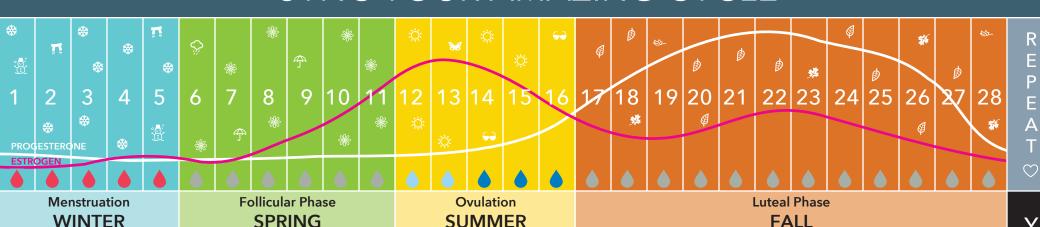
Y SUPERPOWER!

SYNC YOUR AMAZING CYCLE



DO:

- rest/relax/reflect
- self care
- journal
- read

EXERCISE:

- stretching
- · light cardio
- · rest and recover

EAT:

- proteins
- kale
- blueberries
- decaf coffee

FEEL: It's OK to feel sad and tired for a few days!

DO:

- · dream big
- research/plan
- create

EXERCISE:

- · endurance exercises
- run/bike/hike
- lift best time to build muscle

EAT:

- · pumpkin/flax seeds
- · oats
- carrots
- · avocados
- · cashews
- chicken

FEEL:

It's time to dream big and inspire others!

DO:

- · socialize
- collaborate
- pitch ideas
- important conversations

EXERCISE:

PEAK training time!

FAT:

- corn/tomatoes
- almonds
- · dark chocolate
- strawberries
- salmon

FEEL:



Be mindful of ovulation, a sign of health!

I am beautiful and **FERTILE!**

DO:

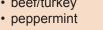
- · clean out your closet
- · finish a project
- organize

EXERCISE:

- · low intensity cardio: walking/swimming
- light strength training
- pilates/yoga

FAT:

- · sunflower/sesame seeds
- brown rice
- celery/sweet potatoes
- · dark chocolate
- cucumbers
- apples/bananas
- beef/turkey





Introspective and mellow. In the later half, it's OK to have headaches, acne and mood swings.



U

R

Ε

В

Ε

U

- · Source Alisa Vitti, IN THE FLO -Unlock Your Hormonal Advantage and Revolutionize Your Life, Harper Collins 2021
- · Cycle Syncing The practice of eating, exercising and aligning your schedule with the different phases of your natural menstrual cycle
- · Based on an average 28 day cycle



modernfertilitycare.org