

# SPORTS MOM MANTRA

## Our Cycles - the Calendar

**She's Feeling:** Low Energy, Fatigue, Pain, Fluid Retention

**Week 1**

Bleeding

Day 1-7

TLC  
Recharge  
Alone Time  
Reflection

**She's Feeling:** Rising Energy, Sharp & Driven, Ready to Problem Solve

**Week 2**

Follicular  
Phase

Day 8-14

Confident  
Research & Inspired  
Re-Emergence  
Party Time

**She's Feeling:** Peak Energy, Confident & Outgoing Happy & Joyful, Social

**Week 3**

Ovulatory  
Phase

Day 15-17

Boating  
Cramping  
Hungry  
Spotting

**She's Feeling:** Decreased Energy, Mood Swings, Tired, Sluggish, Period Skin

**Week 4**

Luteal  
Phase

Day 18-28

Self Compassion  
Frustrated  
Depressed

