

# Flo 28: The Cycle Syncing™ Membership

Date: \_\_\_\_\_ Phase of Cycle: \_\_\_\_\_

Current Creation Cycle: Initiating / Collaborating / Producing / Evaluating

## Main Tasks To Focus On:

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

Theme of the Month: \_\_\_\_\_

## Plan for the Day:

Morning \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Afternoon \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Evening \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Are there demands on your time that are out of sync with your cycle?\***

YES | NO

\*if you mark yes, pay attention to notes on the next section that are starred.

## Food Plan:

\*if you marked yes, remember to take your supplements

Breakfast

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Lunch

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Dinner

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Snacks

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Beverages

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Supplements

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Self-Care Focus of the Day (At minimum pick one!):

\*if you marked yes, please add one extra piece of self-care today!

- Movement
- Self Pleasure
- Social Time
- Home Spa (Facial, Manicure, etc.)
- Sleep
- Other:

## End of Day...Energy Check In:

Energy? ● — ● — ●  
0      5      10

Mood & Symptoms? \_\_\_\_\_

Sleep? < 8 hrs | 8 hrs | > 8 hrs

Reminder to set up tomorrow's plan

## Reflections:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_