



Ovulatory

Energy level:
Start Projects and
Social activities

Body movement:
High Intensity
(cardio)

Luteal

Energy level:
Finish projects

Body movement:
Strength training
then
Flexibility

Menstrual

Energy level: Low
Self-care & Recovery

Body movement:
Gentle (yoga,
walking etc)

Follicular

Energy level: Increasing,
try new things.

Body movement:
Challenge
yourself to
something new

Menstrual cycle
Energy