

Follicular Phase Cheat Sheet

Quick Reference for Days 1-7 of Your Cycle

What's Happening in Your Body

Days 1-7: The Renewal Phase

- **Estrogen:** Low → Rising
- **Energy:** Rebuilding
- **Mood:** Stabilizing → Improving
- **Digestion:** Normalizing after period
- **Inflammation:** Naturally decreasing

Normal Bloating Patterns

Early Follicular (Days 1-3):

- Residual period bloat fading
- Lower belly still sensitive
- Appetite returning gradually

Mid-Follicular (Days 4-7):

- Light, shifting bloating
- Better morning, variable afternoon
- Often food-timing related

Food Protocol: Gentle Reactivation

HYDRATION FOCUS:

- ✓ Warm lemon water upon waking
- ✓ Herbal teas throughout day
- ✓ 8+ glasses room temperature water

GENTLE FOODS:

- ✓ Fresh, seasonal fruits
- ✓ Leafy greens & light vegetables
- ✓ Clean proteins (fish, eggs, legumes)
- ✓ Whole grains in moderation

TIMING MATTERS:

- ✓ Regular meal schedule
- ✓ Don't skip breakfast
- ✓ Light dinner 3 hours before bed

AVOID FOR NOW:

- ✗ Heavy, rich foods
- ✗ Excessive caffeine/alcohol
- ✗ Large portions



Movement: Rebuilding Energy

PERFECT FOR FOLLICULAR PHASE:

- 10-15 minute walks daily
- Gentle yoga/stretching (15-20 min)
- Swimming or water movement
- Dance or free-form movement

GUIDELINES:

- Start with 50% usual intensity
- Focus on consistency over intensity
- Movement should energize, not drain



10-Minute Morning Kick-Start

MINUTE 1-2: Prepare warm lemon water, sip slowly

MINUTE 3-5: Gentle stretches (spine, hips, shoulders)

MINUTE 6-8: Body check-in (rate energy/mood 1-5)

MINUTE 9-10: Set ONE gentle intention for day



SOS Protocol for Sudden Bloating

IMMEDIATE RELIEF (0-5 minutes):

- 4-7-8 Breathing: Inhale 4, Hold 7, Exhale 8
- Sip warm water or ginger tea
- Gentle knee-to-chest stretches

NEXT STEPS (5-15 minutes):

- Slow walk around house/block

- Gentle belly massage: circular, clockwise
- Rest on left side with knees up



Self-Care Essentials

- Warm baths with Epsom salts
- 7-8 hours sleep, consistent bedtime
- 5-10 minutes meditation/breathing
- Gentle, positive inputs



Red Flags - Seek Help

- ✗ Severe pain preventing daily activities
- ✗ Bloating worsening throughout phase
- ✗ New or concerning symptoms

Remember: This is your body's "spring cleaning" phase. Be gentle, be patient, trust the process.

⚠ **Educational purposes only. Not medical advice.** | 🔒 **Track privately** | ✉
Questions? support@yourfitnature.com