

Carter's Weekly Plan

Fertility Focused · Cycle Aware · Nourish First

135 lbs

5'5½"

Maintain & Build

Protein: 80-110g

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Full Body Strength	Zone 2 Cardio	Rest / Yoga	Upper Body & Core	Zone 2 / Rest	Lower Body & Glutes	Complete Rest
Training: 45-50 min compound lifts	Movement: 30-40 min walk, bike, or swim	Focus: Pelvic floor PT exercises	Training: 40-45 min push/pull	Movement: 20-30 min optional	Training: 45-50 min legs/hips	Sabbath: Prayer, worship, restoration
Core: 360° breathing, dead bug, bird dog	Mobility: Hip openers, 90/90 switches	Pace: Conversational (can talk)	Core: Side plank, glute bridges	Or: Complete rest day	Focus: Squat/hinge patterns	Movement: Optional gentle walk
Pelvic Floor: Gentle activation work	Benefits: Insulin sensitivity, stress relief	Stress: 10 min meditation or prayer	Exercises: Rows, press, face pulls	Active: Gentle stretching only	Include: Hip thrusts, step-ups	Sleep: Prioritize 9 hrs
Fuel: Eat breakfast before!	Optional: Walk with Grant	Sleep: Aim for 9 hrs	Post: 25-30g protein within 2 hrs	Check: Energy levels, cycle day	Core: Farmer carries, Palloff press	Prep: Meal prep for week
<i>Adjust to cycle phase</i>	<i>Never fasted — eat first!</i>	<i>Rest is hormone recovery</i>	<i>Moderate intensity luteal phase</i>	<i>Listen to your body</i>	<i>Labor prep foundation</i>	<i>Stress management day</i>

Daily Supplements	Fertility Nutrition	Sleep & Cycle
<ul style="list-style-type: none"> Morning: Prenatal with methylfolate, Vitamin D3, Omega-3 (DHA) Morning: CoQ10 100-200mg (ubiquinol), Creatine 3-5g Post-workout: Protein 25-30g + carbs Evening: Magnesium glycinate 200-400mg, Myo-inositol 2-4g Optional: Ashwagandha 300-600mg AM <p><i>Stop adaptogens once pregnant — confirm with doctor</i></p>	<ul style="list-style-type: none"> Eggs daily: 2-3 (choline for fetal brain) Liver weekly: 3-4 oz (iron, B12, folate, retinol) Fatty fish: 3-4x/week (salmon, sardines) Fermented foods: Daily (sauerkraut, kefir) Brazil nuts: 2-3/day (selenium for thyroid) Leafy greens: 2-3 cups daily (folate) 	<ul style="list-style-type: none"> Sleep: 8-9 hours (women need more for hormones) Sunlight within 30-60 min of waking Caffeine: <200mg, stop by 2pm Alcohol: Eliminate completely Track cycle: BBT, cervical mucus, OPKs Luteal phase: Cooler room, limit fluids pre-bed
	<p>Protein 80-110g/day</p> <p>Calories Maintenance</p>	<p>Hydration 80 oz/day</p> <p>Zone 2 120-150 min/wk</p>