

## Cycle Syncing Quick Guide

### Menstrual Phase - Early Follicular (Days 1-5)

- 🔑 Low intensity cardio and strength training
- 🍏 Increase rich protein and healthy fats, cooked veggies
- ✓ Rest and recharge: sleep, home spa, meditation, journaling

### Late Follicular (Days 6-12)

- 🔑 High intensity weight training and HIIT type cardio
- 🍏 Lighter foods, fermented foods, lean proteins
- ✓ Creativity: set intentions, self planner, make plans, seek out new clinics, try a new recipe or class

### Ovulatory (Days 13-15)

- 🔑 HIIT type cardio and high intensity strength training
- 🍏 Lots of raw fruits and veggies, especially high fiber veggies
- ✓ Communication: host party, lunch/happyhour, schedule meetings/date, have important conversations

### Early Luteal (Days 16-19)

- 🔑 High intensity, longer duration cardio, medium intensity strength training
- 🍏 Increase complex carbs, healthy fats, and protein
- ✓ Completion/Clarity: complete projects, review tasks, order supplies, meet deadline, administrative tasks

### Late Luteal (Days 24-28)

- 🔑 Low intensity cardio and strength training
- 🍏 Increase complex carbs, root veggies, eat cooked veggies vs. raw
- ✓ Completion/Clarity: complete projects, review tasks, order supplies, meet deadline, administrative tasks

### Mid Luteal (Days 20-23)

- 🔑 Avoid exercise in hot/humid conditions, low intensity cardio and strength training
- 🍏 Increase complex carbs, healthy fats, and protein
- ✓ Completion/Clarity: complete projects, review tasks, order supplies, meet deadline, administrative tasks