

# Cycle Syncing Cheat Sheet

Cycle syncing is the process of aligning what you eat, what type of exercise you get, and what type of work you are doing with the four phases of the menstrual cycle, which have an impact on your mood and energy. The four phases of any women's cycles and how they affect the body are shown on this chart.

Most menstruating people have a cycle that is around 28-31 days, so generally each phase will last 7 days. However, each phase can be unique and tracking is the only way to determine how your body operates. One place to start when trying to track your cycle is this cheat sheet developed by Thyme is Honey. Even though it is impossible to create a schedule that fits everyone, this cheat sheet can be used as a guide line for how you can approach cycle syncing.

Phase	Work	Nutrition	Wellness
<b>Menstrual</b> Elimination of the uterine lining	Reflection, analyzing, reporting, working with numbers, Improvising systems, and processes	Wild rice, beets, kale, mushrooms, berries, grapes, cranberries, melon, kidney beans, flax, duck, pork, carb, lobster, mussels	Rest and reflection: yoga, light workout, long walks
<b>Follicular</b> FSH hormone prompts development of follicles	Creativity, Learning new things, concentration, research, project planning	Barely, carrots, lettuce, artichoke, zucchini, peas, avocado, pomegranate, citrus, lentils, cashews, pumpkin, chicken, eggs, crabs	High intensity: running and circuit workouts
<b>Ovulatory</b> Estrogen increases and egg is released	Communication, empathy, productivity, teamwork, building new relationships	Peppers, spinach, raspberry, strawberry, almonds, peanuts, fish	High intensity: running and circuit workouts
<b>Luteal</b> Release of progesterone for potential pregnancy	Problem-solving, inspiration, speaking speaking, pitching ideas, presentations, assertiveness	Brown rice, cucumber, garlic, ginger, onions, radish, sweet potatoes, apples, chickpeas, walnuts, beef, turkey, cod fish	Rest and reflection space yoga light workouts long walks

# Personal Cycle Syncing Planner

Phase	Work	Nutrition	Wellness
Menstrual			
Follicular			
Ovulatory			
Luteal			



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