

	Menstrual	Follicular	Ovulation	Luteal
Season	Winter	Spring	Summer	Autumn
Energy Levels	Low	Increasing	High	Decreasing
Moon	Waning (getting smaller)	New Moon	Waxing (getting bigger)	Full Moon
Work / Focus	Evaluating, researching, analysing. Dig into data... are you on track.	Brainstorming, planning and creative work. Think big and set intentions.	Communication and collaboration. Present ideas, pitch, sell and negotiate.	Completing tasks, organising, ticking off your to-do list and focused project work.
Exercise	Consider napping a sport! Maybe add walking, yin yoga or chi gung.	Discover new ways to move – especially if it's fun or even a bit silly!	You have energy to burn so go for it with high impact work outs.	Slow and steady, strength training. Slowing down to lighter activities like walking or yoga.
Food	Increase nutrients, protein and good fats to replace what your body is losing. Also add extra iron and zinc.	Fresh, light foods help you feel more energized. Salads, beans, seeds and light grains.	High fibre foods, raw veg and lots of fruit to flush out any excess estrogen.	Root veggies and leafy greens for extra minerals. Foods rich in B vitamins help to stave off sugar cravings.
Relationships	"Know thyself" – if you need alone time take it. Pamper yourself or just rest and reflect.	Make plans, say yes to invites and try new things. Explore new perspectives/ideas.	Go to parties, mix and mingle! Express yourself, meet up with friends, go out on dates, have fun.	A gradual slowing down... think snuggling on the couch or meeting up for coffee. Listen to your inner wisdom.

- If you're no longer menstruating use the moon cycle as a guide – www.timeanddate.com
- The time duration for each phase will vary from person to person but so long as it averages out at roughly a 28 day cycle that's fine... go with what feels right for you.
- It might feel alien to begin with if your rhythms are all out of whack... just try a few things each cycle and give it time.
- It's not always feasible to stick rigidly to the suggestions in each phase but I find it helps to just understand why something might feel extra difficult at a particular time.