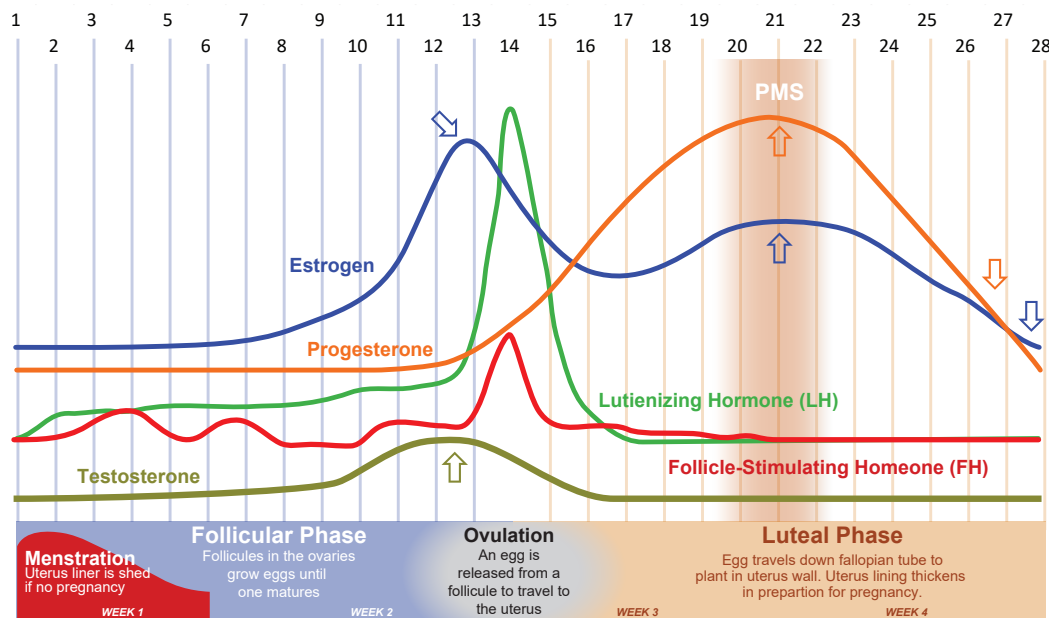


# Sycl

A PERIOD TRACKER AND PERSONAL GUIDE TO YOUR HORMONES

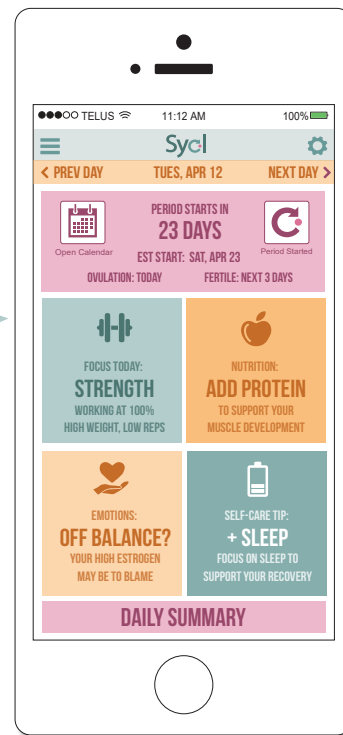


## YOUR CYCLE

- + MOOD/EMOTIONS
- + OVULATION
- + PERIOD
- + SYMPTOM MANAGEMENT

## NUTRITION

- + DIET PHASES
- + GI TRACT IMPACTS
- + ABSORPTION
- + CRAVINGS



## PHYSIOLOGY

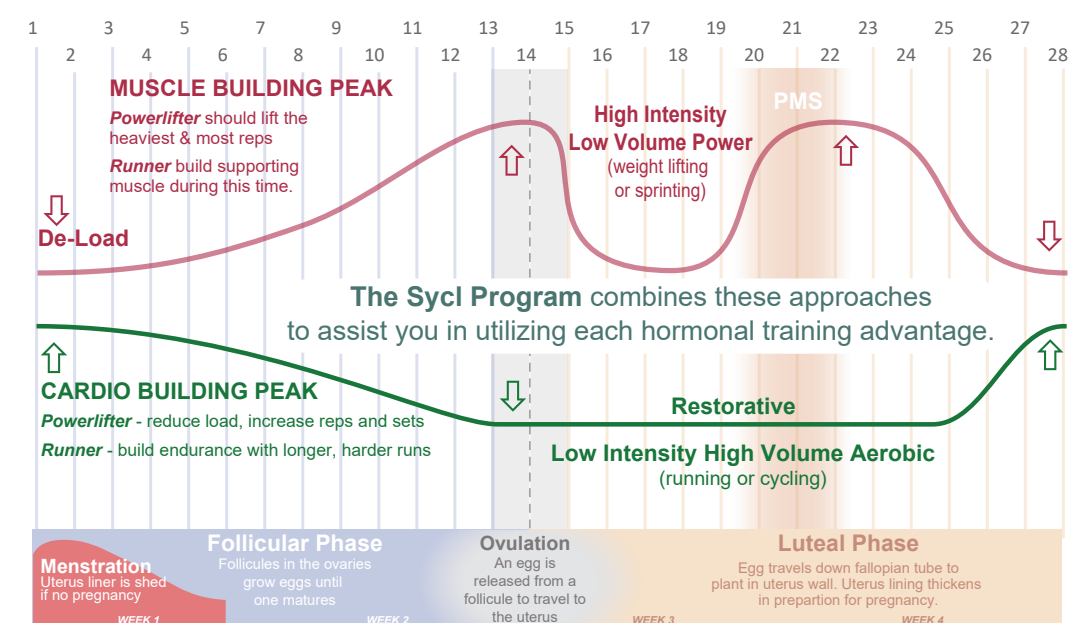
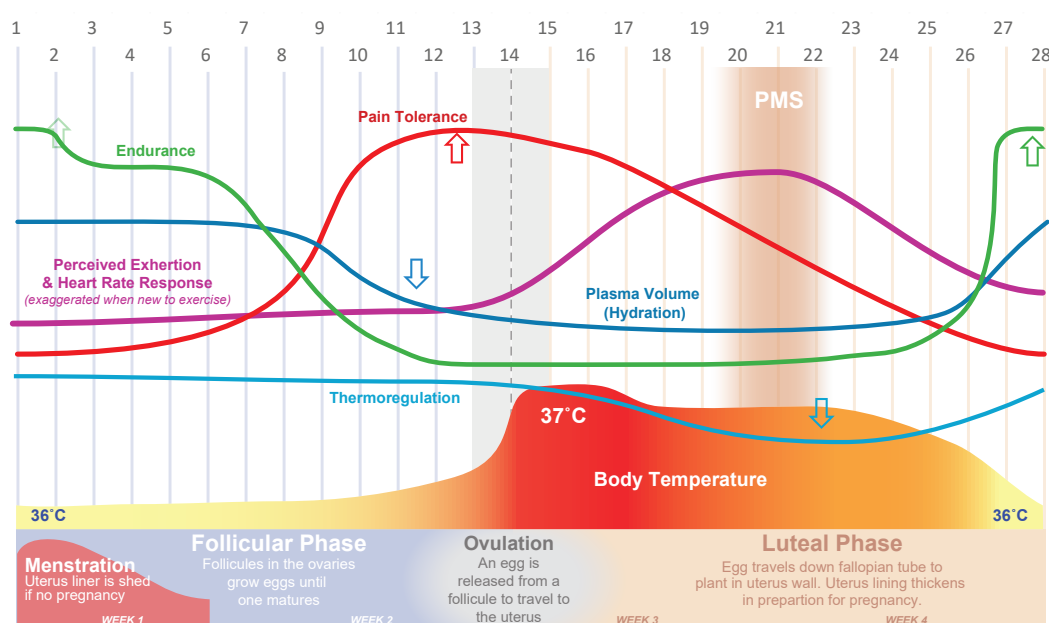
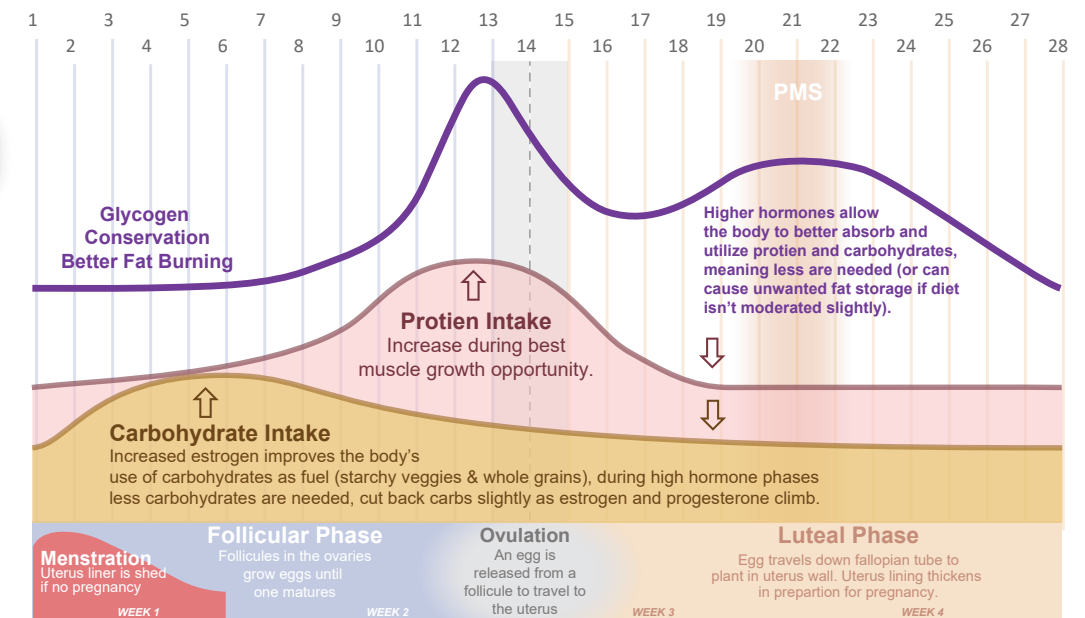
- + TREND-BASED SUGGESTIONS
- + SKIN CARE PHASES
- + TEMPERATURE & HYDRATION
- + EDUCATION

## TRAINING

- + CUSTOMIZED ACTIVITY FOCUS
- + TRAINING & RECOVERY TIPS

## + COMMUNITY

- + SURVEYS & RESULTS
- + FORUM & COMMUNITY POSTS
- + PERSONAL STORIES & IDEAS
- + NEWS & RESEARCH ARTICLES



The Sycl Program combines these approaches to assist you in utilizing each hormonal training advantage.