

Energy Protocol

THE WOMEN'S EDITION

The Energy Protocol.

for women

THE COMPLETE VIEW

Your entire energy system — **finally explained, finally mapped.**

From tonight's relief to a rhythm you can trust.

No caffeine

·

No supplements

·

No new you required



BEFORE ANYTHING ELSE

Tonight, you sleep better.

*Pick your worst problem on the next page. Its page holds one move —
done before bed, felt by tomorrow. **Start there.**
Then come back, and we build your day, your month, your year.*

START WITH YOURS

Which one is stealing your **energy**?



Hot flashes that arrive uninvited

p.6



Exhausted — yet wide awake in bed

p.7



3:04 am, eyes open, mind racing

p.8



The 3pm wall, same hour, every day

p.9



Waking more tired than you went to bed

p.10



Reading the same line twice

p.11



A mood that turns without warning

p.12



Afternoons that belong to sugar

p.13



Evenings with lead in your legs

p.14



A chest that tightens out of nowhere

p.15

*Yours has a page number. Go straight there —
tonight's move takes less than ten minutes.*

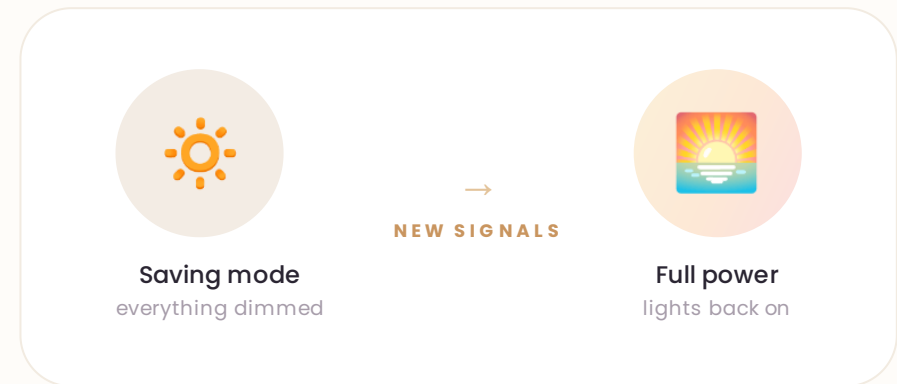
WHY TONIGHT WILL WORK

Your body is in saving mode.

Like a phone at 10%, it dimmed everything **on purpose, to protect you** — based on the signals it receives: little morning light, sugar spikes, stillness, alarm-level stress.

Nothing is damaged. Every system is intact, waiting. **Send better signals, and it un-dims.**

Every page in this book is one signal. The first ten start tonight.



01

CHAPTER 01 · TONIGHT

Ten quick wins.

*Ten problems, one precise move each — with the exact steps, real-life examples,
and what you'll feel. Yours first. The rest will be here tomorrow.*

IN THIS CHAPTER

- Ten problems, ten moves — pick yours first
- Exact steps + real-life examples
- Planner 01 · Tonight's card, for the fridge

SOLUTION 1 OF 10 · HOT FLASHES & NIGHT SWEATS

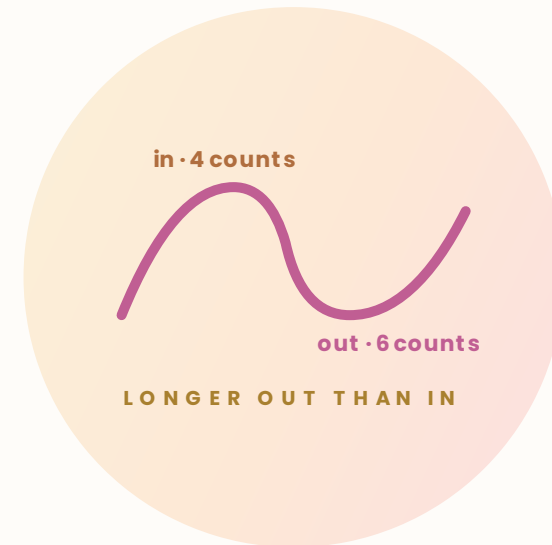
Cool the wave.

At the first flicker: stretch your exhale.

- 1 In through the nose for **4 counts** — the moment you feel it start, before the wave builds.
- 2 Out through soft lips for **6 counts**, like cooling soup. Keep going the whole wave — usually **6 to 10 breaths**.
- 3 Shoulders down, jaw loose, hands open.
- 4 Train it when calm: **5 minutes, morning and evening** — daily practice makes the waves rarer and softer.

The wave is a false fire alarm. The long exhale is the official all-clear.

You'll feel it: the wave still comes, but crests lower and passes faster — softer within 2–3 weeks of practice.



IN REAL LIFE



In a meeting → sip water, breathe 4–6 under the table — invisible



At night → one leg out of the covers, same breath, room at 60–67°F



Anywhere → cotton layers you can shed in two seconds

Waves waking you nightly for weeks? A doctor can help — real treatments exist.

SOLUTION 2 OF 10 · FALLING ASLEEP

Fall asleep faster.

One hour before bed: lamps only.

- 1 Pick tonight's bedtime. Count back **60 minutes** — that's your dimming hour.
- 2 Every ceiling light off. Keep only **warm lamps below eye level** — candlelight mood.
- 3 Phone at arm's length, warmest night mode.
- 4 In bed: **in 4, out 6**, ten rounds — thoughts pass like cars.

Ceiling light after dark reads as noon to your brain. Dim the room, and the sleep hormone flows on time.

You'll feel it: around minute 40, a heaviness behind the eyes — the hormone arriving on schedule.



Ceiling light
reads as "noon"



Warm lamp
reads as "night"

IN REAL LIFE



Mind still racing → 3-line brain-dump on paper, then back to the breath



Shower person → make it warm, 90 min before bed — the cool-down drops you



Partner keeps lights on → dim your side; a book light beats the ceiling



3:04 am

SOFT · DARK · BREATHING

eyes closed · in 4, out 6
the wake passes on its own

IN REAL LIFE

**Heart pounding at 3am** → tonight, add rice, oats or potato at dinner — sugar-dip wakes fade in days**Bathroom trip** → tiny light only, zero phone, breathe on the way back**Partner snores** → earplugs ready by the bed before the night starts

SOLUTION 3 OF 10 · THE 3AM WAKE

Slide back to
sleep.Let the clock wait — long exhales,
eyes closed.

- 1 Clock faces away, phone stays down. **Eyes closed** — this is most of the move.
- 2 In 4, out 6 — **ten slow rounds, then ten more.**
- 3 Thoughts arrive? Watch them pass like cars. Each one gets a wave, then the breath again.
- 4 Still bright awake after a long while? Dim lamp + **paper book**, back to bed at the first yawn.

*Brief night wakes are built into human sleep. Kept soft and dark, they close themselves.***You'll feel it:** most nights you dissolve back within minutes — without ever knowing the time.



IN REAL LIFE



Desk-locked day → 2 minutes of stairs + water + a window — still works



Back-to-back calls → take one call walking, outside if you can



The craving screams → that's the dip talking — treat comes after the walk, lands soft

SOLUTION 4 OF 10 · THE 3PM CRASH

The 3pm lift.

Ten minutes outside — daylight, water, done.

- 1 Stand at the first yawn — **mid-sentence is fine**.
- 2 Outside, easy pace, phone in pocket. A grey sky still beats your office light **ten to one**.
- 3 Ten slow breaths while you walk — in 4, out 6.
- 4 Back: **a full glass of water**, then the smallest task on your list.

The dip is a built-in wave. Daylight and movement let it pass in 15–20 minutes — steady into the evening.

You'll feel it: the fog lifts around minute 12–15, and 5pm stays steady.

SOLUTION 5 OF 10 · HEAVY MORNINGS

Lighter mornings.

Curtains → water → outside. In that order.

- 1 Curtains open **the second you're vertical** — light works before you're fully awake.
- 2 Big glass of water with a **pinch of salt** — morning dryness reads as exhaustion.
- 3 Within the hour: **10–20 minutes outside**. 10 sunny · 20 cloudy · 30 grey. Sunglasses off.
- 4 Two minutes of easy movement out there — a slow lap, 20 gentle squats, one song.

Morning light starts a 14-hour timer that decides tonight's sleep. Light mornings are tomorrow's light nights.

You'll feel it: day one, the morning costs less. Day four, you wake before the alarm.



Within 60 min

CURTAINS → WATER → OUTSIDE

10 sunny · 20 cloudy · 30 grey
window ≠ outside

IN REAL LIFE



School-run chaos → the walk IS the light — sunglasses off, done



Grey and rainy → hood up, go anyway — grey sky still beats indoor light ×10

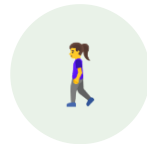


Dark winter → the daylight lamp from chapter 06, 20–30 min at breakfast



One glass

+



Two minutes

IN REAL LIFE



Fog mid-meeting → water + a 20-second stand “to stretch”
— nobody blinks



Fog after lunch → that's plate order — chapter 04, veggies
first tomorrow



Word gone mid-sentence → smile, sip, restart the sentence
slower

SOLUTION 6 OF 10 · BRAIN FOG

A clear mind.

One glass of water, two minutes of movement.

- 1 Drink the glass **first** — fog is usually thirst wearing a costume.
- 2 Move **2 full minutes**: hallway walk, one flight of stairs, 20 slow squats.
- 3 Back at the desk: **one task, 25 minutes**, timer visible, other tabs closed.
- 4 Say the first step **out loud** — it breaks the re-reading loop.

Your brain's cleaning system only flows when you move. Water plus motion restart it in minutes.

You'll feel it: words return by minute 5, sharpness by minute 15.

SOLUTION 7 OF 10 · MOOD SWINGS

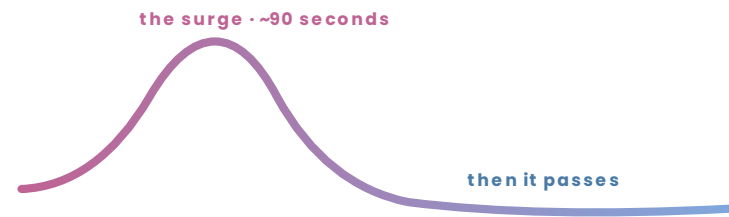
A steadier mood.

Name the wave — then give it 90 seconds.

- 1 Say it, even under your breath: **“this is the dip — it passes.”**
- 2 For **90 seconds**: slow breaths, zero replying, phone face-down.
- 3 Then eat something with **protein** — a short fuse is often low fuel in costume.
- 4 High stakes? **Walk the answer 10 minutes** before sending it.

The chemical surge of an emotion lasts about 90 seconds — when it stays unfed by thoughts.

You'll feel it: the wave breaks earlier each week, and the after-guilt shrinks with it.



IN REAL LIFE



Snapped at the kids → repair beats guilt — one hug, one sentence, move on



Days 17–28 → chapter 05 has your full plan: eat more, bar lower



That urgent text → draft it, pocket it, send after the walk

One week per month wrecking everything is a pattern — track two cycles with the chapter 05 map, bring it to a professional.



On empty
spike → dip → craving

VS



After a meal
same treat · soft landing

IN REAL LIFE



The 4pm office cookie → keep the ritual, move it to after lunch — same joy, soft landing



The evening couch pull → hot drink first; most waves dissolve before the mug empties



Days 24–28 → eat MORE at meals — the craving is your body asking for fuel

SOLUTION 8 OF 10 · SUGAR CRAVINGS

Calm the craving.

Enjoy the sweet thing right after meals.

- 1 Keep the treat — **change its timing**: dessert right after lunch or dinner.
- 2 Between meals: **10-minute pause + a big glass of water** — most waves dissolve first.
- 3 Still there? **Dark 85% + a handful of nuts** — satisfying, spike-free.
- 4 Tomorrow's insurance: **25–30 g of protein at breakfast** deletes most cravings at the source.

A craving is usually a blood-sugar dip shouting. Fed the smart way, the shouting stops.

You'll feel it: by day 4–5 of protein mornings, the 11am and 4pm calls simply stop.

SOLUTION 9 OF 10 · HEAVY LEGS & BLOATING

Light legs.

Walk ten minutes right after your biggest meal.

- 1 A stroll, **not a workout** — round the block, mailbox twice, pacing on a call.
- 2 Your calves are the pump of your drainage system — **walking runs the pump.**
- 3 Evening rescue: **legs up the wall, 5 minutes**, phone in another room.
- 4 Drink **more** water, not less — a body short on water keeps every drop.

The drainage system that clears heaviness has zero pump of its own — your legs are the motor.

You'll feel it: evenings lighter within the first week; rings that fit again within two.



10 minutes

RIGHT AFTER EATING

your calves are the pump
walking = draining

IN REAL LIFE



Desk day → 20 calf raises at the kettle + stand every 45 minutes

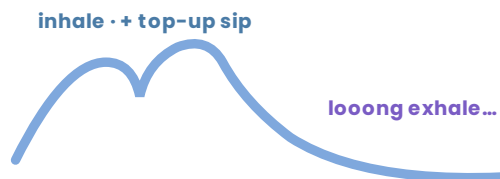


On your feet all day → the wall + a rolled towel under the ankles



Flight or long drive → aisle laps every hour + water at every offer

One leg clearly more swollen than the other? That's a doctor visit — please check.



TWICE · UNDER A MINUTE

IN REAL LIFE



Before a hard call → two double sighs, then dial — steady voice guaranteed



Wave in the supermarket → hold the trolley, exhale long — completely invisible



Night spiral → sigh twice, write the worry in one line, lamp off

Waves arriving daily deserve real support alongside the breath — both can be true.

SOLUTION 10 OF 10 · THE ANXIOUS WAVE

The calm switch.

The double sigh: two inhales, one long exhale. Twice.

- 1 Inhale through the nose — at the very top, **one more short sip of air**.
- 2 Exhale through the mouth, **long and slow**, like fogging a mirror.
- 3 Do the whole thing **twice** — it flips the switch in under a minute.
- 4 Then anchor: **5 things you see, 4 you can touch, 3 you hear**.

The exhale is your body's brake pedal — the double sigh is the firmest press it knows.

You'll feel it: the heart settles first; thoughts slow a half-minute behind.



NOTICE WHAT JUST HAPPENED

Every move was the same exhale.

*The hot flash. The 3am wake. The anxious chest. One brake stopped all three —
out longer than in. You didn't learn a fact; you found a pedal.
It's been yours the whole time.*



AND NOTICE THIS

You changed **nothing** about your life.

No new diet. No 5am alarm. No willpower spent.

*You moved a light, a glass of water, the timing of a walk — and the body
answered.*

That's the whole secret. Small signals, big shifts.

PLANNER 01 · LIVES IN THIS CHAPTER, PRINT-READY AT THE END

Tonight's card.

If ... then — the whole chapter on one card

PIN ME UP

**Hot flash rising**

first flicker → in 4, out 6, whole wave

**Can't fall asleep**

-60 min: lamps only, phone far

**Awake at 3am**

no clock · twenty slow breaths

**3pm wall**

10 min outside + full glass of water

**Heavy morning**

curtains → water → outside

**Brain fog**

glass of water + 2 min of motion

**Mood turning**

name it out loud · 90 seconds

**Craving**

10-min water pause · dark 85% + nuts

**Heavy legs**

walk 10 min after the biggest meal

**Anxious wave**

double sigh, twice · 5-4-3 anchor



My worst one this week

Did the move help? (y/n)

Tick a ring each time a move works. → Tomorrow morning, chapter 02 is waiting — and it starts the moment you open your curtains.

02

CHAPTER 02 · YOUR DAY

Your perfect day.

*Morning to night, meals included. Nothing takes more than ten minutes –
and the day's planner waits at the end of this chapter.*

IN THIS CHAPTER

- Wake → breakfast → lunch → 3pm → evening
- 12 recipes, nothing over 15 minutes
- Planner 02 · The perfect day

THE SHAPE OF THE DAY

Five moments. Five signals.



Waking

curtains · water
daylight



Breakfast

protein first
no sugar alone



Lunch

veggies → protein → carbs
then walk



3pm

outside · breaths
water



Night

dinner -3h · lamps
long exhale

Each moment gets its own page with exactly how to do it.

The day planner closes this chapter — and prints from the pack at the end.

THE DAY · MOMENT 1 OF 5 · WAKING

The GO morning.

Curtains → water → outside. In that order, every day.

- 1 Curtains open **the second you're vertical** — light works before you're fully awake.
- 2 Big glass of water, **pinch of salt** — you lose water all night just breathing.
- 3 Within the hour: **10–20 min outside**. 10 sunny · 20 cloudy · 30 grey. Sunglasses off.
- 4 Two minutes of easy movement out there — slow lap, 20 gentle squats, one song.

Twenty minutes of morning decide the other sixteen hours — the timer to tonight's sleep starts here.

You'll feel it: day one, the morning costs less. Day four, you wake before the alarm.



IN REAL LIFE



Weekends → same wake time — your clock loves boring, and repays it in light mornings



Snooze temptation → feet on floor, 5-4-3-2-1 — curtains are the reward



Zero minutes to yourself → coffee-less breakfast on the doorstep counts — light is light

NO SCALES, NO MATH

What 25–30 g of protein looks like.



3 eggs + yogurt

3 eggs $\approx$ 19 g
+ small Greek yogurt $\approx$ 10 g



Greek yogurt bowl

7 oz / 200 g $\approx$ 20 g
+ handful of nuts $\approx$ 6 g



The palm rule

protein the size of
your palm $\approx$ 25 g



Leftovers

chicken, fish, tofu –
breakfast has no rules

*Protein at breakfast flattens the rollercoaster **for the whole day** –
and quietly deletes the 11am cravings by day four or five.*

THREE NO-THINK BREAKFASTS

Pick one. Repeat it.

5 MIN · ~22 G

Olive-oil eggs

- 3 eggs, low heat, olive oil
- A handful of spinach
- Salt, pepper — done
- Zero spike, steady for hours

2 MIN · ~26 G

Greek yogurt bowl

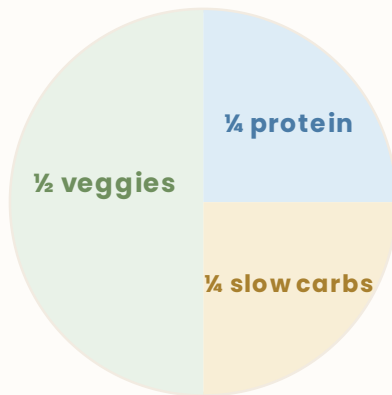
- 7 oz full-fat Greek yogurt
- Nuts or seeds, a handful
- A few berries
- No cooking at all

NIGHT BEFORE · ~24 G

Overnight oats

- Oats + Greek yogurt + chia
- One night in the fridge
- Nuts and cinnamon on top
- Ready when you are

*Same breakfast every day is a feature, not a failure —
one decision less, one steady day more.*



IN REAL LIFE



Sandwich lunch → open it: eat the salad side first, bread last — same rule, any format



Restaurant → starter salad, mains as-is, dessert with the last bites — order does the work



Ten-minute walk feels long → clearing the table + a loop to the mailbox counts

THE DAY · MOMENT 3 OF 5 · LUNCH & DINNER

One plate. One order.

Half veggies, quarter protein, quarter slow carbs — eaten in that order.

- 1 **Vegetables first** — their fiber lays the landing strip for everything after.
- 2 Then **protein**, palm-sized: chicken, fish, eggs, tofu, beans.
- 3 **Slow carbs last**: rice, potatoes, oats, sourdough — they land soft and burn slow.
- 4 The golden minute: **walk ten minutes after** — your legs pull the meal's sugar out before it can crash you.

Nothing is removed from your plate — only re-sequenced. That one change flattens the whole afternoon.

You'll feel it: the first afternoon you do this properly, 3pm simply doesn't hit the same.

REAL LIFE · 15 MINUTES MAX

Six dinners on repeat.

15 MIN

Sheet-pan salmon

- Salmon + broccoli + potatoes
- Olive oil, one tray, hot oven
- Iron, protein, slow carbs — done

10 MIN

The big bowl

- Rice base + any protein
- Pile of raw veg + olive oil
- A spoon of fermented veg on top

12 MIN

Lentil comfort soup

- Red lentils + canned tomato + cumin
- Simmer 10 min, blend if you like
- Warm, iron-rich, gentle

FOR THE TIRED NIGHTS

Three more — zero thinking.

8 MIN

Eggs-for-dinner

- 3-egg omelette + whatever veg exists
- Side of sourdough
- Dinner has no rules either

15 MIN

One-pan chicken

- Chicken thighs + zucchini + peppers
- Herbs, olive oil, one pan
- Doubles as tomorrow's lunch

5 MIN

The no-cook plate

- Canned sardines + white beans
- Cherry tomatoes + olive oil + lemon
- Faster than delivery, twice the fuel

THE DAY · THE QUIET MULTIPLIER · WATER

The water rhythm.

One glass at three anchors: waking, every meal, mid-afternoon.

- 1 **Waking:** the big glass with a pinch of salt.
- 2 **Every meal:** one full glass on the table before you sit — the table remembers for you.
- 3 **Mid-afternoon:** the glass that rides along with your 3pm reset.
- 4 Bottle **visible, within arm's reach** — if you can see it, you drink it. Herbal tea counts fully.

Half the fog, half the heaviness, half the 4pm pull — is thirst wearing costumes.

You'll feel it: fewer headaches by day 3, and the afternoon fog noticeably thinner.



waking



each meal



mid-afternoon

THREE ANCHORS · ZERO MEMORY NEEDED

IN REAL LIFE



Pale yellow → you're on track — that's the goal color



Darker → catch up gently across the afternoon — small glasses, steady



Afternoon headaches → they usually fade by day 3 of the three anchors

NOT A WORKOUT — A DRUMBEAT

Movement snacks.

Your engines and your second heart don't want one big session. They want little and often.



Every 45 minutes

Stand for 20 seconds.

A quiet timer — this alone changes heavy-leg evenings.



Kettle time

20 calf raises.

2–3 rounds a day pumps the drainage system.



Every staircase

Take it.

Free strength, free heart work, zero schedule.

And once in a while: one song, full volume, full silly.

Dance is cardio wearing a disguise.

MUSCLE IS YOUR ENERGY BANK

20 minutes. Twice a week.

Muscle is where food goes **instead of crashing you** — and it protects your bones through every hormone shift ahead. Five moves, at home, no equipment: squats to a chair, glute bridges, wall push-ups, backpack rows, farmer carries with the groceries.

2–3 rounds of 8–12 reps · rest a minute between.

*When 12 feels easy — **add weight**. A backpack of books works.*



Squats

to a chair · stand tall



Glute bridge

2 s squeeze at the top



Push-ups

wall or knees — full range



Rows & carries

backpack + grocery bags

- 3 h 🍽️ dinner done, slow carbs in
- 90' 🚿 warm shower
- 60' 💡 lamps only
- 60' 📵 screens far
- 5' 🫁 in 4, out 6

Count back from bed. Each step is a **dimmer switch** — by the last one, sleep is already there.

IN REAL LIFE

- 🍷 **Dinner ran late** → shrink it, keep the carbs, push bedtime 30 min — rhythm over rules
- 📺 **One-more-episode pull** → start the episode an hour earlier; the lamp hour still wins
- 🛏️ **Bedroom setup** → 60–67°F and as dark as you can make it — half the night's work, done for you

THE DAY · MOMENT 5 OF 5 · EVENING

The REST evening.

Dinner done three hours before bed — then dim everything.

- 1 **-3 h:** dinner finished, slow carbs included — rice, oats or potato carry sleep deeper.
- 2 **-90 min:** warm shower — the cool-down after is a natural sleep signal.
- 3 **-60 min:** ceiling lights off, warm lamps below eye level, screens at arm's length.
- 4 **In bed:** in 4, out 6, ten rounds. Same bedtime ±30 min, weekends too.

Each step is a dimmer switch. By the last one, sleep is already there.

You'll feel it: by night three, falling asleep stops being a project.

YOUR GUT WORKS FOR YOUR HORMONES

Feed the good bacteria.

THE BASE · 10 MIN

Homemade sauerkraut

- 1 cabbage, sliced + 1 tbsp salt
- Massage 5 min until juicy
- Pack in a jar, under the liquid
- 7 days on the counter → fridge

EXPRESS · 5 MIN

Carrot pickles

- Carrot sticks in a jar
- 2 cups water + 2 tsp salt
- 1 garlic clove, peppercorns
- 5 days out → fridge

ZERO EFFORT

The spoon habit

- 1–2 tbsp of ferments per meal
- Plain yogurt or kefir at breakfast
- Start small — your gut adapts
- Consistency beats quantity

*They help clear used hormone-mail — less heaviness, less PMS.
Nothing to buy: you ferment what you already own.*

PLANNER 02 · THIS CHAPTER'S — PRINT-READY AT THE END

The perfect day, **ticked.**

My week — one circle per moment kept

PIN ME UP

THE MOMENT	MON	TUE	WED	THU	FRI	SAT	SUN
 Curtains + water + outside	☐	☐	☐	☐	☐	☐	☐
 Protein breakfast (25–30 g)	☐	☐	☐	☐	☐	☐	☐
 Plate order + 10-min walk	☐	☐	☐	☐	☐	☐	☐
 The 3pm reset (outside + water)	☐	☐	☐	☐	☐	☐	☐
 Dinner -3 h · lamps · exhale	☐	☐	☐	☐	☐	☐	☐

Energy today (1–10) _____ One word for today _____

Three moments kept is a good day. Five is a great one. → Next, chapter 03 — the clock most women were never shown: your month.

03

CHAPTER 03 · YOUR MONTH

Your month.

Twenty-eight days, four tides — and for each one, exactly what to do.

This is the chapter nobody ever gave you.

IN THIS CHAPTER

- Your 28 days, tide by tide
- Days 12–16: the golden window, day by day
- Planner 03 · The cycle map

TWO MESSENGERS RUN THE MONTH

An accelerator. A soother.

Your month is run by two of those hormone-messengers.

The accelerator rises in the first half: it lifts mood, energy, focus and confidence — it's the wind at your back. **The soother** takes over in the second half: it calms, warms and slows you — it asks for rest, warmth and more fuel. Neither is good or bad; they're **two different weathers**, and each one favors different things. Fighting the weather is what exhausts you. Reading it is what this chapter teaches.

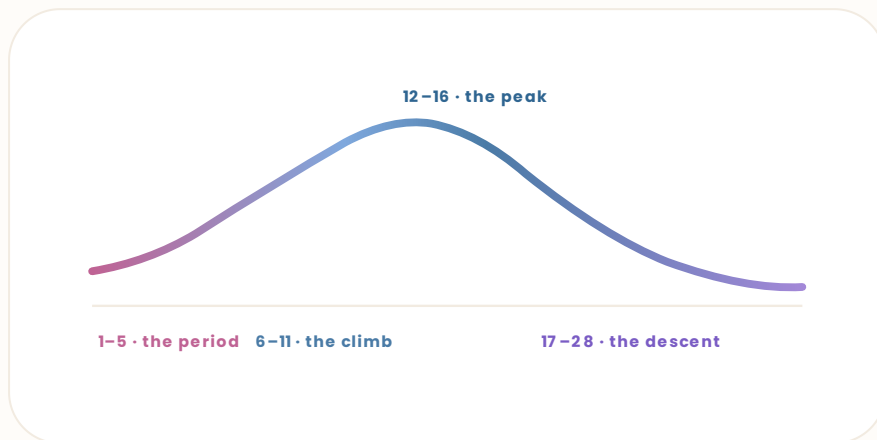


The accelerator
days 1–14 · rising wind



The soother
days 15–28 · slow warmth

Two weathers. Neither is a flaw.



Same wave, every month. Predictable is powerful.

THE SHAPE OF THE MONTH

One wave. Four tides.

Day 1 is the first day of your period — that's how the counting works, always. From there the month draws one long wave: **the period** (low tide, days 1–5), **the climb** (rising, 6–11), **the peak** (high tide, 12–16 — the ovulation window), and **the descent** (17–28), whose last days are the premenstrual stretch. The lengths shift a little from woman to woman and month to month — **the shape doesn't**. Learn the shape once, and your calendar stops being a mystery. The next five pages walk each tide: what's happening, and exactly what to do.

DAYS 1–5 · LOW TIDE

The period.

DAYS 1–5

Energy at its lowest, cramps possible, everything feels heavier. This is real — both messengers are at their monthly floor.

Your body is doing physical work this week. The right answer isn't pushing through — it's **lowering the bar on purpose** and refuelling what the work costs, especially iron.

DO THIS, THIS WEEK



Eat iron + vitamin C together

red meat, lentils, spinach — with peppers, citrus or tomatoes; the C multiplies what you absorb



Heat on the belly

a warm water bottle relaxes the cramping muscle better than gritting teeth



Gentle movement only

slow walks and stretching ease cramps; skip the intense sessions guilt-free



Protect sleep hard

earlier bedtime this week — the repair happens at night



Say no to one thing

postpone what can wait; day 8 you will be twice the woman for it

DO THIS, THIS WEEK



Book the big stuff NOW

difficult conversations, launches, decisions, appointments — put them on days 6–14



Push the strength sessions

your body builds muscle best this week — add the backpack weight



Start the scary project

focus and confidence are chemically boosted; use them



Eat normally, lighter is fine

appetite naturally dips a little — don't force volume



Plan the descent

spend 10 minutes prepping easy dinners for days 22–28 — future you says thanks

DAYS 6–11 · RISING TIDE

The climb.

DAYS 6–11

Somewhere around day 6–7, a switch: mornings easier, ideas quicker, patience longer. The accelerator is rising.

This is your tailwind week. The strategy writes itself:

schedule the hard things here — and bank some wins while the wind blows.

DAYS 12–16 · HIGH TIDE

The ovulation window.

DAYS 12–16

The high point of the month: peak energy, peak glow, peak social ease — sometimes with a one-day dip right at ovulation itself (day ~14). Both are normal.

Five days of your best hours. The mission: **spend them on what matters most** — and know the tide turns right after, so land the plane properly.

DO THIS, THIS WEEK



Do THE thing

the presentation, the negotiation, the date, the trip — this window was built for it



Front-load the social

gatherings, calls, networking — connection costs half the energy it does on day 25



Peak training days

your strongest sessions of the month live here — enjoy them



Hydrate + magnesium-rich foods

nuts, seeds, dark leafy greens smooth the hormonal handover



Expect the day-14 blip

a strange flat day mid-peak is common — it passes in 24 h, change nothing



Plan the landing

don't book day 17–20 as if it were day 13 — the descent begins, and that's by design

DO THIS, THIS WEEK



Eat MORE, on purpose

add slow carbs at lunch and dinner — restriction now is what detonates day-24 binges



Pre-plan the sweet

dark 85% + nuts after meals, decided in advance — the craving loses its ambush



Swap intense for steady

long walks, easy cycling, yoga — same benefits, none of the backlash



Guard the evenings

one commitment less per week; lamps earlier; the bath counts as productivity



Lower the bar in writing

literally cross two items off the week's list — done calmly beats done frazzled

DAYS 17–24 · TURNING TIDE

The descent.

DAYS 17–24

The energy softens, the inner critic gets louder, sweet cravings knock. Nothing is wrong — the soother is taking over.

This is a **fuel-and-kindness** week. Your body literally burns more at rest now and asks for more warmth, more food, more slack. Give it all three.

DAYS 25–28 · BEFORE THE RAIN

The premenstrual days.

DAYS 25–28

The steepest stretch: shortest fuse, biggest cravings, heaviest self-doubt. If one week per month feels like sabotage — it's this one.

Survival rules, not performance rules. Everything is temporary and chemical: **day 1 resets the board.** Your only job is to pass through gently.

If these days wreck your life monthly: track two cycles with the map on the next pages, and bring it to a professional. Severe PMS has a name and real help exists.

DO THIS, THIS WEEK

**Nothing big gets decided**

no life decisions, no big conversations after 8pm, no comparing yourself to day-13 you

**Warm, real, plenty**

soups, stews, rice bowls — warmth and volume are the anti-craving strategy

**Add 30–60 minutes of sleep**

earlier lights-out; the soother makes sleep deeper if you let it in

**The long exhale, often**

in 4 out 6 before answering anything that annoys you — 90 seconds saves whole evenings

**Circle day 1**

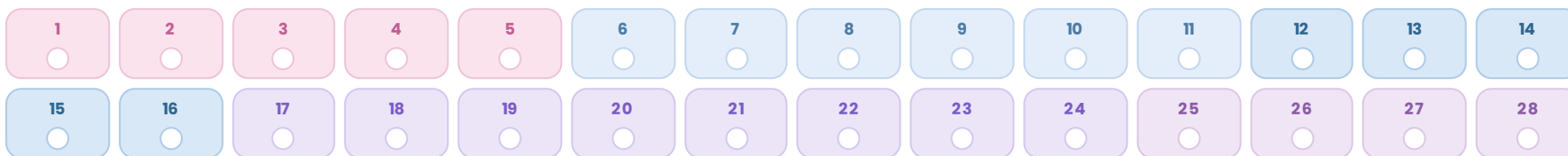
knowing the reset is 3 days away changes how the storm feels

PLANNER 03 · THIS CHAPTER'S — PRINT-READY AT THE END

Your month, mapped.

The cycle map — day 1 = first day of your period

TWO MONTHS = YOUR PATTERN



1-5 · PERIOD

iron + vit C · heat · gentle walks · early nights · say no once

6-11 · CLIMB

book the big things · push strength · start the project

12-16 · PEAK

THE thing · social · best training · expect day-14 blip

17-24 · DESCENT

eat more · steady movement · guard evenings · lower the bar

25-28 · PREMENSTRUAL

decide nothing big · warm plenty · +30 min sleep · exhale

This cycle started on _____ Hardest day was _____ Best day was _____

Two months in, your personal wave appears. → Then chapter 04 zooms out one more time: your whole year has a tide too.

EAT & MOVE, TIDE BY TIDE

The month on one page.



Period · 1–5

Eat: iron + vit C, warm meals

Move: walks, stretching

Mind: permission to rest



Climb · 6–11

Eat: normal, fresh, lighter ok

Move: strength, push it

Mind: book the big things



Peak · 12–16

Eat: hydrate, magnesium foods

Move: best sessions

Mind: spend it on what matters



Descent · 17–28

Eat: MORE — slow carbs, warmth

Move: steady, gentle

Mind: bar low, kindness high

*Cycles shift with the years — the wave flattens, moves, sometimes surprises.
The reading skill stays. Whatever the wave does, you'll know how to ride it.*

04

CHAPTER 04 · YOUR YEAR

Your year.

*The third clock. Why February flattens you, why October matters,
and the one tool that changes winter entirely.*

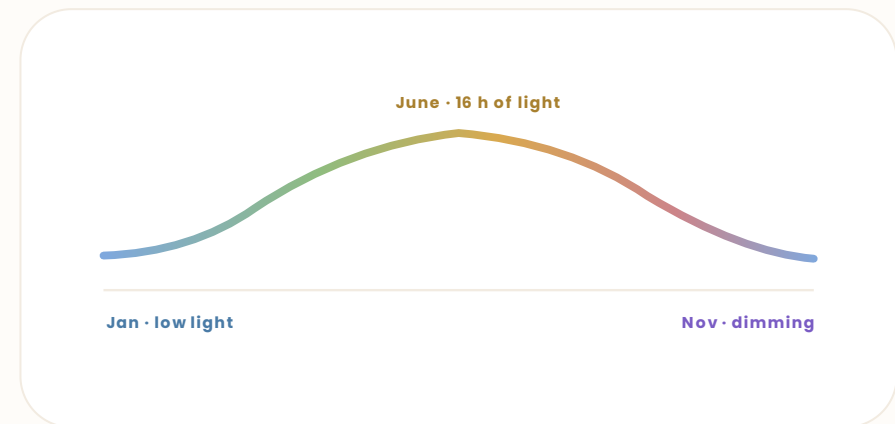
IN THIS CHAPTER

- Winter, solved with one lamp
- The October rule that wins February
- Planner 04 · The year sheet

THE THIRD CLOCK

Daylight sets the year.

Your master switch — light on the eyes — doesn't just run the day. Summed over months, it runs the year. **June serves sixteen hours of signal; December serves eight.** Less light in means less ON-hormone made, a later clock, a heavier body. The winter dip so many women blame themselves for is **an astronomy problem wearing a mood costume.** And astronomy problems have engineering solutions — next page.



You're not weaker in February. The light is.

ROUGHLY NOVEMBER → FEBRUARY

Winning winter.

THE LOW-LIGHT MONTHS

Heavier mornings, sweeter cravings, earlier evenings on the couch. It's the light budget, not your character.

One tool + three habits. The tool matters most: **a 10,000-lux daylight lamp** — the single highest-leverage purchase in this entire book.

DO THIS, THIS WEEK



The lamp, at breakfast

10,000 lux, 20–30 minutes, within an hour of waking, at arm's length while you eat — from October through March



Midday walk, non-negotiable

the sky at noon in winter still beats every bulb in your house — 15 minutes, no sunglasses



Keep the strength sessions

muscle is your internal furnace; twice a week keeps the pilot light on



Warm plates, steady rhythm

soups, stews, roasted everything — same plate order, warmer form



Earlier evenings, guilt-free

your body wants a longer night in winter — giving it 30 more minutes is biology, not laziness

DO THIS, THIS WEEK



Morning light, outside, free

move the breakfast outdoors when you can — the lamp retires until October



Build the habits NOW

new routines started in May survive November; started in November, they rarely see December



Move more, naturally

longer evenings = free movement windows; say yes to them



Guard the bedtime anyway

late golden evenings are lovely and they quietly steal your sleep — same bedtime, even in June

ROUGHLY MARCH → AUGUST

Spring & summer.

THE HIGH-LIGHT MONTHS

The clock runs almost by itself now. The mission changes: from surviving to building.

Light is abundant — so bank it. **This is when habits are cheapest to build** and reserves are easiest to fill.

SEPTEMBER → OCTOBER

The October rule.

THE TURNING WEEKS

The light is leaving — about four minutes less every day. Most women notice it in November, when the dip has already landed.

The whole trick of autumn is **acting one month early**.
February is won or lost in October.

DO THIS, THIS WEEK



Lamp out of the closet — October 1st

don't wait for the first grey Monday of November; start when it still feels unnecessary



Book winter movement, in advance

standing sessions with a friend or a class beat willpower in the dark months



Batch the warm recipes

fill the freezer while energy is still high — day-25-in-January you will cry with gratitude



Shift evenings gently

start dimming 15 minutes earlier each week; land in winter rhythm instead of crashing into it

PLANNER 04 · THIS CHAPTER'S — PRINT-READY AT THE END

The year, at a glance.

Twelve months — the light budget and the moves that match

PIN ME UP

Jan lamp daily · midday walk	Feb lamp daily · hold the line	Mar lamp till spring bites	Apr breakfast moves outside	May build the new habits	Jun bank light · guard bedtime
Jul move in the long evenings	Aug keep the rhythm on holiday	Sep start dimming earlier	Oct LAMP OUT — Oct 1st · batch cook	Nov book winter movement	Dec warm plates · early nights

My hardest month is usually _____ So I prepare in _____

The rule of the page: act one season early. → Chapter 05 folds all of it into one gentle week — the reset.

05

CHAPTER 05 · THE RESET

The 7-day reset.

Seven days, one layer a day — the whole book folded into one gentle week.

By day 3 you'll feel it. By day 7 you'll have proof in your own handwriting.

IN THIS CHAPTER

- One layer a day, for seven days
- Day 3 is when you feel it
- Planner 05 · The reset week

ONE LAYER A DAY • NOTHING REMOVED, ONLY ADDED

The reset — days 1 to 4.



Day 1 • Light

Curtains, water, 10–20 min **outside**. Change nothing else. Tonight already falls asleep easier — the timer started on time.



Day 2 • Water

Keep day 1 + the three **anchors**: waking, meals, mid-afternoon. Bottle visible. Half the fog was thirst — watch it thin.



Day 3 • Food

+ protein breakfast and the **plate order**. The big one. This is the day most women feel the shift — the 3pm that doesn't hit.



Day 4 • Calm

+ the 3pm reset and the long **exhale at bed**. You now own a brake. Use it twice today, on purpose.

*Each day keeps all the previous layers. By day 4 you're doing the whole morning-to-night arc — and it cost you **zero willpower**, because each layer was one small thing.*

THE CLOSING LAYERS

The reset — days 5 to 7.



Day 5 · Movement

+ 10 minutes after one meal, stand every 45. The second heart comes online. Heavy-leg evenings begin dissolving here.



Day 6 · Rhythm

+ dinner -3 h, lamps only, same bedtime. The boring magic. Tonight's sleep is the deepest of the week — measure it in the morning.



Day 7 · Listen

Add nothing. Read your tracker. Compare day 7 to day 1 in your own handwriting. That's not motivation — that's evidence.

*On your period this week? Perfect — run the reset anyway, just softer:
the layers are the same, the intensity simply follows the tide.*

PLANNER 05 · THIS CHAPTER'S — PRINT-READY AT THE END

Seven days, witnessed.

The reset week — tick the day's layer + rate the evening

FRIDGE DOOR

Day 1 ☀️	Light — curtains, water, outside within the hour	done ☐	felt it ☐	energy /10 _____
Day 2 💧	Water — three anchors, bottle visible	done ☐	felt it ☐	energy /10 _____
Day 3 🍷	Food — protein breakfast + plate order	done ☐	felt it ☐	energy /10 _____
Day 4 🧠	Calm — 3pm reset + long exhale at bed	done ☐	felt it ☐	energy /10 _____
Day 5 🚶	Movement — 10 min after a meal, stand every 45	done ☐	felt it ☐	energy /10 _____
Day 6 🌙	Rhythm — dinner -3 h, lamps, same bedtime	done ☐	felt it ☐	energy /10 _____
Day 7 📖	Listen — add nothing, read this page back	done ☐	felt it ☐	energy /10 _____
Day 1 in one word	_____		Day 7 in one word	_____

Missed a day? Repeat it — the week can take eight or nine days. The order matters more than the speed.

DAY 8 AND BEYOND

You have the complete view.

This was the whole map: the day, the month, the year — every system, every signal, every fix that matters. From here, the practice is simple: **keep the layers, read your tides, and act one season early.**

And when you're ready to go further, know this: **every region of this map goes deeper.** The cycle alone could fill a book. Sleep could fill another. The map came first for a reason — now you'll always know where anything fits.

YOUR PRACTICE, FROM DAY 8

- **Keep the five moments**
the day planner, until it's automatic — about three weeks
- **Track two full cycles**
the map reveals your personal wave — then it's a superpower
- **Follow the year sheet**
one move per month, one season early
- **Revisit your worst page**
whenever the old problem knocks — the move is always there
- **Lower the bar on hard days**
a soft day inside the rhythm beats a perfect day outside it

06



CHAPTER 06 · THE PRINT PACK

The print pack.

The five companion sheets, gathered as one clean set — each on its own page, sized for standard paper, ready to live where you'll actually use them.

IN THIS CHAPTER

- All five planners, gathered
- Print, pin, tick
- Made for the fridge door

PRINT IN ONE STEP

One set. One **print** run.

The next five pages are the tracking sheets from each chapter, gathered so you can print them together in a single pass — no scrolling back through the book.

- 1 Open this file in your PDF reader and choose **Print**.
- 2 Under **Pages**, enter **56–60**.
- 3 Set paper to **Landscape**, and you're done.

No printer today? Each sheet works just as well on your phone — screenshot the ones you need.

THE FIVE SHEETS

SHEET 01 page 56
Tonight's card

SHEET 02 page 57
The perfect day

SHEET 03 page 58
The cycle map

SHEET 04 page 59
The year at a glance

SHEET 05 page 60
The 7-day reset

Print pages **56–60** to get the whole set at once.

01 · Tonight's card

If ... then — every relief move on one card

ENERGY PROTOCOL



Hot flash rising

first flicker → in 4, out 6, whole wave



Awake at 3am

no clock · twenty slow breaths



Heavy morning

curtains → water → outside



Mood turning

name it out loud · 90 seconds



Heavy legs

walk 10 min after the biggest meal



Can't fall asleep

~60 min: lamps only, phone far



3pm wall

10 min outside + full glass of water



Brain fog

glass of water + 2 min of motion



Craving

10-min water pause · dark 85% + nuts



Anxious wave

double sigh, twice · 5-4-3 anchor



Keep it where the moment happens — bedside, desk, or kitchen.

02 · The perfect day

My week — one circle per moment kept

ENERGY PROTOCOL

THE MOMENT	MON	TUE	WED	THU	FRI	SAT	SUN
 Curtains + water + outside	☐	☐	☐	☐	☐	☐	☐
 Protein breakfast (25–30 g)	☐	☐	☐	☐	☐	☐	☐
 Plate order + 10-min walk	☐	☐	☐	☐	☐	☐	☐
 The 3pm reset (outside + water)	☐	☐	☐	☐	☐	☐	☐
 Dinner -3 h · lamps · exhale	☐	☐	☐	☐	☐	☐	☐

Best day this week _____

Energy trend (↑ → ↓) _____

Three moments kept is a good day. Five is a great one.

03 · The cycle map

Day 1 = first day of your period · tick each day lived

ENERGY PROTOCOL

1	2	3	4	5	6	7	8	9	10	11	12	13	14
15	16	17	18	19	20	21	22	23	24	25	26	27	28

1-5 · PERIOD

iron + vit C · heat · gentle walks · early nights

6-11 · CLIMB

book the big things · push strength

12-16 · PEAK

THE thing · social · best training

17-24 · DESCENT

eat more · steady movement · bar low

25-28 · PREMENS.

decide nothing big · warm plenty · sleep +

Cycle started on

Notes

Print one per month. Two months in, your personal wave appears.

04 · The year

Twelve months, one move each — act one season early

ENERGY PROTOCOL

Jan lamp daily · midday walk	Feb lamp daily · hold the line	Mar lamp till spring bites	Apr breakfast moves outside	May build the new habits	Jun bank light · guard bedtime
Jul move in the long evenings	Aug keep the rhythm on holiday	Sep start dimming earlier	Oct LAMP OUT — Oct 1st · batch cook	Nov book winter movement	Dec warm plates · early nights

February is won in October. Pin this where you plan.

05 · The 7-day reset

One layer a day — tick, feel, rate

ENERGY PROTOCOL

Day 1 ☀️	Light — curtains, water, outside within the hour	done ☐	felt it ☐	energy /10 _____
Day 2 💧	Water — three anchors, bottle visible	done ☐	felt it ☐	energy /10 _____
Day 3 🍷	Food — protein breakfast + plate order	done ☐	felt it ☐	energy /10 _____
Day 4 🫁	Calm — 3pm reset + long exhale at bed	done ☐	felt it ☐	energy /10 _____
Day 5 🚶	Movement — 10 min after a meal, stand every 45	done ☐	felt it ☐	energy /10 _____
Day 6 🌙	Rhythm — dinner -3 h, lamps, same bedtime	done ☐	felt it ☐	energy /10 _____
Day 7 📖	Listen — add nothing, read this page back	done ☐	felt it ☐	energy /10 _____
Day 1 in one word _____		Day 7 in one word _____		

Day 7's line, compared to day 1's — that's your proof, in your own handwriting.

THE LAST WORD

The lights are back on.

Not long ago, the night felt endless. Now the whole map is in your hands — and a body that was never broken, only waiting for better signals.

Go gently. Trust the rhythm. *You already have everything you need.*

YOUR VOICE SHAPES THE NEXT EDITION

Tell us how it went.

—

This protocol grows through the women who live it — not through ads. If something shifted for you, a single line means more than you know, and helps the next woman find her way in.

If something didn't land, we want that too. Every message is read by a real person, and the next edition is written from what you tell us.

WRITE TO US

contact@energy-protocol.com

Share your day 3.

Ask a question.

Tell us what to make next.

—

We usually reply within a few days.

THE HONEST SMALL PRINT

Care, honesty & credits.

HEALTH

The Energy Protocol is an educational wellness guide for generally healthy adults. It is not medical advice and never replaces your physician. If you are pregnant, nursing, taking medication, or living with a health condition, please speak with your doctor before changing your routine. If deep fatigue persists despite honest lifestyle change, seek care — persistent exhaustion has common, findable, treatable causes, and you deserve answers.

RESULTS

The timeframes in this book — “day 3”, “within two weeks” — describe what women commonly report, not guarantees. Bodies, cycles and lives differ. What holds true for everyone: gentle signals outperform willpower, and consistency compounds.

THIS EDITION

The Complete View is the whole map of your energy system. Deeper companion guides exist and more are coming — none is required for this book to work in full.

The Energy Protocol for Women

The Complete View · 2026 Edition

contact@energy-protocol.com

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