

Peak Energy Optimization Tracker

Ovulatory Phase Workshop Resource

Understanding Your Peak Phase

Days 8-14: Your Body's Natural High

This tracker helps you harness your ovulatory energy while managing mid-cycle symptoms. Use it to identify your unique peak patterns and optimize your natural advantages.

Peak Energy Assessment

Pre-Ovulation Baseline

Rate your typical energy BEFORE ovulation (1-10 scale):

- Physical energy: ____
- Mental clarity: ____
- Social confidence: ____
- Motivation level: ____
- Pain tolerance: ____

Daily Peak Phase Tracking

Day 1 | Cycle Day: ____ | Date: ____

Peak Energy Indicators:

- Physical energy (1-10): ____
- Mental clarity (1-10): ____
- Social confidence (1-10): ____
- Overall mood: 😊 😐 😞 😡 😴

Ovary Bloat Check:

☐ No sensations

- ☐ Slight fullness
- ☐ Noticeable one-sided sensation
- ☐ Uncomfortable bloating
- ☐ Sharp pain (note: seek help if severe)

What I Accomplished Today:

Work/Projects: _____

Physical Activity: _____

Social Interactions: _____

Creative Pursuits: _____

Peak Energy Protocol Used:

- ☐ Dynamic stretching (2 min)
- ☐ Ginger tea/lemon water
- ☐ Strength circuit (10 min)
- ☐ High-intensity cardio
- ☐ Creative/focused work project
- ☐ Social activities

How I Felt After Protocol:

- ☐ More energized
- ☐ Appropriately tired
- ☐ Overly drained
- ☐ About the same

Notes: _____

Day 2 | Cycle Day: _____ | Date: _____

Peak Energy Indicators:

- Physical energy (1-10): _____
- Mental clarity (1-10): _____
- Social confidence (1-10): _____
- Overall mood: 😊 😐 😞 😡 🤯

Ovary Bloat Check:

- ☐ No sensations
- ☐ Slight fullness
- ☐ Noticeable one-sided sensation

- ☐ Uncomfortable bloating
- ☐ Sharp pain (note: seek help if severe)

What I Accomplished Today:

Work/Projects: _____

Physical Activity: _____

Social Interactions: _____

Creative Pursuits: _____

Peak Energy Protocol Used:

- ☐ Dynamic stretching (2 min)
- ☐ Ginger tea/lemon water
- ☐ Strength circuit (10 min)
- ☐ High-intensity cardio
- ☐ Creative/focused work project
- ☐ Social activities

How I Felt After Protocol:

- ☐ More energized
- ☐ Appropriately tired
- ☐ Overly drained
- ☐ About the same

Notes: _____

Day 3 | Cycle Day: _____ | Date: _____

Peak Energy Indicators:

- Physical energy (1-10): _____
- Mental clarity (1-10): _____
- Social confidence (1-10): _____
- Overall mood: 😊 😐 😞 😡 🤯

Ovary Bloat Check:

- ☐ No sensations
- ☐ Slight fullness
- ☐ Noticeable one-sided sensation
- ☐ Uncomfortable bloating
- ☐ Sharp pain (note: seek help if severe)

What I Accomplished Today:

Work/Projects: _____

Physical Activity: _____

Social Interactions: _____

Creative Pursuits: _____

Peak Energy Protocol Used:

- ☐ Dynamic stretching (2 min)
- ☐ Ginger tea/lemon water
- ☐ Strength circuit (10 min)
- ☐ High-intensity cardio
- ☐ Creative/focused work project
- ☐ Social activities

How I Felt After Protocol:

- ☐ More energized
- ☐ Appropriately tired
- ☐ Overly drained
- ☐ About the same

Notes: _____**Day 4 | Cycle Day: _____ | Date: _____****Peak Energy Indicators:**

- Physical energy (1-10): _____
- Mental clarity (1-10): _____
- Social confidence (1-10): _____
- Overall mood: 😊 😐 😞 😡 🤯

Ovary Bloat Check:

- ☐ No sensations
- ☐ Slight fullness
- ☐ Noticeable one-sided sensation
- ☐ Uncomfortable bloating
- ☐ Sharp pain (note: seek help if severe)

What I Accomplished Today:

Work/Projects: _____

Physical Activity: _____

Social Interactions: _____

Creative Pursuits: _____

Peak Energy Protocol Used:

- ☐ Dynamic stretching (2 min)
- ☐ Ginger tea/lemon water
- ☐ Strength circuit (10 min)
- ☐ High-intensity cardio
- ☐ Creative/focused work project
- ☐ Social activities

How I Felt After Protocol:

- ☐ More energized
- ☐ Appropriately tired
- ☐ Overly drained
- ☐ About the same

Notes: _____

Day 5 | Cycle Day: _____ | Date: _____

Peak Energy Indicators:

- Physical energy (1-10): _____
- Mental clarity (1-10): _____
- Social confidence (1-10): _____
- Overall mood: 😊 😐 😞 😡 😴

Ovary Bloat Check:

- ☐ No sensations
- ☐ Slight fullness
- ☐ Noticeable one-sided sensation
- ☐ Uncomfortable bloating
- ☐ Sharp pain (note: seek help if severe)

What I Accomplished Today:

Work/Projects: _____

Physical Activity: _____

Social Interactions: _____

Creative Pursuits: _____

Peak Energy Protocol Used:

- ☐ Dynamic stretching (2 min)
- ☐ Ginger tea/lemon water
- ☐ Strength circuit (10 min)
- ☐ High-intensity cardio
- ☐ Creative/focused work project
- ☐ Social activities

How I Felt After Protocol:

- ☐ More energized
- ☐ Appropriately tired
- ☐ Overly drained
- ☐ About the same

Notes: _____

Day 6 | Cycle Day: _____ | Date: _____

Peak Energy Indicators:

- Physical energy (1-10): _____
- Mental clarity (1-10): _____
- Social confidence (1-10): _____
- Overall mood: 😊 😐 😞 😡 😴

Ovary Bloat Check:

- ☐ No sensations
- ☐ Slight fullness
- ☐ Noticeable one-sided sensation
- ☐ Uncomfortable bloating
- ☐ Sharp pain (note: seek help if severe)

What I Accomplished Today:

Work/Projects: _____

Physical Activity: _____

Social Interactions: _____

Creative Pursuits: _____

Peak Energy Protocol Used:

- ☐ Dynamic stretching (2 min)
- ☐ Ginger tea/lemon water

- ☐ Strength circuit (10 min)
- ☐ High-intensity cardio
- ☐ Creative/focused work project
- ☐ Social activities

How I Felt After Protocol:

- ☐ More energized
- ☐ Appropriately tired
- ☐ Overly drained
- ☐ About the same

Notes: _____

Day 7 | Cycle Day: _____ | Date: _____

Peak Energy Indicators:

- Physical energy (1-10): _____
- Mental clarity (1-10): _____
- Social confidence (1-10): _____
- Overall mood: 😊 😐 😞 😡 🤯

Ovary Bloat Check:

- ☐ No sensations
- ☐ Slight fullness
- ☐ Noticeable one-sided sensation
- ☐ Uncomfortable bloating
- ☐ Sharp pain (note: seek help if severe)

What I Accomplished Today:

Work/Projects: _____

Physical Activity: _____

Social Interactions: _____

Creative Pursuits: _____

Peak Energy Protocol Used:

- ☐ Dynamic stretching (2 min)
- ☐ Ginger tea/lemon water
- ☐ Strength circuit (10 min)
- ☐ High-intensity cardio

- ☐ Creative/focused work project
- ☐ Social activities

How I Felt After Protocol:

- ☐ More energized
- ☐ Appropriately tired
- ☐ Overly drained
- ☐ About the same

Notes: _____

Weekly Peak Phase Analysis

Energy Patterns Discovered:

My peak energy typically occurs on cycle days: _____

Peak energy signs I can now recognize:

- ☐ Waking up naturally energized
- ☐ Feeling confident in social situations
- ☐ Wanting to tackle challenging projects
- ☐ Higher pain tolerance
- ☐ Increased motivation for physical activity
- ☐ Enhanced mental clarity and focus
- ☐ Other: _____

Ovary Bloat Patterns:

I typically experience ovary bloat on cycle days: _____

My ovary bloat is usually:

- ☐ Left-sided ☐ Right-sided ☐ Alternates ☐ Both sides

What helps my ovary bloat most:

1. _____
2. _____
3. _____

Optimization Wins:

Best peak energy activities I discovered:

1. _____
2. _____
3. _____

Times I felt most powerful/capable:

What I want to schedule during next ovulation:

- ☐ Important presentation/meeting
- ☐ Challenging workout goals
- ☐ Social events/networking
- ☐ Creative projects
- ☐ Difficult conversations
- ☐ Learning new skills

Burnout Prevention:

Signs I'm overdoing it during peak energy:

- ☐ Afternoon energy crash
- ☐ Trouble sleeping despite tiredness
- ☐ Irritability or anxiety
- ☐ Increased ovary bloat/discomfort
- ☐ Planning too many commitments
- ☐ Other: _____

My sustainable peak energy approach:

Next Cycle Planning

What I Want to Try Next Ovulation:

- ☐ Schedule important work during peak days
- ☐ Plan challenging workouts for peak energy
- ☐ Use peak confidence for social goals
- ☐ Block creative time during mental clarity peaks

- ☐ Try new peak energy protocols
- ☐ Better ovary bloat prevention strategies

Peak Power Goals:

Physical goals: _____

Mental/work goals: _____

Social goals: _____

Creative goals: _____

Support Systems:

People who support my peak energy goals:

Resources I need for optimal peak phase:


Monthly Review

How has understanding my peak energy changed my life?

What am I most proud of from this tracking period?

Questions I still have about my ovulatory phase:

Remember: Your peak energy is not selfish - it's a resource. Use it wisely, share it generously, trust your body's wisdom.

 **Questions?** support@yourfitnature.com |  **Share wins:** [Private Community Link]