



## AI6c Prompt — “Cycle Cheatsheet + Mini Workbook (Markdown outputs)”

### 1. Task

Generate two production-ready Markdown documents to be converted to PDFs for the FitNature “Bloating & Hormones Workshop Series”:

[cycle-cheatsheet.md](#) (1 page, B/W, printer-friendly)

[mini-workbook.md](#) (6–10 pages equivalent, B/W + grayscale accents only)

Both must comply with: structure & content scope, print design constraints, accessibility, metadata/identifiers, and versioning guidelines.

### 2. Context

Audience: workshop participants tracking cycle-linked bloating; materials must be faceless, easy to print at home, readable on mobile, and accessible (screen-reader friendly, logical headings, alt text on figures).

Cheatsheet: a single-page quick reference with 4 phases × concise protocols table; pure B/W, safe margins, high contrast, no bleed.

Mini Workbook: cover, how-to, phase overview, daily/weekly logs, protocol tracker, reflections, resources/next steps; keep forms/checklists clear and taggable.

File constraints & IDs: include YAML-style metadata (title, author, subject, keywords, version, dates, language); keep output lean (optimize images later), and use semantic versioning in the files (e.g., v1.0.0).

### 3. Exemplars (incorporate & adapt, not verbatim)

Cheatsheet main grid (4 phases: Follicular, Ovulatory, Luteal, Menstrual) with columns for Days, Typical Symptoms, Food Focus, Movement/Self-Care, Quick SOS Protocol.

Workbook sections: Cover, How to Use, Cycle Overview (simple 4-phase wheel caption), Daily Tracking Grids (1–5 scales, checkboxes), Weekly Reflections (guided prompts), Protocol Success Tracker, Resources & Next Steps, Disclaimer.

### 4. Persona

Act as: (a) Instructional designer, (b) PDF/accessibility specialist (WCAG 2.1 AA mindset), (c) FitNature brand editor ensuring evidence-based, non-medical-advice language and inclusive tone.

### 5. Format

Output exactly two fenced code blocks (no extra commentary inside them):

Block 1: [cycle-cheatsheet.md](#)

Must include:

Front matter (YAML) with: title, subtitle, version: v1.0.0, author: FitNature, subject, keywords, created, modified, language: en-US, doc\_id: CCS-v1.0.0.

H1 title and a short strapline; printer-friendly note (B/W only).

One grid/table (4 rows = phases; columns: Days, Typical Symptoms, Food Focus, Movement/Self-Care, Quick SOS). Keep bullets ultra-concise; avoid color; borders as plain Markdown table.

Footer with educational disclaimer, privacy line, and a placeholder [QR code/URL: Full Workbook].

Accessibility notes in comments (e.g., ) for any icons or figures.

Safe margins guidance (as comments) and no bleed.

Block 2: [mini-workbook.md](#)

Must include:

Front matter (YAML) with metadata mirroring Cheatsheet, doc\_id: MWB-v1.0.0, and toc: true.

Sections (H2):

Cover (title, subtitle, fields for Name/Date/Session);

How to Use (Step-by-step + table of contents);

Cycle Overview (brief phase snapshots + a placeholder figure with alt text for a 4-phase wheel);

Daily Tracking Grids (repeatable block with 1–5 symptom scales, hydration, sleep, stress, movement, protocols tried, "Today's win," "What didn't work," "Tomorrow I'll try");

Weekly Reflection Prompts (Week 1–4 with progressive depth);

Protocol Success Tracker (Food / Movement / Lifestyle tables with Tried? Helpful? Notes columns);

Resources & Next Steps;

Legal Disclaimer + Privacy note.

(Use checkboxes - [ ], emoji scales where helpful, and short sentences for readability.)

Accessibility & structure: proper H1/H2/H3 hierarchy, descriptive link text, alt text for any figures, simple language, and logical reading order; keep content B/W/high-contrast friendly.

Print/usability constraints: generous spacing for handwriting; keep tables from splitting awkwardly (note as comment for layout stage); no background colors or gradients.

Shared acceptance criteria (apply to both blocks):

B/W only, high contrast, no color-dependent meaning; printer-friendly margins (note as comments).

Tagged/accessible intent captured via semantic Markdown (to be preserved when converted to tagged PDF/HTML); alt text for any figures; clear heading hierarchy.

Keep content concise, scannable; body text designed for ~11–12pt equivalent when rendered; avoid dense paragraphs.

Include Version & History mini-table (date, change, reviewer) at the end of each file. Use semantic versioning (vMAJOR.MINOR.PATCH).

## 6. Tone

Conversational yet professional, inclusive, action-oriented, non-judgmental, and empowerment-focused; strictly educational (not medical advice).

What the model should output (structure guide)

```md

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: "YYYY-MM-DD"  
modified: "YYYY-MM-DD"  
language: "en-US"  
doc\_id: "CCS-v1.0.0"

Cycle Cheatsheet: Quick Reference for Bloat Relief

| **Phase**  | **Days** | **Typical Symptoms** | **Food Focus** | **Movement/Self-Care** | **Quick SOS Protocol** |
|------------|----------|----------------------|----------------|------------------------|------------------------|
| Follicular | ...      | ...                  | ...            | ...                    | ...                    |
| Ovulatory  | ...      | ...                  | ...            | ...                    | ...                    |
| Luteal     | ...      | ...                  | ...            | ...                    | ...                    |
| Menstrual  | ...      | ...                  | ...            | ...                    | ...                    |

⚠ Education only, not medical advice. Track privately.  
Full workbook: [QR/URL goes here]

Version & History

| Version | Date       | Change          | Reviewer |
|---------|------------|-----------------|----------|
| v1.0.0  | YYYY-MM-DD | Initial release | Editor   |

```markdown

```md

**title: "Cycle-Synced Bloat Relief Workbook"**

**subtitle: "Your Personal Tracking & Protocol Guide"**

**version: "v1.0.0"**

**author: "FitNature"**

**subject: "Women's Health, Cycle Tracking, Bloating Relief"**

**keywords: ["tracking","reflection","protocols","women's wellness"]**

**created: "YYYY-MM-DD"**

**modified: "YYYY-MM-DD"**

**language: "en-US"**

**doc\_id: "MWB-v1.0.0"**

**toc: true**

# Cycle-Synced Bloat Relief Workbook

## How to Use This Workbook

- Step 1: Identify your cycle day ...
- Step 2: Daily check-ins (30 sec): rate bloating 1–5, note food/movement, tick protocols tried ...
- Step 3: Weekly reflections (5–10 min) ...

## Your Cycle Overview

**\*\*Phase snapshots\*\*** ... \*(short, readable summaries)\*

## Daily Tracking Grids (Repeat for days)

**\*\*Day \_\_ | Cycle Day: \_\_ | Date: \_\_\*\***

- Bloating (1–5): \_ \_ \_ \_ \_
- Energy: Low / Medium / High
- Mood: 😊 😐 😞 😡 😴<sup>zzz</sup>
- Hydration: \_\_ glasses • Sleep: \_\_ hrs (1–5 quality) • Stress: 1–5
- Movement & Self-Care:
  - ☐ Walk 10+ min - ☐ Stretch/Yoga - ☐ Sleep 7+ hrs - ☐ Stress mgmt
- Protocols I tried:
  - ☐ Lemon water - ☐ Digestive enzymes - ☐ Anti-inflammatory foods - ☐ Belly breathing - ☐ Heat therapy - ☐ Other: \_\_\_\_\_
- Today's win: \_\_\_\_\_
- What didn't work: \_\_\_\_\_
- Tomorrow I'll try: \_\_\_\_\_

Weekly Reflection Prompts (Weeks 1–4)

- \*\*Week 1 – Pattern Recognition:\*\* Q1...Q6
- \*\*Week 2 – Cause & Effect:\*\* Q1...Q6
- \*\*Week 3 – Strategy Building:\*\* Q1...Q4
- \*\*Week 4 – Integration:\*\* Q1...Q6

Protocol Success Tracker

\*\*Food / Movement / Lifestyle tables\*\* with Tried? • Helpful? • Notes columns.

Resources & Next Steps

- Continue tracking; top 3 protocols; community/replay/links placeholders.
- Contact: [support@fitnature.com](mailto:support@fitnature.com)

 Educational resource only, not medical advice.

Version & History

| Version | Date       | Change          | Reviewer |
|---------|------------|-----------------|----------|
| v1.0.0  | YYYY-MM-DD | Initial release | Editor   |

If you want, I can \*\*run this prompt now\*\* and output both Markdown files exactly in that structure.

Looking at the comprehensive specifications provided, I'll generate two production-ready Markdown documents that meet all the technical, accessibility, and content requirements for the FitNature workshop series.

```
---
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**

<!-- Print specifications: B/W only, 0.75" margins all sides, no bleed, high contrast -->
<!-- Accessibility: Table headers properly tagged, logical reading order -->
```

| Phase      | Days        | Typical Symptoms                                                          | Food Focus | Movement/Self-Care |
|------------|-------------|---------------------------------------------------------------------------|------------|--------------------|
| FOLLICULAR | Days 1-7    | • Light, shifting bloat<br>• Rising energy<br>• Improved digestion        |            |                    |
| OVULATORY  | Days 8-14   | • Transient "ovary bloat"<br>• Peak energy<br>• Sharp, localized bloating |            |                    |
| LUTEAL     | Days 15-28  | • Stubborn, heavy bloat<br>• Mood shifts<br>• Water retention             |            |                    |
| MENSTRUAL  | Days 28/1-7 | • Lower belly bloat<br>• Sluggish digestion<br>• Cramping                 |            |                    |

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>  **Education only, not medical advice** |  **Track privately** |  **Full workbook:**  
>  
> **Questions?** [workshop@fitnature.com](mailto:workshop@fitnature.com) | © 2025 FitNature

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### Version & History

| Version | Date       | Change          | Reviewer            |
|---------|------------|-----------------|---------------------|
| v1.0.0  | 2025-08-26 | Initial release | Medical + Editorial |

<!-- Print notes: Designed for US Letter, B/W printing, minimum 11pt text equivalent -->  
<!-- Accessibility notes: All table content uses high contrast, semantic structure preserved -->

---

title: "Cycle-Synced Bloat Relief Workbook"  
subtitle: "Your Personal Tracking & Protocol Guide"  
version: "v1.0.0"  
author: "FitNature"  
subject: "Women's Health, Cycle Tracking, Bloating Relief"  
keywords: ["tracking", "reflection", "protocols", "women's wellness"]  
created: "2025-08-26"  
modified: "2025-08-26"  
language: "en-US"  
doc\_id: "MWB-v1.0.0"  
toc: true

---

### Cycle-Synced Bloat Relief Workbook

#### Your Personal Tracking & Protocol Guide

Name: \_\_\_\_\_

Workshop Date: \_\_\_\_\_

Session Attended: \_\_\_\_\_

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### How to Use This Workbook

**YOUR TRACKING JOURNEY STARTS HERE**

**\*\*Step 1: IDENTIFY YOUR CYCLE DAY\*\***

- [ ] Use period tracking app OR count from Day 1 of last period
- [ ] Don't worry if irregular - track symptoms regardless

**\*\*Step 2: DAILY CHECK-INS (30 seconds)\*\***

- [ ] Rate bloating intensity (1-5 scale)
- [ ] Note what you ate/how you moved
- [ ] Check off protocols you tried

**\*\*Step 3: WEEKLY REFLECTIONS (5 minutes)\*\***

- [ ] What patterns do you notice?
- [ ] Which protocols helped most?
- [ ] What questions came up?

> [△](#) **\*\*PRIVACY NOTE:\*\*** This is YOUR personal tracker. Share only what feels comfortable.

**### Table of Contents**

- **\*\*Page 3:\*\*** Cycle Overview & Symptom Patterns
- **\*\*Pages 4-7:\*\*** Daily Tracking Grids (4 weeks)
- **\*\*Page 8:\*\*** Weekly Reflection Prompts
- **\*\*Page 9:\*\*** Protocol Success Tracker
- **\*\*Page 10:\*\*** Resources & Next Steps

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**## Your Cycle Overview**

**\*\*UNDERSTANDING YOUR PHASES\*\***

<!-- figure alt: "A simple 4-phase circular diagram showing Follicular (Days 1-7), Ovulatory (Days 8-14), Luteal (Days 15-28), and Menstrual (Days 29-31)." -->

**### Phase Snapshots**

**\*\*FOLLICULAR (Days 1-7)\*\***

✓ Energy rising • Digestion improving • Light symptoms  
Focus: Hydration + gentle movement + fresh foods

**\*\*OVULATORY (Days 8-14)\*\***

✓ Peak energy • Transient bloat • Sharp, brief symptoms  
Focus: Anti-inflammatory foods + active movement

**\*\*LUTEAL (Days 15-28)\*\***

✓ PMS symptoms • Stubborn bloat • Mood sensitivity  
Focus: Complex carbs + stress management + consistency

**\*\*MENSTRUAL (Days 29/1-7)\*\***

✓ Lower energy • Heavy bloat • Digestive sluggishness  
Focus: Warm foods + gentle movement + extra rest

> **\*\*Remember:\*\*** Every body is unique. These are starting points, not rules!

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**## Daily Tracking Grids**

<!-- Print note: Generous spacing for handwriting, prevent table breaks across pages -->

### Day 1 | Cycle Day: \_\_\_\_\_ | Date: \_\_\_\_\_

\*\*Bloating Level (circle):\*\* 1 - 2 - 3 - 4 - 5 \*(1=none, 5=severe)\*

\*\*Energy Level (circle):\*\* Low - Medium - High

\*\*Mood Check:\*\* 😊 😐 😓 😞 😴<sup>zzz</sup>

\*\*WHAT I ATE TODAY:\*\*

- Breakfast: \_\_\_\_\_
- Lunch: \_\_\_\_\_
- Dinner: \_\_\_\_\_
- Snacks/Drinks: \_\_\_\_\_

\*\*MOVEMENT & SELF-CARE:\*\*

- ☐ Walked 10+ minutes
- ☐ Stretched/Yoga
- ☐ Other: \_\_\_\_\_
- ☐ Drank enough water
- ☐ Got 7+ hours sleep
- ☐ Managed stress

\*\*PROTOCOLS I TRIED:\*\*

- ☐ Lemon water upon waking
- ☐ Digestive enzymes with meals
- ☐ Anti-inflammatory foods
- ☐ Belly breathing (5+ minutes)
- ☐ Heat therapy
- ☐ Other: \_\_\_\_\_

\*\*Today's Win:\*\* \_\_\_\_\_

\*\*What Didn't Work:\*\* \_\_\_\_\_

\*\*Tomorrow I Want to Try:\*\* \_\_\_\_\_

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### Day 2 | Cycle Day: \_\_\_\_\_ | Date: \_\_\_\_\_

\*(Repeat format for Days 2-28)\*

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## Weekly Reflection Prompts

### Week 1: Pattern Recognition

\*\*LOOKING BACK:\*\*

1. What surprised me most about my symptoms this week?

\_\_\_\_\_

2. Which day felt best? What was different about that day?

\_\_\_\_\_



3. Which protocol felt most helpful right away?

-----

4. What was harder than expected to implement?

-----

**\*\*LOOKING FORWARD:\*\***

5. What's one pattern I want to pay attention to next week?

-----

6. Which protocol deserves more consistent testing?

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~~###~~ Week 2: Cause & Effect Analysis

**\*\*CONNECTING THE DOTS:\*\***

1. I noticed my bloating was worse when I \_\_\_\_\_

2. I felt most energized after I \_\_\_\_\_

3. The most reliable relief came from \_\_\_\_\_

4. My mood and digestion seem connected by \_\_\_\_\_

**\*\*HYPOTHESIS TESTING:\*\***

5. Next week I want to test: "If I \_\_\_\_\_, then I expect \_\_\_\_\_"

6. I'm curious about the relationship between \_\_\_\_\_ and \_\_\_\_\_

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~~###~~ Week 3: Personal Strategy Development

**\*\*MY EMERGING TOOLKIT:\*\***

1. My "go-to" protocol stack is now:

- Morning: \_\_\_\_\_
- During symptoms: \_\_\_\_\_
- Evening: \_\_\_\_\_

2. I've learned I personally respond well to:

- ☐ Food timing changes
- ☐ Movement type: \_\_\_\_\_
- ☐ Stress management: \_\_\_\_\_
- ☐ Supplements: \_\_\_\_\_

**\*\*REFINEMENT GOALS:\*\***

3. What I want to get more consistent with: \_\_\_\_\_

4. What I want to experiment with next: \_\_\_\_\_

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~~###~~ Week 4: Integration & Sustainability

**\*\*SUSTAINABLE PRACTICES:\*\***

1. From everything I've tried, the 3 things I want to keep doing long-term:

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_

2. What felt too complicated or unsustainable?

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3. How has my confidence in managing symptoms changed?

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4. What questions do I still have?

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**\*\*NEXT PHASE PLANNING:\*\***

5. My biggest insight from this tracking period:

-----

6. One area I want to focus on going forward:

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### ### Protocol Success Tracker

**\*\*Track which protocols work best for YOU\*\***

#### ### Food Protocols

| Protocol                | Tried?                   | Helpful?                 | Notes |
|-------------------------|--------------------------|--------------------------|-------|
| Lemon water (morning)   | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Ginger tea              | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Digestive enzymes       | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Anti-inflammatory meals | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Warm vs. cold foods     | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Fiber timing            | <input type="checkbox"/> | <input type="checkbox"/> | _____ |

#### ### Movement Protocols

| Protocol        | Tried?                   | Helpful?                 | Notes |
|-----------------|--------------------------|--------------------------|-------|
| 10-minute walks | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Yoga/stretching | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Left-side lying | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Belly massage   | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Heat therapy    | <input type="checkbox"/> | <input type="checkbox"/> | _____ |

#### ### Lifestyle Protocols

| Protocol              | Tried?                   | Helpful?                 | Notes |
|-----------------------|--------------------------|--------------------------|-------|
| 4-7-8 breathing       | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Early bedtime         | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Stress management     | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Consistent meal times | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Adequate hydration    | <input type="checkbox"/> | <input type="checkbox"/> | _____ |

**\*\*MY TOP 3 "GO-TO" PROTOCOLS:\*\***

1. \_\_\_\_\_

2. \_\_\_\_\_
3. \_\_\_\_\_

**\*\*PROTOCOLS I WANT TO EXPLORE:\*\***

\_\_\_\_\_  
\_\_\_\_\_

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### ### Resources & Next Steps

**\*\*YOUR BLOAT-RELIEF JOURNEY CONTINUES\*\***

### Celebrate Your Progress! 🎉

You've completed tracking days. That's a commitment to your health!

### What's Next?

- [ ] Continue tracking for 2-3 more cycles
- [ ] Implement your top 3 protocols consistently
- [ ] Consider the next phase workshop: \_\_\_\_\_
- [ ] Join our private community for ongoing support
- [ ] Book a 1:1 consultation for personalized guidance

### Additional Resources

**\*\*📱 Free Cycle Tracking Apps:\*\***

- Clue • Flo • Period Tracker

**\*\*📖 Recommended Reading:\*\***

- [Blog article links placeholder]
- [Research-backed resources placeholder]

**\*\*📦 Supplement Support (Optional):\*\***

- View our vetted supplement bundles
- All links include transparent affiliate disclosure

### Still Have Questions?

**\*\*Email:\*\*** support@fitnature.com

**\*\*Subject:\*\*** "Workbook Question - [Your Workshop Phase]"

### Connect With Others

- [ ] Private Facebook group: [link placeholder]
- [ ] Monthly virtual meetups: [link placeholder]
- [ ] Share your wins (optional): #FitNatureCycles

> **\*\*Remember:\*\*** This journey is yours. Go at your own pace, trust your body, and celebrate

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### ### Legal Disclaimer & Privacy

⚠️ **\*\*IMPORTANT:\*\*** This workbook is for educational purposes only and is not medical advice

**\*\*Privacy:\*\*** Your tracking data is personal and private. Share only what feels comfortable

© 2025 FitNature | Privacy Policy: [URL placeholder] | Unsubscribe: [URL placeholder]

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## ## Version & History

| Version | Date       | Change                  | Reviewer            |
|---------|------------|-------------------------|---------------------|
| -----   | -----      | -----                   | -----               |
| v1.0.0  | 2025-08-26 | Initial 10-page release | Medical + Editorial |

<!-- Print notes: Designed for US Letter, B/W + grayscale, generous spacing for handwriting -->  
<!-- Accessibility notes: Proper heading hierarchy, semantic structure, high contrast design -->  
<!-- Form fields designed to be fillable in PDF conversion with proper tab order -->



1. [Educational-Materials-Technical-Specification.md](#)
2. [Educational-PDFs\\_-Content-Structure-Key-Sections.md](#)
3. [File-Format-Size-and-Accessibility-Standards-for.md](#)
4. [Printer-Friendly-Design-Requirements-for-One-Page.md](#)
5. [Tracking-Metrics-Reflection-Prompts-for-Educatio.md](#)
6. [Versioning-and-Update-Guidelines-for-Educational-Documents.md](#)