

*Flo*28 : The Cycle Syncing® Membership

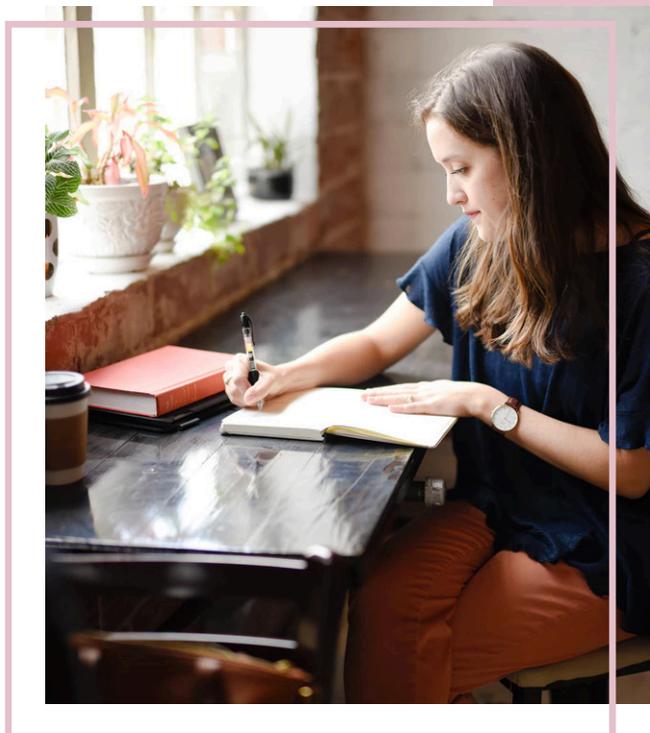
---

Monthly Planning Packet

# Welcome to your monthly planning packet!

At the start of each month you'll receive a customized packet that includes everything you'll need to cycle-sync your way through the next 4 weeks: recipes and shopping lists, exercise plans, weekly lifestyle and time management suggestions, and a curated theme to anchor you for the month.

To help you make the most of it, **turn the page for a quick cheat-sheet and intro**



# Start each month off with these steps:

## 1 - Know Your Current Phase:

Cross check with the MyFLO App to see which phase you're in as the month begins. Then, read through the details of this month's theme so that you align yourself with the seasons and cycles around us. (More on that below!)

## 2 - Plan Your Food:

Print out or download all the shopping lists and recipes for the month (included in this packet). Use them week by week in conjunction with the cycle phase you are currently in, and be sure to set aside one day a week (Sunday?) for shopping and meal prep.

## 3 - Plan Your Workouts:

Map out your exercise plan using the suggestions provided here in this packet. We'll be sharing weekly guided videos to do at home (accessible in the Facebook Group/Membership Site), and don't forget to sign up for the appropriate local classes you might want to take part in!

## 4 - Manage Your Time:

Print out or download your Daily Planner sheets for the month, which will guide you in organizing your day according to the cycle phase you're in.

## 5 - Check In Daily:

You'll get the most from the program when you utilize the supportive community that's here for you. Post a daily check-in to the Facebook Group to connect with fellow FLO members and our FLO guides, supporting you in synced-up living!

# A note on our monthly themes

## Why a monthly theme?

When you live from the place of cyclical timing, there's plenty of time to touch on every aspect of your life. We've divvied up the important areas of focus across the 12 months of the year, aligning them with the natural energy that the changing seasons call you to focus on.

While gyms will tell you to commit to something and every day be the same in the pursuit of that commitment, we are saying to commit to one focus this month and then change it up next month! When you do this and give yourself fully to one area of your life at a time, you'll feel accomplished, in the flow, and at ease knowing you are getting things done in an aligned and supportive way for your female body.

## Ready to dive in?

**Turn the page** for your current monthly theme and guidelines



# OCTOBER: EMOTIONAL DETOX

As we transition into longer nights and shorter days, it's a great time to explore your inner world and let go of stagnant emotions and energy that are blocking your flow.

**Unexpressed emotions can contribute to a range of hormonal breakdowns**, including fertility challenges, PCOS, endometriosis, ovarian cysts, and more.

Not to mention, harbored emotions just feel bad. If you're feeling resentful, stressed, have family drama on your mind, or get irritated easily - especially during your luteal phase! - then you know what I mean.

Clearing out stuck emotions NOW will help you handle the holidays and winter season much more effortlessly, and give you more mental space to focus on the things that really matter to you.

We'll guide you in a process of making peace with lingering drama, processing stuck emotions, and supporting all of it through specific food and self-care practices.

Here we go!

## Focus for your 4 phases

---

**Now that you know the theme**, it's time to apply it across the different energies of your monthly cycle. Here's how it could look during each phase. Feel free to adapt or adjust the suggestions according to your own flow and lifestyle - that's what the blank spots are there for!

As always, you can check in with the MyFlo app to know your current phase and get even more suggestions for aligned activities each week

## Follicular: The Initiating Phase

**Review:**

As your hormones start out at low levels and slowly build in concentration, your brain becomes open to new things, new beginnings, and more creative thinking.

**To-Do:**

Spend time each day this week doing a bit of journaling on your emotions. Start with the prompt "Today I feel..." and then let the words flow. Try not to overthink it, but just write and see what new things might come through.

**For You:**

---

---

## Ovulation: The Collaborating Phase

**Review:**

As hormones surge and ovulation takes place, the verbal and social centers of your brain are stimulated. It's a great time for connection, community, and being magnetic!

**To-Do:**

This week, connect in a deeper way with the people in your life. Avoid surfacey, small-talk type of conversations and ask what's really going on. Bring that conversation to our online community, too!

**For You:**

---

---

4 phases continues  
on next page...

## Luteal: The Producing + Releasing Phase

**Review:**

Your brain chemistry is optimized this week for task and detail orientation and bringing projects to completion. It's also a time when setting boundaries for yourself becomes more necessary.

**To-Do:**

Set aside time this week for physicalizing your emotions. If anger is coming up, stomp your feet, punch pillows, yell, and let it out. If grief is there, let yourself cry it out. If you're feeling numb or unsure of which emotions need attention, just start moving your body and breathing deeply to see what might come up. Free writing can also help uncover some hidden thoughts and emotions that want to surface.

**For You:**

---

---

## Menstrual: The Evaluation Phase

**Review:**

While your hormones are at their lowest concentrations, your analytical side and feeling side have the best access to one another, making it an excellent time to synthesize how you feel about certain situations and determine the best course of action.

**To-Do:**

Make a list of all the emotions you're holding onto or places in your life where you're feeling stuck. Feel free to expand on each, listing out all the reasons you feel angry, for example. At the end of month, burn this list! (safely, in a non-flammable container of course!)

**For You:**

---

---