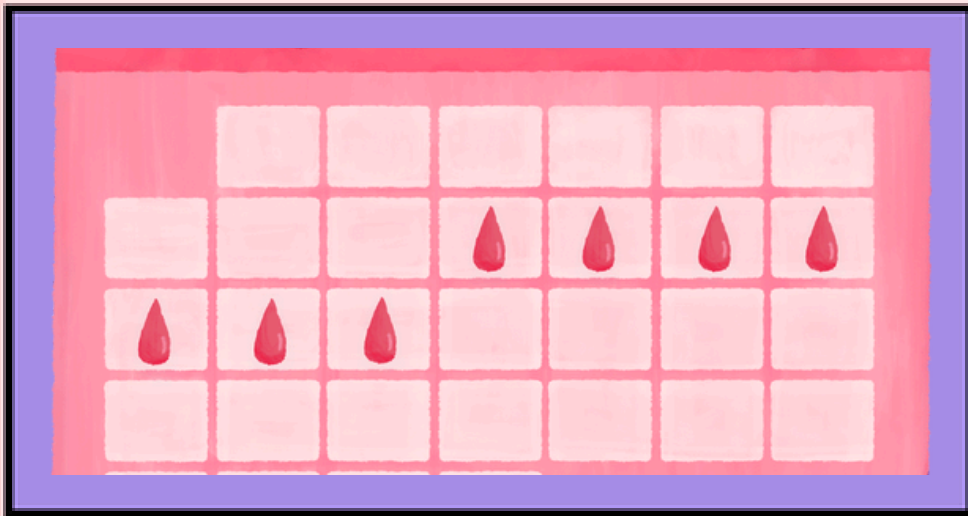
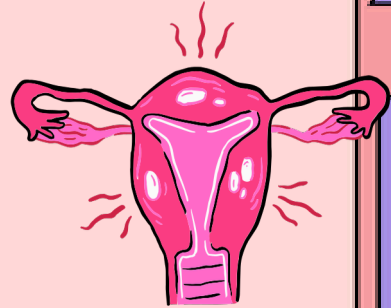


TEEN

CYCLE

SYNCING 4

BEGINNERS



Understanding Cycle Syncing

Cycle syncing is a holistic approach to women's health that recognizes the profound impact of hormonal fluctuations throughout the menstrual cycle. By understanding your body's ebb and flow, you can align your nutrition, exercise, self-care, and even your work and social life to your advantage. This isn't just about managing your period; it's about embracing your body's wisdom and harnessing it for better health and vitality.

Here's why it's important for women to be aware of and track their menstrual cycle:

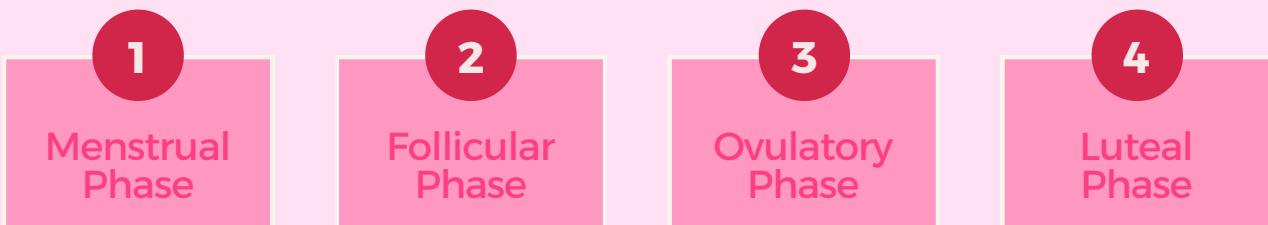
Understanding Your Body: Tracking your menstrual cycle helps you recognize and embrace your unique hormonal fluctuations, which can vary from woman to woman. This knowledge empowers you to make informed decisions about your health and well-being.

Health Monitoring: Tracking can identify irregularities, allowing for early detection of potential health issues. It's a proactive approach to monitoring your well-being.

Optimizing Health: Tracking enables you to adjust your exercise, nutrition, and self-care routines to match your body's changing needs, resulting in better overall health.

Hormone Balance and Disorders: For some, tracking can help in diagnosing and managing hormonal disorders like PCOS or endometriosis.

The four main phases of the menstrual cycle are:



This journal will guide you through tracking each phase and provide suggestions for diet, exercise, work focus, and self-care activities that align with your body's needs during each phase.

How to Use This Journal

1. Start by tracking your menstrual cycle for at least 2-3 months to understand your typical cycle length and patterns.
2. Use the daily tracking pages to record your physical symptoms, emotions, energy levels, and activities.
3. Refer to the phase-specific guides to align your diet, exercise and self-care practices with each phase of your cycle.
4. Review your entries regularly to identify patterns and make adjustments to your cycle syncing practices as needed.

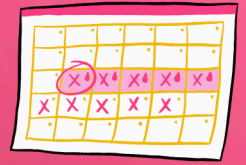


Remember

Every body is unique. Use this journal as a guide, but always listen to your own body and consult with healthcare professionals for personalized advice.

WINTER

MENSTRUAL



The Menstrual Phase, also known as the bleeding phase, is the first stage of the menstrual cycle. It typically lasts from 3 to 7 days and marks the shedding of the uterine lining, resulting in menstruation or your period. Hormone levels, particularly estrogen and progesterone, are at their lowest during this phase.

LOWEST ENERGY. SLOW DOWN AND LOOK INWARD. WRITE DOWN GOALS FOR THE MONTH.

Grocery List

Protein

- Lean meats (chicken, turkey)
- Fatty fish (salmon, mackerel)
- Plant-based protein sources (tofu, tempeh, legumes)

Iron-Rich Foods:

- Leafy greens (spinach, kale)
- Red meat (beef, lamb)
- Lentils and beans
- Fortified cereals

Omega-3 Fatty Acids:

- Fatty fish (salmon, sardines)
- Flaxseeds
- Chia seeds
- Walnuts

Warm and Comforting Foods:

- Herbal teas (ginger, chamomile, peppermint)
- Soups (vegetable, bone broth)
- Oatmeal or whole grain hot cereals
- Warm, cooked meals (e.g., stews, casseroles)

Fruits | Nuts & Seeds:

- Berries (blueberries, strawberries)
- Bananas
- Citrus fruits (oranges, grapefruits)
- Almonds
- Pumpkin seeds
- Sunflower seeds

Dairy or Dairy Alternatives:

- Low-fat or Greek yogurt
- Fortified non-dairy milk (almond, soy, or oat milk)

Herbs and Spices:

- Turmeric
- Cinnamon
- Ginger (for tea or cooking)
- Other Essentials:
 - Eggs
 - Dark chocolate (in moderation)
 - Whole grain bread or crackers
 - Honey or maple syrup (for sweetening herbal teas)

**A REMINDER
THAT MYBODY
IS IN PERFECT
SYNC WITH THE
UNIVERSE**

*Meditation, Yoga, Walks,
light Stretching, Warm
Baths, Journaling, Reading,
Painting, Self-Care Rituals,
Rest and Naps, Healthy
eating, Herbal teas*



SPRING

FOLLICULAR

The Follicular Phase is the second stage of your menstrual cycle, typically lasting from the end of your period to ovulation. During this phase, your body prepares for potential pregnancy by nurturing the development of ovarian follicles. Hormonal changes bring increased energy and a fresh outlook, making it an excellent time to focus on renewal and growth.

MORE ENERGY AND BRAINPOWER. PROBLEM SOLVING, SOCIAL ACTIVITIES, PRODUCTIVITY

Grocery List

Proteins:

- chicken breast
- Turkey
- Salmon
- Tofu
- Eggs

Leafy Greens:

- Spinach
- Kale
- Arugula
- Swiss chard

Whole Grains:

- Quinoa
- Brown rice
- Oats
- Whole-grain bread

Legumes:

- Lentils
- Chickpeas
- Black beans

Fruits, Nuts and Seeds:

- Almonds
- Chia seeds
- Flax seeds
- Oranges
- Apples
- Bananas
- Raspberries

Vegetables:

- Bell peppers
- Broccoli
- Asparagus
- Zucchini

Dairy or Dairy Alternatives:

- Greek yogurt
- Almond milk
- Soy milk (Bonsoy)

Healthy Fats:

- Avocado
- Olive oil
- Coconut oil

Herbs and Spices:

- Turmeric
- Ginger
- Cinnamon
- Fresh herbs (such as parsley and cilantro)

Beverages:

- Herbal teas (e.g., green tea, chamomile)
- Plenty of water

Snacks:

- Carrot sticks
- Hummus
- Greek yogurt with honey and berries
- Popcorn (in coconut oil or air popped)
- Bliss balls

BEAUTIFULLY
COMPLEX AND
UNIQUELY OURS

A sense of renewal, optimism, and a boost in energy. Plan, Organise, Socialize, Cardio, Jogging, Cycling, Hiking, Pilates, Yoga



OVULATORY

The ovulatory phase, occurring roughly in the middle of your menstrual cycle, is marked by the release of an egg from the ovary.

This phase typically lasts about 3-5 days and is a time of increased energy and vitality. Hormones like estrogen and luteinizing hormone (LH) surge, leading to heightened fertility.

FEELING CONFIDENT, SCHEDULE TIME WITH FRIENDS, FUN ACTIVITIES OR HAVE THAT DIFFICULT CONVERSATION YOU HAVE BEEN AVOIDING

Grocery List

Proteins:

- Lean meats (chicken, turkey, lean cuts of beef)
- Fish (salmon, trout, tuna)
- Tofu or tempeh (if you prefer plant-based options)
- Eggs

Fresh Fruits:

- Berries (strawberries, blueberries, raspberries)
- Citrus fruits (oranges, grapefruits)
- Apples Bananas

Fresh Vegetables:

- Leafy greens (spinach, kale, arugula)
- Bell peppers
- Cucumbers
- Zucchini
- Asparagus
- Broccoli

Healthy Fats:

- Avocado
- Nuts (almonds, walnuts)
- Seeds (flaxseeds, chia seeds)
- Olive oil

Whole Grains:

- Brown rice
- Quinoa
- Whole wheat pasta
- Oats

Dairy or Dairy Alternatives:

- Greek yogurt (or dairy-free yogurt)
- Milk (dairy or plant-based)
- Cheese (if desired)

Herbs and Spices:

- Turmeric
- Ginger Garlic
- Basil Dill
- Cilantro

Miscellaneous:

- Honey or maple syrup (for sweetening)
- Herbs for tea (chamomile, mint, etc.)
- Whole-grain bread
- Dark chocolate (for a treat)

Beverages:

- Green tea
- Herbal teas (such as raspberry leaf or ginger tea)
- Plenty of water to stay hydrated



Blossom with
energy,
embrace your
power.

Socialise and connect, FUN nights, Plan your most fertile days, Creative projects, Strength training, Cardio, Cycling, Planning, Self-care

DATE NIGHT

ADULT

15

ADMIT ONE

ADULT

15





FALL

LuteAL



The luteal phase typically lasts from around day 15 to day 28 of your menstrual cycle. During this time, the hormone progesterone takes center stage. Its role is to prepare the uterine lining for potential embryo implantation and to maintain a supportive environment for a developing pregnancy. If pregnancy doesn't occur, progesterone levels drop, signaling the body to shed the uterine lining, leading to menstruation.

ATTENTION TURNING INWARD. TIME TO NEST & SPEND TIME AT HOME. CHECK OFF TO-DO LISTS. NURTURE AND REST PHASE.

Grocery List

Proteins:

- Skinless chicken
- breast Tofu Lentils
-

Complex Carbohydrates:

- Brown
- rice
- Quinoa
- Oats

Healthy Fats: Avocados Nuts (e.g., almonds, walnuts) Seeds (e.g., chia seeds, flaxseeds)

Leafy Greens:

- Spinach
- Kale Swiss
- chard

Fiber-Rich Foods:

- Beans (e.g., black beans, chickpeas)
- Lentils Vegetables (e.g., broccoli, cauliflower, carrots)

Dairy or Dairy Alternatives:

- Greek yogurt or dairy-free yogurt

Fruits:

- Berries (e.g., blueberries, strawberries)
- Bananas

Other:

- Chamomile tea (for relaxation) Dark
- chocolate (in moderation for a treat)
- Olive oil (for cooking) Your preferred
- spices and seasonings



**I'M JUST TRYING TO
MAKE IT THROUGH
THE DAY**



*Relaxation Practices
(meditation, breathwork)
Quality Sleep, Hydration,
Self-care, Gentle Exercise
(Yoga, Stretching) Reduced
Caffeine & Alcohol, Leisurely
walks, Reading, Netflix,
Positive Affirmations*



Period Tracker.....

SYMPTOMS

<input type="checkbox"/>	Fatigue
<input type="checkbox"/>	Headache
<input type="checkbox"/>	Cramps
<input type="checkbox"/>	Cravings
<input type="checkbox"/>	Spotting
<input type="checkbox"/>	Acne

FLOW

Light	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Medium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heavy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

LENGTH OF CYCLE

JAN	FEB	MAR
APR	MAY	JUN
JUL	AUG	SEP
OCT	NOV	DEC

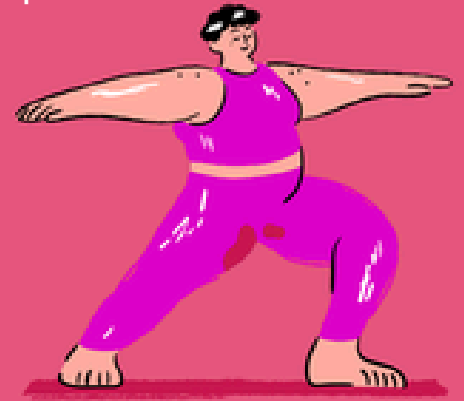
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AFFIRMATIONS

Menstrual Phase:

- "I honor my body's natural rhythm and embrace this time of rest."
- "My body knows what it needs, and I listen to its wisdom."
- "I release what no longer serves me, both physically and emotionally."
- "I am in tune with my body's signals, and I trust my intuition."
- "My period is a symbol of my body's strength and resilience."
- "I give myself permission to slow down and take care of myself."
- "I am at peace with the ebb and flow of my energy during this phase."
- "I nurture my body with self-compassion and gentle care."
- "This is a time for reflection and inner growth."
- "I am grateful for the opportunity to cleanse and renew."



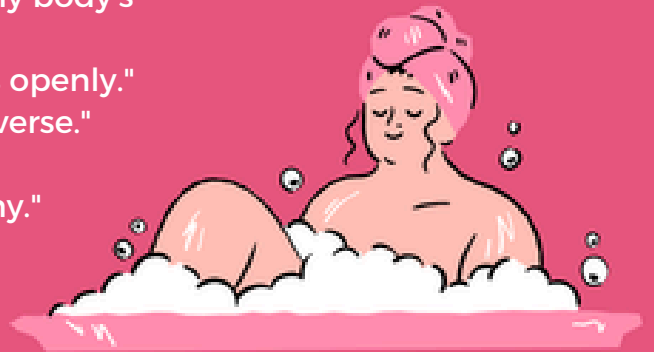
Follicular Phase:

- "I welcome the energy and renewal of the follicular phase."
- "New beginnings are within my reach, and I embrace them."
- "I am ready to set intentions and take action toward my goals."
- "My creativity and inspiration are flowing freely."
- "I trust in the power of my ideas and visions."
- "I release any lingering doubts or fears from the past."
- "Each day brings new possibilities and opportunities."
- "I am a powerful creator of my future."
- "I am excited about the fresh start that awaits me."
- "I trust the process of growth and transformation."



Ovulatory Phase:

- "My body is in perfect harmony, and I accept my body."
- "I radiate confidence and attract positive energy."
- "I am in sync with my natural cycles, and I trust my body's wisdom."
- "I celebrate my sensuality and express my desires openly."
- "I am connected to the creative forces of the universe."
- "I am abundant in all aspects of my life."
- "My relationships are filled with love and harmony."
- "I am a source of joy and pleasure."
- "I trust in the balance and harmony of my body."
- "I am grateful for the gift of fertility and life."



Luteal Phase:

- "I honor the ebb and flow of my energy during the luteal phase."
- "I am patient with myself and my changing emotions."
- "I trust that my body is preparing for its highest purpose."
- "I embrace self-care and relaxation as essential."
- "I am in tune with my inner wisdom and intuition."
- "I release tension and stress, allowing peace to flow through me."
- "I am grounded and centered, even in the face of challenges."
- "I trust that all will unfold in perfect timing."
- "I am strong, resilient, and ready to face anything that comes my way."
- "I am in harmony with my body and its natural rhythms."



Monthly Reflection

DATE:

TIME:

Monthly Wins

How does it make me feel?

Challenges

How can I improve it?

Three things that I am most grateful for this month:

Two life lessons I learned this month:

1

2

One word that best describes this month:

How will you rate this month?





Hi, I'm
Katrina

 [@wellwisegirl](#)

 [@wellwisewoman](#)

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LET'S CONNECT

I created this cycle syncing journal as an invitation to slow down, tune in, and begin a kinder conversation with your body.

I support girls and women to understand their menstrual cycle not as something to manage or push through, but as a powerful source of information, wisdom, and self-connection. Our cycles influence our energy, mood, focus, creativity, and needs; when we learn to listen, everything begins to make more sense.

This journal is designed to gently guide you through the four phases of your cycle, offering simple insights around food, movement, and daily rhythms, alongside reflective questions to help you notice patterns, preferences, and inner truths.

There's no "right" way to feel in any phase, only opportunities to learn more about yourself.

My hope is that this workbook becomes a safe space for curiosity, self-trust, and self-compassion.

A place where you can meet yourself exactly as you are, and discover the power of living in rhythm with your body rather than against it.

Katrina