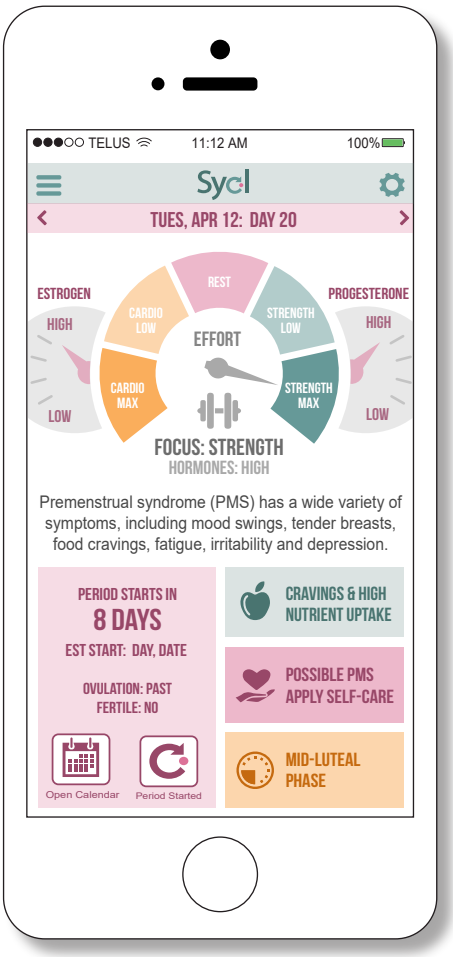
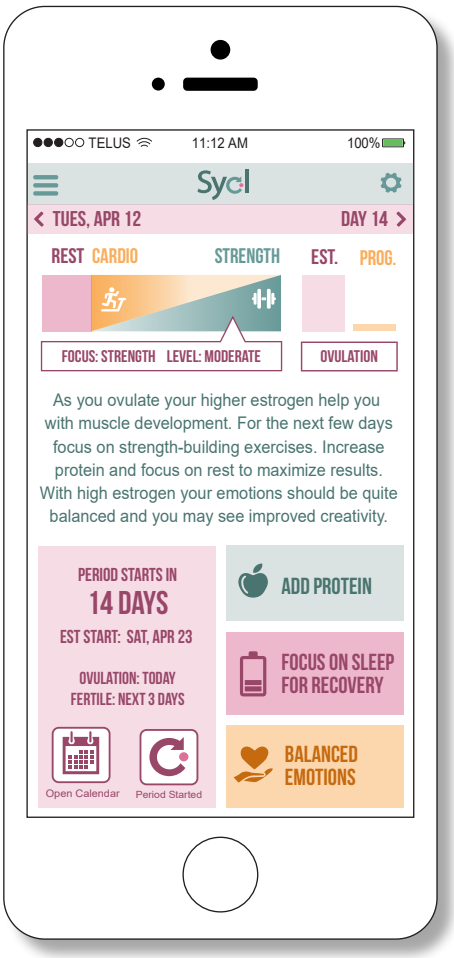
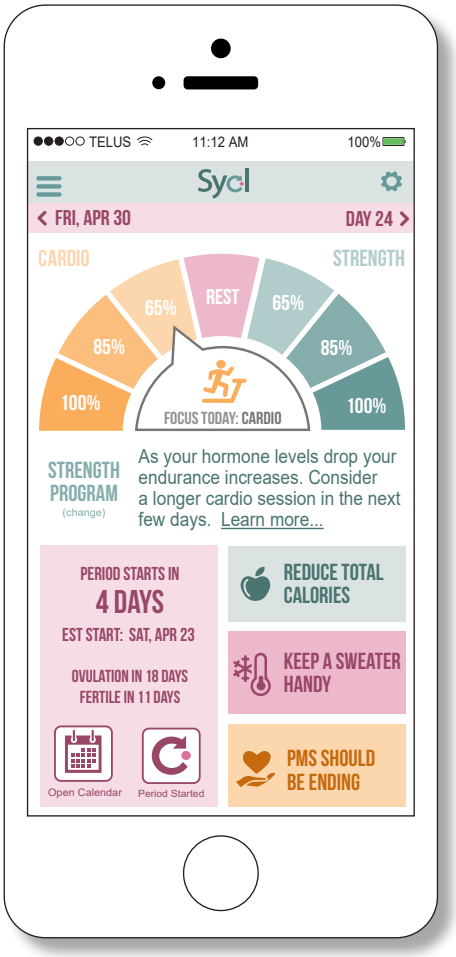
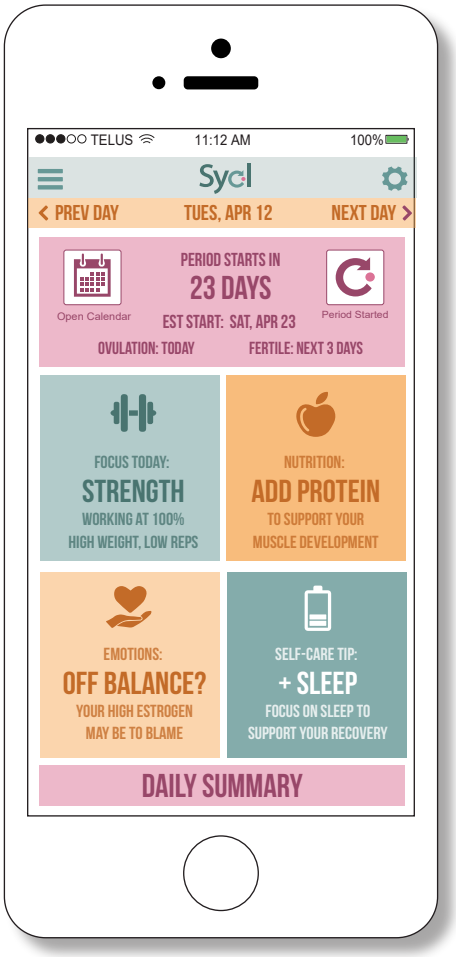

TELUS 11:12 AM 100%
Sycl
TUES, APR 12: DAY 20
ESTROGEN
HIGH
LOW
PROGESTERONE
HIGH
LOW
REST
CARDIO LOW
STRENGTH LOW
CARDIO MAX
STRENGTH MAX
EFFORT
FOCUS: STRENGTH
HORMONES: HIGH
Premenstrual syndrome (PMS) has a wide variety of symptoms, including mood swings, tender breasts, food cravings, fatigue, irritability and depression.
PERIOD STARTS IN
8 DAYS
EST START: DAY, DATE
OVULATION: PAST
FERTILE: NO
Open Calendar
Period Started
CRAVINGS & HIGH NUTRIENT UPTAKE
POSSIBLE PMS APPLY SELF-CARE
MID-LUTEAL PHASE


TELUS 11:12 AM 100%
Sycl
TUES, APR 12
DAY 14
REST
CARDIO
STRENGTH
EST.
PROG.
FOCUS: STRENGTH LEVEL: MODERATE
OVULATION
As you ovulate your higher estrogen help you with muscle development. For the next few days focus on strength-building exercises. Increase protein and focus on rest to maximize results. With high estrogen your emotions should be quite balanced and you may see improved creativity.
PERIOD STARTS IN
14 DAYS
EST START: SAT, APR 23
OVULATION: TODAY
FERTILE: NEXT 3 DAYS
Open Calendar
Period Started
ADD PROTEIN
FOCUS ON SLEEP FOR RECOVERY
BALANCED EMOTIONS


TELUS 11:12 AM 100%
Sycl
FRI, APR 30
DAY 24
CARDIO
STRENGTH
REST
65%
65%
85%
85%
100%
100%
FOCUS TODAY: CARDIO
STRENGTH PROGRAM
(change)
As your hormone levels drop your endurance increases. Consider a longer cardio session in the next few days. Learn more...
PERIOD STARTS IN
4 DAYS
EST START: SAT, APR 23
OVULATION IN 18 DAYS
FERTILE IN 11 DAYS
Open Calendar
Period Started
REDUCE TOTAL CALORIES
KEEP A SWEATER HANDY
PMS SHOULD BE ENDING


TELUS 11:12 AM 100%
Sycl
PREV DAY
TUES, APR 12
NEXT DAY
Open Calendar
PERIOD STARTS IN
23 DAYS
EST START: SAT, APR 23
OVULATION: TODAY
FERTILE: NEXT 3 DAYS
Period Started
FOCUS TODAY:
STRENGTH
WORKING AT 100%
HIGH WEIGHT, LOW REPS
NUTRITION:
ADD PROTEIN
TO SUPPORT YOUR MUSCLE DEVELOPMENT
EMOTIONS:
OFF BALANCE?
YOUR HIGH ESTROGEN MAY BE TO BLAME
SELF-CARE TIP:
+ SLEEP
FOCUS ON SLEEP TO SUPPORT YOUR RECOVERY
DAILY SUMMARY