

How to Cycle Sync: A Simple Guide

What Cycle Syncing Means

Cycle syncing is the practice of adjusting your food, movement, rest, and focus to match the natural rhythm of your hormones.

Rather than fighting monthly energy shifts, you work with them—easing symptoms, improving mood, and restoring balance.

It's not about perfection or tracking every hormone spike. It's about noticing your own patterns and making small, repeatable changes.

Step 1: Map Your Rhythm

If you still have a menstrual cycle or use cyclical HRT:

- Day 1 = first day of bleeding or progesterone phase
- **Average length:** _____ days

If you're post-menopause or on continuous HRT:

- Use a **4-week rhythm** instead. Notice energy, mood, sleep, and focus changes week to week.

Track energy, sleep, mood, focus, and movement tolerance to start seeing your personal pattern.

Step 2: Learn the Four Phases

Think of these as seasons in your month. Use them as a compass, not a calendar.

Menstrual (Days 1–5)

- Low oestrogen and progesterone—your body asks for rest and nourishment.
- **Focus on:** reflection, warmth, simple tasks.
- **Ease off:** high-intensity exercise and big decisions.

Follicular (Days 6–14)

- Oestrogen rises—focus, creativity, and motivation return.
- **Focus on:** planning, starting new projects, light movement.
- **Ease off:** overbooking your schedule.

Ovulatory (Days 14–17)

- Peak oestrogen and a brief rise in testosterone bring sociability and energy.
- **Focus on:** communication, collaboration, visibility.
- **Ease off:** overcommitting or ignoring rest signals.

Luteal (Days 18–28)

- Progesterone dominates; energy and patience can dip.
- **Focus on:** completion, self-care, grounding foods.
- **Ease off:** perfectionism, late nights, and too much caffeine.

Step 3: Align the Everyday Levers

Each lever requires a different approach.

Food

- **Menstrual:** iron-rich, warming foods (soups, beans, leafy greens)
- **Follicular:** light and fresh (salads, yoghurt, grains)
- **Ovulatory:** protein and hydration
- **Luteal:** magnesium-rich foods (pumpkin seeds, dark chocolate)

Movement

- **Menstrual:** gentle yoga or walking
- **Follicular:** cardio or dance
- **Ovulatory:** strength or intervals
- **Luteal:** slower strength or Pilates

Rest

- Earlier nights in menstrual & luteal phases
- Morning light for circadian rhythm
- Keep caffeine before noon

Step 4: Use the Insights

Each phase highlights a different strength:

- Menstrual → intuition
- Follicular → planning
- Ovulatory → communication
- Luteal → completion

If you're post-menopause or on HRT, you can adapt this rhythm into:

- **Restore → Rise → Shine → Reflect** blocks.

Step 5: Track & Tweak

After 1–2 months, patterns emerge—when focus peaks, when rest helps most, and which foods or workouts support you.

Design your month around your biology, not anyone else's calendar.

Your 28-Day Cycle Tracker

Use the following table to track energy, mood, focus, and sleep across the month.

Colour or mark each day with a tone or emoji that matches how you feel.

After two or three months, you'll start to see your own pattern emerge.

Key:

 Menstrual	 Follicular	 Ovulatory	 Luteal
 High energy	 Low energy	 Steady	 Rest

Tip: Add one or two words per day—for example: “tired,” “focused,” or “foggy.” This helps you link patterns in energy, mood, and sleep to your cycle phase.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Key Takeaway

Cycle syncing isn't another routine to master—it's permission to live in sync with your physiology. You don't need a perfect plan, just awareness and small adjustments.