



MEMBERSHIP

Follicular phase cycle book

Reconnect WITH YOUR CYCLE WISDOM

The Healthy Hormone Club



Follicular phase *superpowers*



These are a few characteristics of the follicular phase. This is a guide to help you reconnect with your cycle superpowers. Feel free to make your own observations and add them to the list.

- ★ New ideas
- ★ Energised
- ★ Great time to start new projects and healthy habits
- ★ New beginnings
- ★ New energy
- ★ Social
- ★ Outward focused
- ★ Enthusiastic
- ★ Brainstorming time



Cycle check-in: What am I experiencing?



Mindful movement



Your follicular phase is a great time to use your increasing energy to achieve physical tasks that you need to get done. Do some cardio, calisthenics or join a team sport. This is a great time to try a new activity.

Cycle check-in: How is my energy levels?

Syncing your worklife

This is great time to brainstorm and to create the new plans that you were analysing during the menstrual phase. You will also be a problem solver, so your brain will love the stimulation. Team work & networking is also great during this time.



Cycle check-in: What am I experiencing?
