

title: "Cycle Cheatsheet: Quick Reference for Bloat Relief"
subtitle: "FitNature Workshop Series • Faceless • Evidence-Based • Cycle-Synced"
version: "v1.0.0"
author: "FitNature"
subject: "Women's Health, Cycle Tracking, Bloating Relief"
keywords: ["hormonal health", "cycle phases", "bloating", "women's wellness"]
created: "2025-08-26"
modified: "2025-08-26"
language: "en-US"
doc_id: "CCS-v1.0.0"

Cycle Cheatsheet: Quick Reference for Bloat Relief

Your cycle-synced guide to understanding and managing hormonal bloating patterns

Phase	Days	Typical Symptoms	Food Focus	Movement/Self-Care	Quick SOS Protocol
MENSTRUAL	Days 1-7	<ul style="list-style-type: none">• Cramps, low energy• Possible bloating• Mood dips	<ul style="list-style-type: none">• Warm, nourishing foods (soups, stews)• Iron-rich choices (leafy greens, beans)• Omega-3s (salmon, flaxseed)	<ul style="list-style-type: none">• Rest when needed• Gentle yoga stretches• Short walks• Use heating pad for comfort	Heat pad on abdomen + ginger or chamomile tea + gentle belly massage
FOLLICULAR	Days 8-13	<ul style="list-style-type: none">• Rising energy & mood• Minimal bloating• Motivated feeling	<ul style="list-style-type: none">• Lean protein & complex carbs• Cruciferous vegetables (broccoli, kale)• Fermented foods (yogurt, sauerkraut)	<ul style="list-style-type: none">• Increase activity: light cardio• Be social - energy is up• Start new projects	Peppermint tea for digestion + brisk walk to boost energy + keep up water intake

Phase	Days	Typical Symptoms	Food Focus	Movement/Self-Care	Quick SOS Protocol
OVULATORY	Days 14-15	<ul style="list-style-type: none">• Peak energy and mood• Possible ovulation twinges• Social confidence high	<ul style="list-style-type: none">• Estrogen-balancing foods (leafy greens)• Light, fresh meals• Antioxidant-rich fruits	<ul style="list-style-type: none">• High-intensity workouts (if desired)• Enjoy outings and communication• Get proper sleep	Gentle yoga twists + extra glass of water + healthy snacks (nuts, fruit)
LUTEAL	Days 16-28	<ul style="list-style-type: none">• PMS symptoms: bloating• Breast tenderness, cravings• Mood swings, lower energy	<ul style="list-style-type: none">• Complex carbs (sweet potato, whole grains)• Magnesium-rich foods (nuts, seeds)• Limit excess salt and caffeine	<ul style="list-style-type: none">• Moderate exercise (walking, yoga)• Prioritize sleep and stress reduction• Plan gentle activities	Magnesium supplement + Epsom salt bath + peppermint/fennel tea

⚠ **Education only, not medical advice** | 🔒 **Track privately** | 📖 **Get the full workbook:**
yourfitnature.com/workbook

Questions? support@yourfitnature.com | © 2025 FitNature

Version & History

Version	Date	Change	Reviewer
v1.0.0	2025-08-26	Initial release combining evidence-based protocols	Medical + Editorial