

# Menstrual Cycle Cheat Sheet

## Phase 1: Menstruation

Uterine lining sheds

Estrogen and Progesterone low -  
reduced focus and productivity

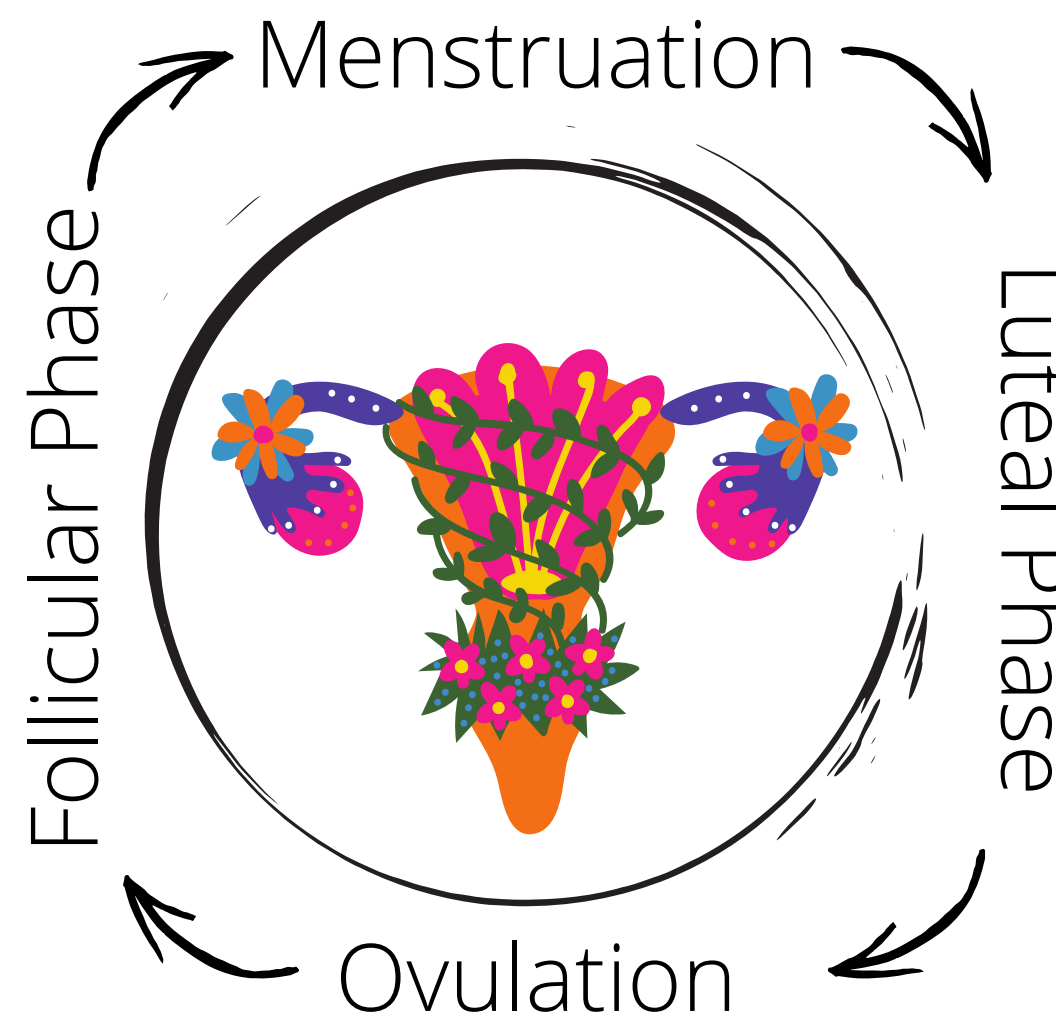
**To do:** self-reflection, goal-setting,  
rest and relaxation

## Phase 2: Follicular Phase

Follicles are formed and mature

Estrogen levels rise - increased mood  
and energy. FSH increases

**To do:** brainstorming, walks in  
nature, journalling, learning new skills



## Phase 3: Ovulation

Mature egg released from follicle,  
ready for fertilization

LH, Estrogen and Testosterone peak -  
increased energy and motivation

**To do:** network and build connections

## Phase 4: Luteal Phase

If no fertilization occurs, body  
prepares to shed lining.

Progesterone peaks - increased calm  
and productivity

**To do:** independent and detail-  
oriented activities, self-care, rest



Balance

Integrative Health + IV Therapy

**Dr. Kristin Wootton, ND**

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