

Menstrual

Menstruation- beginning (and end) of the cycle

Incredible feedback loop for how we have been nourishing ourselves over the last month

Progesterone + Estrogen drop- generally lower energy, need more rest

Time of going inward, reflecting, Inner Winter

Day 17-28 (after ovulation, before the bleed)

Hormones beginning to decrease, especially estrogen

Phase of progesterone more calming, relaxing, lower energy

Typically more sensitive and more internally focused, more honest- less filter

Time of focus, detail-oriented, independent work- lots of energy boundaries- Inner Autumn

Cycle Map

Hormones are rising - high estrogen phase (energy, confidence, motivation, creativity)

High(er) testosterone (often higher libido)

Low progesterone (sometimes more anxiety / overdrive)

More physical activity- cardio, strength training

Time of creativity, adventure, fun, connection, energy, teamwork- Inner Spring

3-4 days before ovulation, 1 day after ovulation (usually day 13-16)

Time of peak hormones and energy

Progesterone begins rising (corpus luteum)

Energy, mood, social connections, magnetism, libido at its peak

Eat enough- metabolism at its peak

Time of connection, being visible, creative fire, communication- Inner Summer

Luteal

Follicular

Ovulation