# CYCLE SYNCHING

#### WEEKLY INVENTORY

**WEEK OF:** 

at a glance





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

## 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



## PERSONALWEEK OF:

#### CARE CHART

Suggestions included ~ Personalize to your cycle and needs		
HYDRATE (DRINK 60 OZ/ USE ROSE WATER SPRITZER)		
SUPPLEMENTS OR EXTRA NUTRIENTS  O	SOMETHING THAT SOOTHES (BATH/ DRY BRUSHING)  O	
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O	O	
O	O	
O		
HEALTHY TOUCH OR MASSAGE		
DO NOTHING WHAT IS THE FREQUENCY I NEED?	SOMETHING SIMPLE OR CREATIVE THAT WORKS FOR MY RHYTHM	
O	O	
O	O	
O	O	
O	O	





## PHYSICAL

MOVEMENT	NOURISHMENT
O	O
REST/ RETREAT: WHAT DOES THIS LOOK LIKE 4 ME?	
SPIRITUAL	
INWARD PRACTICES	OUTWARD PRACTICES
O	O

#### WEEK OF:



### MENTAL

<ul><li>WHAT ENGAGES ME?</li><li>O</li><li>O</li><li>O</li><li>O</li><li>O</li><li>O</li><li>O</li><li>O</li><li>O</li><li>O</li><li>O</li><li>O</li><li>O</li><li>O</li><li>O</li></ul>	PICK SOMETHING TO PROVIDE INSPIRATION  O BOOK O ARTICLE O POETRY
EMOTIONAL/ RELATIONS	
EMOTIONAL HYGIENE PRACTICES O O O O O O	NOURISHING RELATIONS  COMMUNITY CONNECTIONS  O