



# the agenda.

**Period School:**

**Everything you should  
have learned about Your  
Period in 5th Grade!**

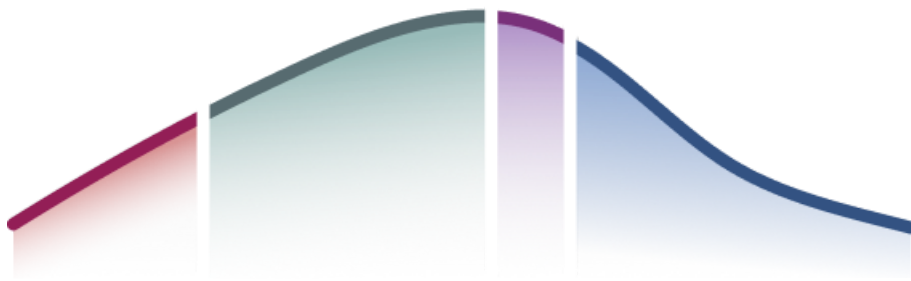


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**Welcome to Period  
School!**

# A (Re)Introduction to Your Menstrual Cycle

In order to reclaim the power of our cycles, we must first understand how they fluctuate so we may partner with it. Everyone's cycles differ, but on average our hormonal levels can help us predict what our energy levels will be like.



The graph above shows us how our energy will rise and fall based on the phase we are in. The interplay between our hormones gives rise to these fluctuations. Equipped with this knowledge we can align our life and work with our cycles for success!

Cycle	Pre – Ovulation		Ovulation	Post – Ovulation
Ovarian Cycle	Follicular Phase			Luteal Phase
Uterine Cycle	Menstrual Phase	Follicular Phase		Luteal Phase

Above we have also added a breakdown of the different ways our cycle phases are described. Here we're using the Uterine Cycle.

This is a general guide for common energy levels. Learn how to tune into your own energy levels each phase!

# A RE-INTRODUCTION TO YOUR CYCLE

What are your big takeaways from this lesson?

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**Menstrual Phase!**

# MENSTRUATION PHASE

**DAYS 1–5**

## **What's Happening?**

Estrogen and progesterone are low, your uterine lining is shedding which causes bleeding.

## **You might be feeling:**

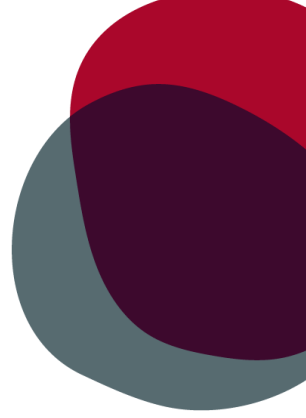
tired, bloated, cramping, hungry and introverted.

## **Food and Nutrition**

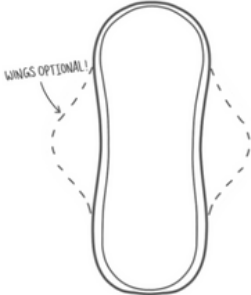
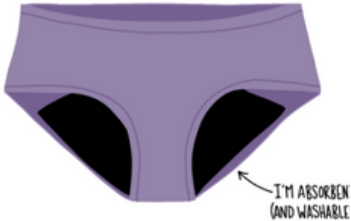

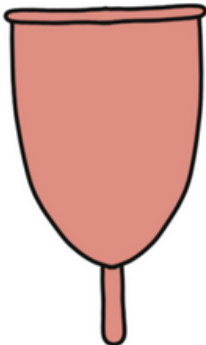
\*Pumpkin Seeds \*Flax Seeds  
\*Leafy Greens  
\*Dark Chocolate \*Citrus Fruits  
\*Bananas \*Nuts \*Tempeh \*Oats  
\*Quinoa  
\*Nut butters \*Broccoli \*Tofu  
\*Turmeric \*Ginger \*Peppermint  
Tea  
\*Beets \*Mushrooms

## **Suggested Movement**

\*Yoga  
\*Light Walks  
\*Stretching



# PERIOD PRODUCTS

NAME OF THE PRODUCT	PICTURE	DESCRIPTION
PAD	 A diagram of a white, rectangular period pad. It has rounded ends and two dashed lines extending from the sides, labeled 'WINGS OPTIONAL!' with arrows pointing to them.	
PERIOD UNDERWEARE	 A diagram of a pair of purple period underwear. The interior of the underwear is black. An arrow points to the black area with the text 'I'M ABSORBEN (AND WASHABLE)'.	
TAMPON	 A diagram of a blue tampon with an applicator. The applicator is shown at the top, with a label 'APPLICATOR: THIS DOES NOT STAY INSIDE!'. The tampon itself is shown inside the applicator, with a label 'TAMPON: THIS DOES STAY INSIDE (NOT FOR TOO LONG!)'. The applicator has a small tab at the bottom.	
CUP	 A diagram of a red menstrual cup. It is a bell-shaped cup with a small stem at the bottom.	

# PHASE 1 - MENSTRUATION

What are your big takeaways from this lesson?

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**Follicular Phase!**

# FOLLICULAR PHASE

**DAYS 6-11**

## **What's happening?**

Estrogen and progesterone are rising and your body is prepping to release a new egg.

## **You might be feeling:**

adventurous, social, creative, and excited about life

## **Food and Nutrition**

\*Pumpkin Seeds \*Flax Seeds

\*Leafy Greens \*Avocado

\*Broccoli \*Sprouts \*Carrots

\*Spinach \*Citrus Fruits \*Oats

\*Brazil Nuts

\*Fermented Foods \*Pickled

Foods

\*Sweet Potatoes \*White Beans

\*Kidney Beans \*Nutritional

Yeast

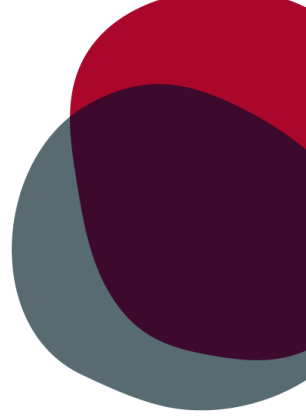
## **Suggested Movement**

\*Hiking

\*Swimming

\*Running or Jogging

\*Flow Yoga



# PHASE 2- FOLLICULAR

What are your big takeaways from this lesson?

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Ovulation Phase!

# OVULATION PHASE

**DAYS 12–16**

## **What's happening?**

Estrogen is peaking and testosterone is high and your new egg is released.

## **You might be feeling:**

Confident, increased libido, extroverted

## **Food and Nutrition**

\*Sesame Seeds \*Sunflower  
Seeds \*Cauliflower \*Broccoli  
\*Brussel Sprouts \*Spinach  
\*Eggplant \*Quinoa \*Coconut  
\*Raspberry \*Strawberry \*Radish  
\*Whole Grains \*Berries  
\*Cabbage \*Collard Greens

## **Suggested Movement**

\*HIIT  
\*Dancing  
\*Walking or Running  
\*Intense Yoga



# PHASE 3 - OVULATION

What are your big takeaways from this lesson?

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**Luteal Phase!**

# LUTEAL PHASE

**DAYS 17–28**

## **What's happening?**

FSH & LH have a sharp drip. Progesterone dominates this phase.

## **You might be feeling...**

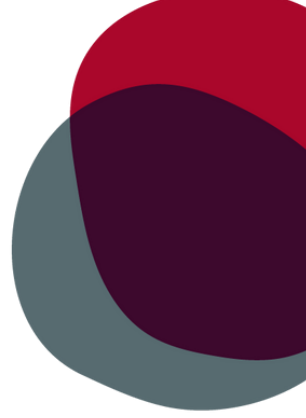
Introverted, anxious, analytical, in the space for wrapping up projects.

## **Food and Nutrition**

\*Eggs \*Mushrooms \*Tofu  
\*Brown Rice \*Almonds \*Quinoa  
\*Salmon \*Tuna \*Squash  
\*Cucumber \*Spinach \*Lean  
Meats/Red Meat \*Turmeric  
\*Dark Chocolate \*Herbal Tea  
\*Strawberries \*Blueberries  
\*Raspberries \*Cauliflower

## **Suggested Movement**

\*Strength Training  
\*Walks in Nature  
\*Pilates





# PHASE 4 - LUTEAL

What are your big takeaways from this lesson?

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