

THINGS TO KNOW, MANAGE & EAT

THROUGHOUT YOUR CYCLE

TAP INTO YOUR CYCLE'S SUPERPOWERS THROUGH FOOD, MOVEMENT & MINDSET

MENSTRUATION

PRE-OVULATION

OVULATION

PRE-MENSTRUATION

DAY 1*-5

MENSTRUAL PHASE
UTERINE LINING BREAKS DOWN
 ESTROGEN DOMINANT
*FIRST DAY OF PERIOD



LOW ENERGY, NEGATIVE THOUGHTS, DISCOMFORT

“TIME OUT IS THE BEST GIFT YOU CAN GIVE YOURSELF.”

TANIA CUTURI

- Say yes to help! Delegate.
- Take small breaks if you can't take big ones.
- Make time for yourself and write in a journal.
- Accept feeling low + pain. It's temporary & doesn't define you.



BROWN RICE, KALE, SEAFOOD MUSHROOMS, BEETROOT SEA VEGETABLES

GENTLE RESTORATIVE MOVES:

WALKING, EASY YOGA

DAY 6-10

FOLLICULAR PHASE
UTERINE LINING BUILDING UP
 ESTROGEN DOMINANT



ENERGY RETURNING, CURIOUS, MOTIVATED

“A GOAL WITHOUT A PLAN IS JUST A WISH.”

ST EXUPERY

- Best time to plan ahead & speak with your coach.
- Brainstorm + prioritize ideas and review goals.
- Be curious + gather ideas. check in with others!
- Discover recipes + plan things with your family!



NUT BUTTER, BROCCOLI PUMPKIN SEEDS, AVOCADO MUNG BEANS, SPROUTS

LIGHT CARDIO:

HIKES, FLOW-BASED YOGA

DAY 11-18

OVULATORY PHASE
OVULATION AT DAY 14*
 TESTOSTERONE HIGH
*APPROXIMATELY



HIGH ENERGY, MAGNETIC, ATTRACTIVE, GENEROUS

“PUT A FOOT OUTSIDE YOUR COMFORT ZONE TO DISCOVER WHAT'S NEXT.”

TANIA CUTURI

- Challenge yourself. Do what you've been postponing.
- Best time to work with others, plan a date night + family time & batch cooking/writing.
- Down days are normal.
- Use airplane mode to focus better on your tasks.



TUMERIC, FENNEL, LENTILS CINNAMON, ALMONDS WATERMELON

HIGH INTENSITY WORKOUT:

HIIT, LONG RUNS

DAY 19-28

LUTEAL PHASE
UTERINE LINING THICKENS UP
 PROGESTERONE HIGH



CHANGING ENERGY, VULNERABLE, REFLECTIVE

“WITHOUT THE RAIN, THERE WOULD BE NO RAINBOW.”

NORMAN VINCENT PEAL

- Slow down + accept your mood may change. Write in a journal.
- Try to complete the tasks you've started. (Best at finishing!)
- Great time to organize! Tidy up that fridge + messy office.
- If possible, delay unfinished tasks until the pre- or ovulation phase!



SWEET POTATO, QUINOA CAULIFLOWER, SPINACH SESAME SEEDS, BANANAS

RESISTANCE TRAINING:

PILATES, STRENGTH WORK

YOUR MONTHLY MOON + MENSTRUAL

CYCLE TRACKER

TRACK YOUR LUNAR + MENSTRUAL CYCLE TO DISCOVER MAGIC

IN YOUR DAY & BRING CHANGES WHERE YOU NEED IT MOST

PRINT THIS OUT AND ADD THESE SYMBOLS WHERE THEY FALL IN THE MOON PHASE:

OVULATION = ○ | DAY 1 OF BLEED = △ | LAST DAY OF BLEED = □

WRITE DOWN YOUR EMOTIONS + PHYSICAL FEELINGS, SUCH AS SLEEP PATTERN, ENERGY, SEX DRIVE & PAIN!

