timer in dark mode

A tip from Moonka

If your mind wanders, simply bring your attention back to breathing. No need to restart the timer.

The screen stays awake during an active practice. Music licences are in Settings About.

Gentle attention to your body

Wellness Body scan Practice. The session has 12 steps and lasts about 10 minutes.

1. Read the guide

Review the description and precautions. Choose a comfortable position where you can remain at ease.

2. Tap Start

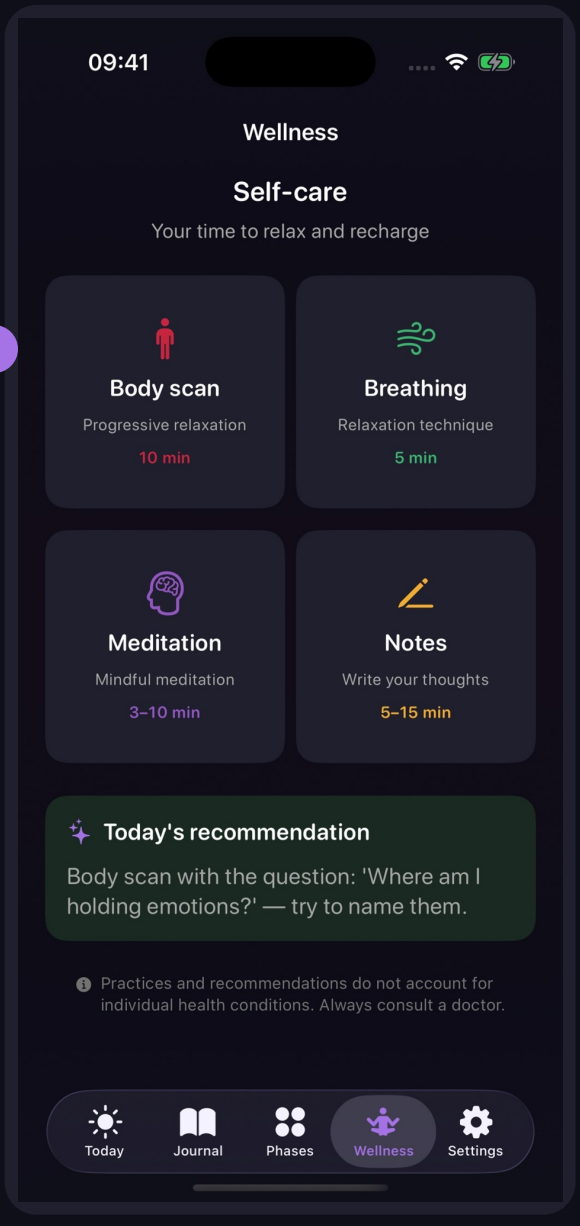
Each screen shows a body area and a short written instruction. Notice sensations without needing to change them.

3. Set your pace

Pause, resume, move to the next step or return to the previous one.

4. Finish the practice

At the end, tap Finish. For a mission, check that the app has recorded completion.



Where to open Body scan

A tip from Moonka

“I do not feel anything special” is an observation too. There is no need to seek unusual sensations.

In this version, follow the written on-screen prompts. The screen stays awake during active steps.

Your thoughts can stay here

Open Wellness Notes. There are two separate spaces: Personal and Gratitude Letter.

Personal entries

Tap the plus button and add a title and text. The daily prompt can help you start, but following it is optional.

Gratitude letters

Choose the tab, tap plus and enter a recipient. You can hide the template prompts. The letter stays in the app and is not sent to anyone automatically.

Search and edit

Search entries by text, open them and add more. Changes save while you edit; check confirmation before leaving. Deletion requires a separate action.

Where are daily notes?

A note in Journal belongs to a wellbeing date. Notes in Wellness are separate personal entries and letters.

An example opening line

“I felt better after my walk today. I want to keep this little memory for myself.”

A tip from Moonka

You can write just: “Quiet helped me today.” I have no minimum word count.

If a save error appears, use Retry and check the result before closing the entry.

Reminders at your time

Choose the notifications you need and keep sensitive details out of view.

General reminders

In Settings, turn notifications on and choose a time. Discreet mode replaces sensitive details with neutral text.

Fertile window

There is a separate switch for predicted fertile-window reminders. Without cycle data, prediction reminders cannot be scheduled.

Method reminders

In contraception settings, separately enable method reminders, discreet text and pill reminder repeats if needed.

No notifications?

Check permission in iPhone Settings Notifications Moonka. Also review Focus modes and iOS notification summaries.

Two separate schedules: general Moonka notifications and reminders for a specific contraceptive method.

A tip from Moonka

Choose a time when making an entry is convenient. I do not want to interrupt something important.

A notification is a reminder, not proof of a completed action. Check the day card to see whether the entry was saved.

Your entries under your control

Personal entries are stored locally on your device. You can also protect the app from being opened by someone else.

Protect access

Find the security section in Settings and create a PIN. Biometric access is available on compatible devices.

Keep your PIN safe

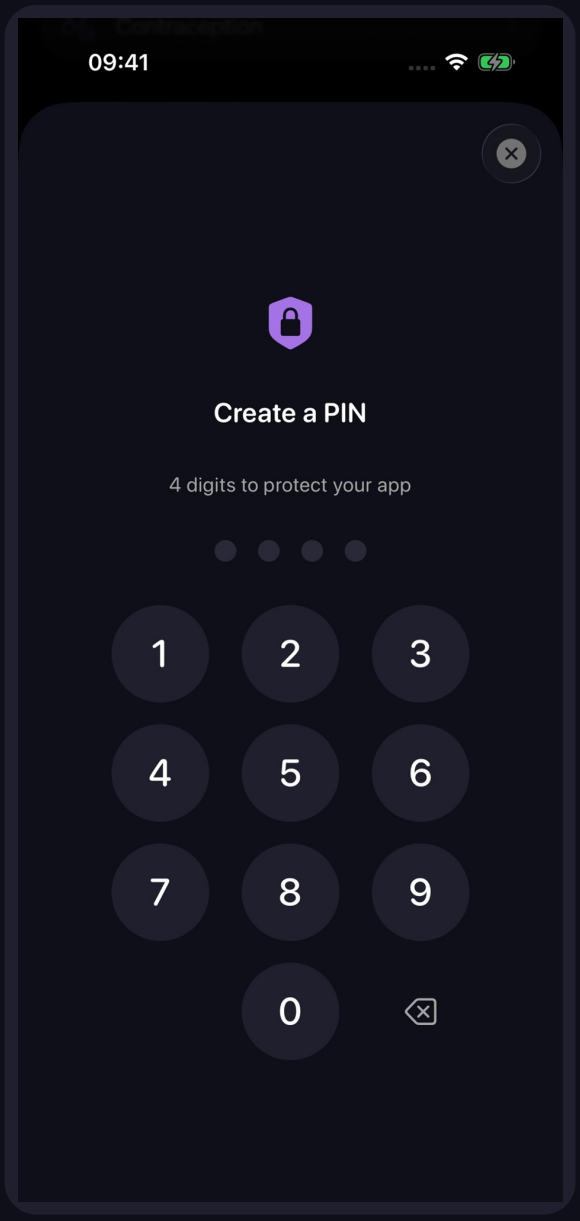
Remember your code and avoid leaving it in an unprotected note. Turning off the lock requires authentication.

Check before sharing

If you create a report, review its contents before choosing a recipient.

Delete thoughtfully

Delete all data removes personal entries and Moonka's progress. Save any needed report first. A PDF cannot restore the entry database.



Setting up a four-digit PIN

A tip from Moonka

Your thoughts can remain yours alone. You never have to share your journal.

iPhone and iPad entries do not sync automatically. Choose one main device for your history. Deleting data does not cancel your Apple subscription.

A report for your appointment

Bring recorded observations together in a PDF. Review your history before a consultation.

1. Open report export

Settings Report for your doctor. This section is near the cycle settings.

2. Choose the period

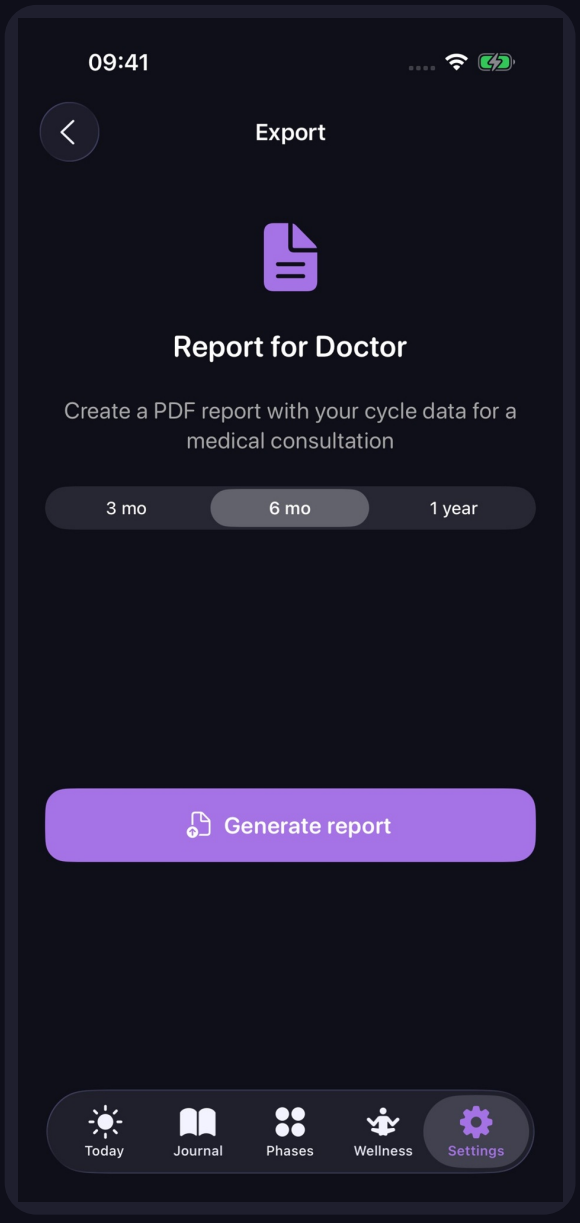
Select the last 3 months, 6 months or 1 year, then tap Generate report.

3. Review the result

The PDF includes cycle settings, period history, mood, energy and symptoms. Check its dates and period.

4. Save or share

Tap Share in the preview. Choose Save to Files or your preferred way to send it.



Report period and Generate report

A tip from Moonka

Before an appointment, write down one question you want to discuss and find the relevant dates in your report.

The report is not a diagnosis or a complete backup. Do not expect it to contain all personal writing or contraception history.

Moonka on your wrist

Apple Watch gives you a short cycle overview and lets you record your period without searching for your phone.

1. Open it on iPhone

Finish setting up Moonka and open it on the paired phone. Then open Moonka on your watch.

2. Check the overview

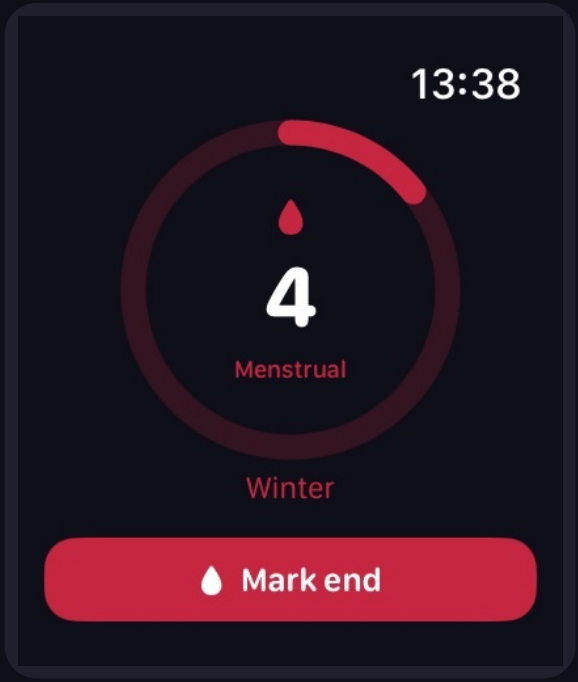
See your cycle day, phase and season. Depending on your data, you may also see a period countdown and fertility forecast.

3. Tap the ring

Read brief information about your phase. The language comes from Moonka's settings on your phone.

4. Confirm the entry

Use the button to mark the start or end of a period. Check confirmation: a queued action has not yet been saved on iPhone.



The real English Apple Watch screen

A tip from Moonka

If the data is out of date, open Moonka on your phone and request an update on your watch.

Watch receives data from its paired iPhone and requires Moonka access. This is not automatic iPhone-iPad synchronisation.

A subscription without surprises

The app offers monthly and yearly plans. Full access depends on an active subscription or an available trial offer.

Check before confirming

Review the plan, price in your currency, billing period and trial terms. Apple shows the current terms.

Trial access

If your account is eligible for an offer, the screen shows its length and the price afterwards. A repeat trial may not be available.

Restore a purchase

If you have already paid for access, tap Restore purchase using the same Apple Account.

Manage or cancel

Open iPhone Settings your name Subscriptions Moonka. Deleting the app or its data does not cancel a subscription.

More about cancelling a subscription: Apple’s official instructions.

Open Apple Support

A tip from Moonka

Read the terms first. Choose a plan only when it suits you.

If you do not want the trial to renew, Apple recommends cancelling at least 24 hours before it ends.

Little conveniences

Set up Moonka in the way that makes returning feel easy.

Language and theme

Ukrainian, English, Romanian and Russian are available. Choose a dark or light theme in Settings.

Cycle settings

Update the last period date and your usual cycle and period lengths. Check the calendar and forecast after changing them.

Your own names

You can choose your own names for the period and fertile window. This changes the wording, not the medical meaning of the forecast.

Tips and documents

About Show tips again reopens the short tour. Find the version and music licences there too. Privacy, terms and the disclaimer are available in Settings.

After changing cycle or notification settings, tap Save and check the confirmation.

A tip from Moonka

If you forget where something lives, invite me to show you around again.

Support includes a link to Instagram @moonka_app. Describe the action and problem; you do not need to send your whole journal.

Your everyday rhythm

Use Moonka as often as it helps you. Missing a day does not take away the value of previous entries.

When you have a moment

Check the date and record your mood and energy. Symptoms and one short note add context.

When you want a pause

Open one practice or Moonka’s home. For collection progress, start missions from Moonka’s list.

Now and then

Explore monthly trends, reread a few entries and check whether your reminder time still suits you.

When you need help

If an entry did not save, retry. If access is not working, restore your purchase. Ask a professional about health concerns and support about the app.

Understanding prediction limits: NHS

Interface examples use existing screenshots from September-October 2026. Any other interface language is noted in the caption. Details may differ in your version.

A tip from Moonka

I am here, but you set the pace. One little observation is enough to begin.

Moonka is a self-observation tool for users aged 16+. It does not replace medical advice or guarantee predictions.