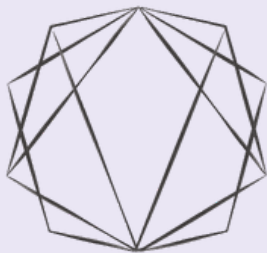


CYCLE SYNCHING

WEEKLY INVENTORY

WEEK OF:

at a glance



FIERCE GRACE
C O N S U L T I N G



FIERCE GRACE
CONSULTING

ADAPT THIS HANDOUT
BASED ON WHICH WEEK OF
YOUR CYCLE YOU ARE IN.
PRINT ONE SET FOR EACH
WEEK OF THE MONTH

As a reminder...

FOLLICULAR CYCLE

SIGNAL SENT TO OVARIES TO GET READY FOR EGG RELEASE
ENERGY IS ON THE RISE, START NEW ACTIVITIES OR A NEW BOOK
LIGHTER COOKING, RAW FOODS OKAY
TRY NOVEL, OUTWARD THINGS SUCH AS A NEW DANCE CLASS OR
A GROUP MOVEMENT EXPERIENCE

OVULATORY CYCLE

THE EGG BURSTS INTO THE UTERUS
A TIME FOR EXPANSION, ENERGY IS THE HIGHEST
EVERYTHING FEELS HEIGHTENED IN A POSITIVE WAY
INTEGRATE MORE ANTIOXIDANTS AND VEGGIES DUE TO EXCESS ESTROGEN
TRY GETTING YOUR BLOOD PUMPING WITH HIGH ENERGY STRENUOUS
MOVEMENT (& IN GROUPS)

LUTEAL CYCLE

IF THE EGG IS NOT FERTILIZED, PROGESTERONE HALTS, STARTING TO GO INWARD
TRY RICH VITAMIN B, CALCIUM, MAGNESIUM AND FIBER TO FLUSH THE LIVER
& COMPLEX CARBS TO HELP MOOD SWINGS
THIS IS A GREAT TIME FOR NESTING, ORGANIZING, MASSAGE AND
MORE ATTENTION TO OUR COMFORTS

MENSTRAL PHASE

PROGESTERONE DROPS OFF, ESTROGEN PEAKS AND THEN DROPS
COMPLETION, REFLECTION, SELF ANALYSIS, COURSE CORRECTION
TRY NOURISHING FOODS, SEA BASED VEGGIES AND OTHER IRON RICH FOODS
(WARMING, NOT RAW)
YIN MOVEMENT, STRETCHING, REST, RETREAT & REMEMBER TO ASK FOR HELP

