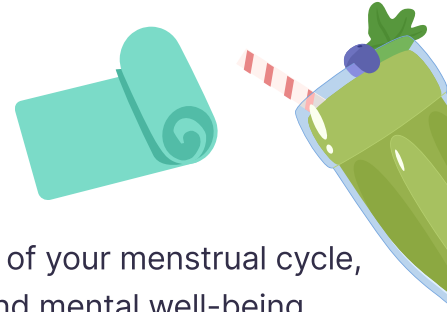


Cycle syncing chart



Cycle syncing chart provides tailored recommendations for each phase of your menstrual cycle, helping you work with your body's natural rhythms for better physical and mental well-being. Whether you're focusing on nourishing your body, enhancing your fitness, or practicing self-care, this chart offers simple, effective strategies to help you feel your best all month long.

Phase	Exercise	Diet	Self-care
Menstrual phase (days 1-5)	<ul style="list-style-type: none">• Gentle yoga• Walking• Stretching• Light Pilates	<ul style="list-style-type: none">• Iron-rich foods (spinach, lentils, red meat)• Healthy fats (avocados, olive oil)• Hydrating foods (watermelon, cucumber)	<ul style="list-style-type: none">• Prioritize rest and relaxation• Take warm baths• Use heating pads for cramps
Follicular phase (days 6-14)	<ul style="list-style-type: none">• Strength training (light to moderate)• HIIT (High-Intensity Interval Training)• Running, cycling	<ul style="list-style-type: none">• Lean proteins (chicken, fish)• Whole grains (quinoa, oats)• Fruits (berries, apples)• Leafy greens	<ul style="list-style-type: none">• Focus on self-reflection and personal growth• Engage in creative hobbies• Plan for the upcoming phases
Ovulation phase (days 15-17)	<ul style="list-style-type: none">• Strength training (moderate to high intensity)• HIIT• Cardio (running, cycling)• Power yoga	<ul style="list-style-type: none">• Zinc-rich foods (pumpkin seeds, chickpeas)• Protein (eggs, turkey)• Vitamin C-rich foods (citrus, bell peppers)	<ul style="list-style-type: none">• Prioritize socializing and connecting with others• Use affirmations• Practice mindfulness
Luteal phase (days 18-28)	<ul style="list-style-type: none">• Moderate-intensity strength training• Pilates• Swimming• Walking• Yoga (restorative)	<ul style="list-style-type: none">• Complex carbs (sweet potatoes, oats)• Magnesium-rich foods (dark chocolate, leafy greens)• Protein (turkey, legumes)• Healthy fats (almonds, flaxseeds)	<ul style="list-style-type: none">• Focus on stress management techniques• Prioritize sleep and relaxation• Practice journaling or meditation