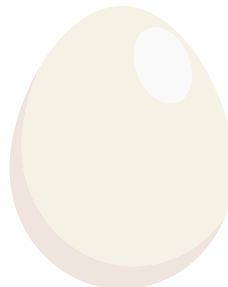


# Cycle Centric

## *Lifestyle Guide*



FIAT INSTITUTE

# CYCLE-CENTRIC LIFESTYLE

## PERIOD GENIUS GUIDE

### BIOLOGICALLY

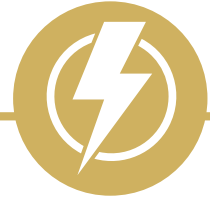
The endometrial lining sheds because conception did not occur during the previous cycle.

The shedding of the uterine lining is called the period. This phase is also known as the “menstrual phase.”



### ENERGY

A time of lower energy due to fatigue that is common during the period due to low hormone levels, loss of blood and low iron, along with possible discomfort that may accompany some women.



### PRODUCTIVITY

Due to the low hormones during the period, it is a perfect time to be reflective. Often women may feel more intuitive and logical when it comes to decision making/planning during this phase.



### SELF-CARE

This is a great time to squeeze in some naps, replenish your iron, and take warm baths to rejuvenate.

A warm/heated blanket over the abdomen may also provide comfort

Pro-tip: Include 3 drops of a diluted floral essential oil on abdomen to increase relaxation. (Lavender or magnolia are great options).



### RELATIONSHIPS

A period for personal space and minimal social interactions.

A great time to catch up on that book you have been waiting to read or that series you have been waiting to watch.



### NUTRITION/MOVEMENT

Emphasis on warm, comforting foods. Consider consuming **iron rich foods** and foods rich in **Vit C** for optimal iron absorption. Anti-inflammatory foods with **magnesium, zinc, omega 3s, and selenium** will also be helpful to consume, especially if cramping and discomfort are present.

Gentle exercises like stretching/walking are ideal



### REFLECTION PROMPT

- Journal: what have you been debating lately? A great time to discern/discover things that may have been a struggle weeks prior.
- Write a list of 5-10 things you are thankful for. Spend time thinking about each thing and give detail on why you are thankful



# CYCLE-CENTRIC LIFESTYLE

## ESTROGEN + OV GENIUS GUIDE

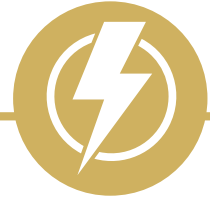
### BIOLOGICALLY

Follicle-stimulating hormone, or FSH, is secreted, stimulating the maturation of follicles in the ovaries that contain eggs. Women notice a "white flow" which is indicative of increasing estrogen. This portion of the cycle is referred to as the "follicular phase." Soon after estrogen is at its peak, LH surges ovulation takes place. This phase is known as the "ovulatory phase."



### ENERGY

Energy is increasing and it's an ideal time for new projects and creative endeavors. A perfect period for brainstorming and taking initiative. When estrogen reaches its peak, you feel your most vibrant and extroverted, great for high-stakes tasks and public speaking.



### PRODUCTIVITY

As estrogen increases, so does your desire to create, motivate, express yourself and brainstorm.

A great time to work in a group with others and/or lead a group discussion.



### SELF-CARE

Women often feel more resilient during this phase of the cycle, however, it's important to keep self-care in mind. Remember to eat nutrient dense foods and get ample rest.



### RELATIONSHIPS

Social interactions and networking thrive as you feel more outgoing and communicative. A great time for romantic and social engagements.



### NUTRITION/MOVEMENT

Foods with **high protein, omegas, antioxidants,** and **B vitamins** will provide the energy needed for the main event: ovulation. Keep this in mind when planning your meals.

High-energy exercises like running, HIIT, dancing and heavy weight lifting will benefit your metabolism and your wellness during this phase.



### REFLECTION PROMPT

- What are all of your great ideas? Dare to dream! Grab a notebook, no lines, some fun markers, and start jotting down your ideas/dreams/desires
- Who have you not spoken to in awhile? Give them a call, or write them a letter. It will be easier for you to do this during this phase of the cycle.



# CYCLE-CENTRIC LIFESTYLE

## PROGESTERONE GENIUS GUIDE

### BIOLOGICALLY

The empty follicle that once contained the egg begins to secrete the hormone progesterone to sustain the lining of the uterus.

This phase of the cycle, also known as the “luteal phase.” It is about 10-14 days of the cycle.



### ENERGY

Energy can vary during this phase. Often women feel less energetic than during their estrogen genius phase.

Days before the next period, energy can crash, requiring increased self-care strategies.



### PRODUCTIVITY

After ovulation, women are more pragmatic, concise and detail-oriented. A wonderful time to organize all of the closets in your home or create a detailed outline and action lists on your “to-do” items.



### SELF-CARE

Immune system can plummet post ovulation, so be sure to get at least 8 hours of sleep at night and increase immune boosting foods.

Practice box-breathing to assist with healthy and appropriate responses to those who may cause stress in your life, especially as the period draws near.

Pro-Tip: Diffuse your favorite calming oil to assist with mood balancing.



### RELATIONSHIPS

Women typically tend to be homebodies during this phase of the cycle. Completely content in a pair of sweats chatting with family or close friends. This may also be the time that thoughts/emotions are expressed to those closest to us.



### NUTRITION/MOVEMENT

Craving are highest during this phase of the cycle, be sure to increase **green leafy vegetables** to assist with excess estrogen elimination along with increasing **complex carbs, healthy fats, and clean protein** to support healthy metabolism processes and to satiate hunger.

Low weights, easy jogging, and restorative movement to assist with a healthy stress response, especially as the period approaches.



### REFLECTION PROMPT

- Are you stressed? How thick is your tightrope on a scale of 1-10 (1 being thin, 10 being thick)
- Select one food that is helpful in the phase you're currently in and incorporate it into your weekly meal plan. Take note of any changes in how you feel physically or emotionally





# CYCLE-CENTRIC GOALS WORKSHEET



My name: Jane

Cycle Phase: Estrogen Genius

Date: 12/3/23

## My cycle-centric nutrition goal(s) for this cycle

Incorporate at last one new cycle-centric food this phase that will provide me more energy (B vitamins)

## My cycle-centric movement goal(s) for this cycle

Lift 3x/week. 10 Squats, 10 bicep curls, 10 tricep dips, 20 crunches 3 sets.

## What will I do to achieve my goals?

- Have an accountability partner that I can workout with and share meal ideas with.
- Meal plan with my cycle in mind
- Buy a set of weights to have at home

## How will I monitor my progress?

I will track goals and monitor progress within the Read Your Body App

I've met my goal	✓	Notes
<b>Monday</b>	✓	Didn't feel well Tuesday/Wednesday. Drank extra water and took extra naps.
<b>Tuesday</b>	<input type="checkbox"/>	
<b>Wednesday</b>	<input type="checkbox"/>	
<b>Thursday</b>	✓	A little sore but will spend extra time stretching next phase.
<b>Friday</b>	✓	
<b>Saturday</b>	✓	



# CYCLE-CENTRIC GOALS WORKSHEET



My name:

Cycle Phase:

Date:

My cycle-centric nutrition goal(s) for this cycle

My cycle-centric movement goal(s) for this cycle

What will I do to achieve my goals?

How will I monitor my progress?

I've met my goal



Notes

**Monday**

☐

**Tuesday**

☐

**Wednesday**

☐

**Thursday**

☐

**Friday**

☐

**Saturday**

☐