

Rhythm Calendar for Women in Leadership

A Monthly Guide to Aligning Work, Energy, and Inner Cycles

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How to Use This Calendar:

1. Begin on Day 1 of your menstrual cycle (the first day of bleeding).
2. Follow the rhythm guide below — each phase has natural strengths and needs.
3. Use the suggestions for each phase to plan your work, meetings, and recovery.
4. Track how you feel daily: energy, mood, intuition, or anything notable.
5. Over time, you'll spot patterns. This isn't about perfection — it's about alignment.

Tip: If your cycle varies or you're no longer menstruating, begin tracking on the next new moon.
Let rhythm become your quiet mentor.

Cycle Phases at a Glance

Menstrual (Day 1-5)

Rest, reflect, go inward. Ideal for light tasks, release, and renewal.

Follicular (Day 6-13)

Plan, create, begin. Best time for brainstorming, strategy, and starting.

Ovulation (Day 14-17)

Connect, communicate, present. Great for collaboration, pitching, visibility.

Luteal (Day 18-28)

Focus, complete, refine. Ideal for detail work, deep dives, and closure.

Week 1 — Rhythm Tracking

Day	Date	Phase	Energy (1-10)	Mood / Notes	Alignment Reflection
Day 1		Menstrual			
Day 2		Menstrual			
Day 3		Menstrual			
Day 4		Menstrual			
Day 5		Menstrual			
Day 6		Follicular			
Day 7		Follicular			

Week 2 — Rhythm Tracking

Day	Date	Phase	Energy (1-10)	Mood / Notes	Alignment Reflection
Day 8		Follicular			
Day 9		Follicular			
Day 10		Follicular			
Day 11		Follicular			
Day 12		Follicular			
Day 13		Follicular			
Day 14		Ovulation			

Week 3 — Rhythm Tracking

Day	Date	Phase	Energy (1-10)	Mood / Notes	Alignment Reflection
Day 15		Ovulation			
Day 16		Ovulation			
Day 17		Ovulation			
Day 18		Luteal			
Day 19		Luteal			
Day 20		Luteal			
Day 21		Luteal			

Week 4 — Rhythm Tracking

Day	Date	Phase	Energy (1-10)	Mood / Notes	Alignment Reflection
Day 22		Luteal			
Day 23		Luteal			
Day 24		Luteal			
Day 25		Luteal			
Day 26		Luteal			
Day 27		Luteal			
Day 28		Luteal			