

Day 1 - 5

Menstruation

Rest and Replenish

Day 1 - 5

Oestrogen and **progesterone** are at their lowest. Shedding of the uterine lining. Most likely to feel fatigued.

Day 6 - 15

Follicular

High Energy & Creativity

Day 6 - 15

Oestrogen rises, serotonin levels increase and energy and motivation improve.

Day 16

Ovulation

Strength & Social Energy

Day 16

Oestrogen and **Testosterone** peak. Confidence and physical strength tends to be at their highest.

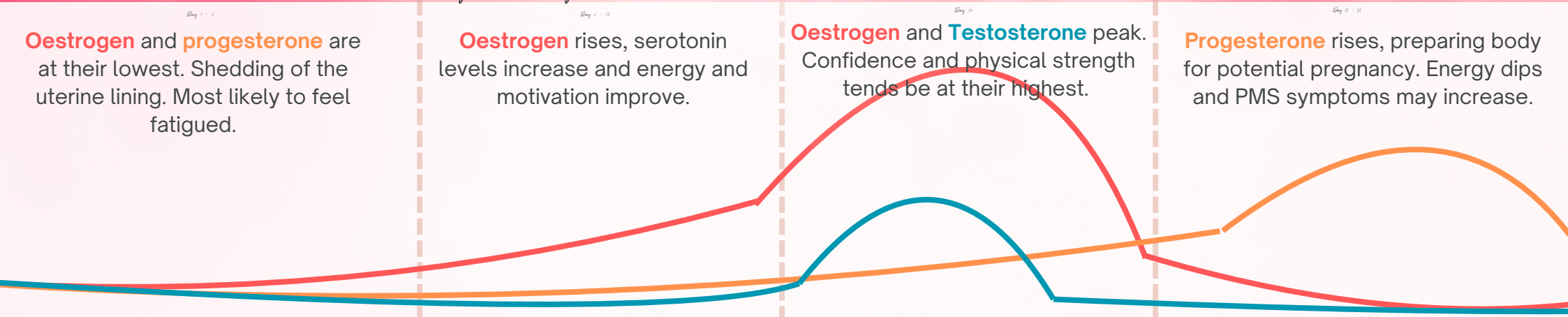
Day 17 - 28

Luteal

Slow Down and Nourish Yourself

Day 17 - 28

Progesterone rises, preparing body for potential pregnancy. Energy dips and PMS symptoms may increase.



Do

- Prioritise Self-care
- Meditation
- Stress Management
- Breathwork
- Early Nights
- Epsom Salt Baths

Movement

- Yoga
- Walking
- Stretching

Nourishment

- Spinach
- Oats
- Quinoa
- Chickpeas
- Lentils
- Pumpkin seeds
- Meat
- Flaxseeds
- Water
- Cashews
- Kidney Beans
- Nettle Tea

Do

- Creative Activities
- Cold Showers
- Explore New Ideas

Movement

- Strength Training
- HIIT Workouts
- Dance

Nourishment

- Quinoa
- Oats
- Lentils
- Chickpeas
- Chicken
- Pumpkin seeds
- Fish
- Flaxseeds
- Kidney Beans
- Cashews
- Black Beans
- Eggs

Do

- Socialise
- Affirmations
- New challenges
- Sing
- Get outdoors
- Network

Movement

- Strength Training
- HIIT Workouts
- Cardio

Nourishment

- Eggs
- Oats
- Lentils
- Avocados
- Chicken
- Pumpkin seeds
- Fish
- Flaxseeds
- Chickpeas
- Walnuts
- Olives
- Chia seeds

Do

- Bubble baths
- Set new goals
- Self-care
- Complete projects
- Develop new skills
- Reading

Movement

- Pilates
- Swimming
- Low Intensity Workout

Nourishment

- Bananas
- Kidney Beans
- Leafy greens
- Lentils
- Dark chocolate
- Black Beans
- Almonds
- Sunflower seeds
- Spinach
- Spearmint Tea
- Sesame seeds
- Nettle Tea