1. Menstrual Phase (Days 1-5)

Characteristics: Low energy, potential cramps, and discomfort.

Recommended Exercises:

Light cardio: Walking, light jogging, or gentle cycling.

Yoga and stretching: Focus on gentle poses and stretches to alleviate cramps and tension.

Rest and recovery: Don't hesitate to take rest days if you feel particularly fatigued.

2. Follicular Phase (Days 6-14)

**Characteristics:** Increasing energy and endurance as oestrogen levels rise.

**Recommended Exercises:**

Cardio: Running, cycling, and swimming at moderate to high intensity.

Strength training: Focus on building muscle with weight lifting or bodyweight exercises.

High-Intensity Interval Training (HIIT): Incorporate short bursts of intense exercise.

3. Ovulatory Phase (Around Day 14)

Characteristics: Peak energy levels and strength, high estrogen, and luteinizing hormone (LH) surge.

Recommended Exercises:

Intense cardio: Take advantage of high energy for activities like running or spin classes.

Strength training: Lift heavier weights and push for personal bests.

Group sports: Engage in competitive sports or activities requiring bursts of energy.

4. Luteal Phase (Days 15-28)

Characteristics: Decreasing energy, potential mood swings, and PMS symptoms as progesterone rises.

Recommended Exercises:

Moderate cardio: Maintain activity with moderate-intensity exercises like jogging or brisk walking.

Strength training: Continue with strength exercises but at a slightly lower intensity.

Yoga and Pilates: Incorporate more flexibility and relaxation exercises.

Listen to your body: Be prepared to scale back if experiencing significant fatigue or discomfort.

General Tips

Stay hydrated: Ensure adequate water intake throughout the cycle.

Nutrition: Maintain a balanced diet rich in iron, magnesium, and other vital nutrients to support energy levels and recovery.

Rest: Prioritize rest and listen to your body's signals, adjusting workouts as needed.

**Menstrual Phase (Days 1-5)**

* **Iron-Rich Foods:** Spinach, beetroot, pomegranate, dates, jaggery.
* **Protein:** Lentils(daal), paneer, tofu.
* **Hydration:** Coconut water, lemon water, herbal teas(ginger, peppermint).
* **Anti-inflammatory Foods:** Turmeric milk, ginger, garlic.
* **Comfort Foods:** Khichdi, light soups (dal soup, vegetable broth).

**Follicular Phase (Days 6-14)**

* **Complex Carbs:** Whole grains (brown rice,millets), oats.
* **Lean Proteins:** Chicken, fish, eggs, legumes(tarkari).
* **Healthy Fats:** Avocado, nuts, seeds (flaxseeds, chia seeds), ghee.
* **Fruits and Vegetables:** Berries, oranges, apples, carrots, bell peppers, greens.
* **Fermented Foods:** Yogurt, buttermilk, pickles (in moderation).

### **Ovulatory Phase (Days 15-17)**

* **Antioxidant-Rich Foods:** Berries, citrus fruits, bell peppers.
* **High-Fiber Foods:** Whole grains, beans, leafy greens.
* **Omega-3 Fatty Acids:** Flaxseeds, chia seeds, walnuts, fish (like salmon).
* **Vitamin C:** Citrus fruits, guava, strawberries.
* **Hydration:** Plenty of water, herbal teas.

### **Luteal Phase (Days 18-28)**

* **Complex Carbs:** Sweet potatoes, oats, whole grains.
* **Magnesium-Rich Foods:** Dark chocolate, almonds, cashews, spinach(paalak).
* **Vitamin B6:** Bananas, potatoes, chickpeas(choola).
* **Calcium-Rich Foods:** Dairy products (milk, yogurt, paneer), leafy greens.
* **Mood-Boosting Foods:** Dark chocolate, berries.
* **Hydration:** Water, herbal teas (chamomile, peppermint).

### **General Tips Across All Phases**

* **Stay Hydrated:** Drink plenty of water throughout the cycle.
* **Limit Caffeine and Sugar:** These can exacerbate symptoms like bloating and mood swings.
* **Avoid Processed Foods:** Opt for whole, natural foods.
* **Balanced Meals:** Ensure each meal includes a balance of carbohydrates, proteins, and fats.