

Complete Cycle Reference Guide

All 4 Phases: Your Comprehensive Cycle Companion



FOLLICULAR PHASE (Days 1-7)

"Fresh Start, Rising Energy"

What's Happening:

- Estrogen: Low → Rising
- Energy: Rebuilding
- Mood: Stabilizing → Improving
- Digestion: Normalizing after period

Nutrition Strategy:

- **Hydration:** Warm lemon water, herbal teas
- **Foods:** Fresh fruits, leafy greens, clean proteins
- **Timing:** Regular meals, don't skip breakfast
- **Avoid:** Heavy foods, excessive caffeine

Movement:

- 10-15 minute walks
- Gentle yoga/stretching
- 50% of usual intensity
- Focus on consistency

Emergency Protocol:

- 4-7-8 breathing

- Warm ginger tea
 - Gentle belly massage
 - Left-side rest
-

OVULATORY PHASE (Days 8-14)

"Peak Energy, Peak Potential"

What's Happening:

- Estrogen: Peak levels
- LH/FSH: Surging for ovulation
- Mental clarity & focus at highest
- Physical strength optimized

Nutrition Strategy:

- **High Energy:** Cruciferous vegetables, omega-3 fish
- **Timing:** Larger breakfast, pre/post activity fuel
- **Support:** Digestive enzymes, ginger with meals
- **Needs:** Extra B vitamins, magnesium, electrolytes

Movement:

- Strength training at peak power
- High-intensity cardio (if feels good)
- Dynamic yoga/Pilates
- Sports, dancing, challenges

Emergency Protocol:

- Deep belly breathing
- Heat pack (15-20 min max)

- Warm peppermint tea
 - Gentle movement (don't power through)
-

LUTEAL PHASE (Days 15-28)

"Sustainable Strength"

What's Happening:

- Estrogen: Dramatic drop after ovulation
- Progesterone: Rise then fall
- Water retention increases
- Digestive motility slows

Nutrition Strategy:

- **Blood Sugar:** Complex carbs, protein + fat combos
- **Anti-inflammatory:** Omega-3 fish, turmeric, ginger
- **Cravings:** Honor with nutrient-dense versions
- **Comfort:** Smaller frequent meals, herbal teas

Movement:

- 60-70% of usual intensity
- Gentle walks, restorative yoga
- Listen to body's "no"
- Some days require rest

Emergency Protocol:

- Heat to lower abdomen
- 4 counts in, 6 counts out breathing
- Clockwise belly massage

- Call supportive person
-

MENSTRUAL PHASE (Days 1-7)

"Rest & Reset"

What's Happening:

- All hormones at lowest levels
- Enhanced introspection & clarity
- Iron levels may be lower
- Body doing renewal work

Nutrition Strategy:

- **Iron Restoration:** Red meat, fish, dark leafy greens
- **Anti-inflammatory:** Ginger tea, tart cherry juice
- **Comfort:** Warm cooked foods, bone broth
- **Hydration:** Extra water, natural electrolytes

Movement:

- 40-60% usual intensity maximum
- Restorative yoga, gentle walks
- Honor body's rest requests
- Heat therapy over high intensity

Emergency Protocol:

- Heating pad on high (15 min)
 - Hot ginger tea
 - Fetal position/child's pose
 - Ask for help - don't suffer alone
-

Universal Emergency Protocols

Sudden Severe Bloating (Any Phase):

1. **Immediate (0-5 min):** Deep breathing + warm liquid + gentle stretches
2. **Next Steps (5-15 min):** Slow walk + belly massage + heat therapy
3. **Ongoing:** Note triggers + consider digestive support + seek help if severe

Red Flags - Seek Medical Help:

- Sudden severe pain preventing normal activities
 - Fever with digestive symptoms
 - Persistent nausea/vomiting
 - Symptoms much worse than usual pattern
 - Pain that prevents sleep
-

Tracking Made Simple

Daily Check-In (30 seconds):

- Bloating level: 1-5 scale
- Energy level: Low/Medium/High
- Mood: 😊 😐 😞 😡 😴
- One thing that helped today

Weekly Reflection (5 minutes):

- What patterns am I noticing?
 - Which protocols helped most?
 - What questions came up?
 - How is my relationship with my cycle changing?
-

Protocol Quick Reference

Food Protocols by Phase:

- **Follicular:** Gentle reactivation, hydration focus
- **Ovulatory:** High energy fuel, anti-inflammatory
- **Luteal:** Blood sugar stability, craving management
- **Menstrual:** Iron restoration, comfort foods

Movement Guidelines:

- **Follicular:** 50% intensity, consistency focus
- **Ovulatory:** Peak power, can handle more
- **Luteal:** 60-70% intensity, honor limits
- **Menstrual:** 40-60% intensity, rest priority

Self-Care Essentials:

- **All phases:** Heat therapy, adequate sleep, stress management
 - **Follicular/Ovulatory:** Building energy, social connection
 - **Luteal/Menstrual:** Comfort focus, extra boundaries
-

Key Mindset Shifts

From Fighting to Flowing:

- Your cycle is not a problem to solve - it's a rhythm to honor
- Different phases have different gifts and challenges
- Working with your cycle is more effective than against it

Self-Compassion Mantras:

- "This is temporary"
- "My body is doing important work"

- "I deserve comfort"
 - "Gentle is enough today"
 - "Rest is productive"
-

Success Metrics

You're Succeeding When:

- ✓ You feel less frustrated with your body
- ✓ You have reliable comfort strategies
- ✓ You show more self-compassion during tough days
- ✓ You better prepare for challenging phases
- ✓ You feel confident managing symptoms
- ✓ You understand your unique patterns

Remember:

- Progress isn't linear during hormonal cycles
 - Some cycles will be easier than others
 - Every cycle is an opportunity to learn
 - Small, consistent steps create lasting change
-

Support & Resources

Immediate Help:

- **Email:** support@yourfitnature.com
- **Community:** [Private Facebook Group]
- **Emergency:** Contact healthcare provider for severe symptoms

Ongoing Support:

- **Monthly cycle discussions** in private community
- **Seasonal cycle wisdom** emails

- **Annual cycle review** and planning sessions
 - **Daily encouragement:** @FitNatureCycles
-

Your cycle is your superpower when you learn to work with it instead of against it.

⚠️ Educational purposes only. Not medical advice. | 🔒 Track privately, share optionally