

# LUTEAL PHASE CHEATSHEET

---

This phase lasts 10-14 days (on average) and can be split into "two halves". During the first week you will have more energy, then in the second half you'll likely want to shift toward putting more attention on self care.

*mood:* Tap into your natural desire to get things done. This is a good time for bringing things to completion and then begin to turn inward and start to focus on how you'll nurture yourself through the menstrual phase.

*food:* Your metabolism has sped up and you're naturally burning more calories and have an increased appetite. Go for slow-burning complex carbs like beans, grains & root vegetables to stabilize blood sugar and help with digestion. Cooked leafy greens are also a good idea because they are high in calcium and magnesium to reduce fluid retention.

*movement:* During the first half your energy is still probably pretty high. You can try more strength training and intense yoga during this time. During the second half experiment more with flexibility exercises and gentle yoga. You can also switch up the time of day you exercise and see how that feels.



*questions to ask:*

What needs to come to completion?  
Does this nourish my soul?  
How can I hold space for myself to *be* today?



---

**Observe & Track Daily:**

Basal Body Temperature



I trust you. I love you. I've got you.

I celebrate all that I have accomplished. My power is perfectly aligned with the universe.