



the agenda.

Period School:

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

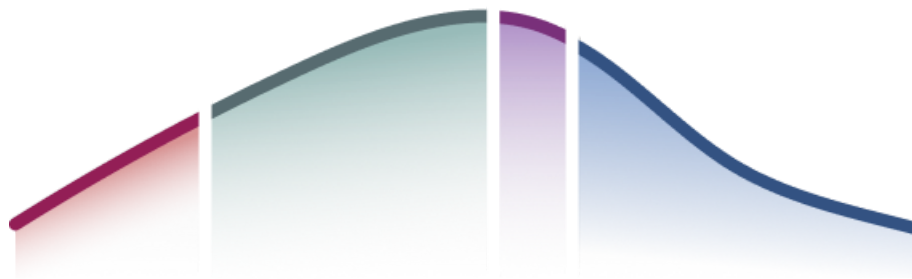


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**Welcome to Period
School!**

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?
