

Peak Energy for Power AND Play ~women~



Phase 1: Menstruation a.k.a. Inner Winter

- lasts 3-8 days
- estrogen & progesterone at their lowest
- time for rest, reflection and visioning
- more about ideation than taking action

Phase 2: Follicular a.k.a. Inner Spring

- lasts 10-22 days
- estrogen starting to rise again, along with FSH and LH - can result in feeling frenetic
- best time for planning out ideas generated during winter
- try out new hobbies and workouts!



Phase 3: Ovulation a.k.a. Inner Summer

- lasts 3-6 days
- estrogen and FSH rising and peaking, resulting in LH peaking
- Superhero phase! high energy
- best time for taking action on plans from inner spring
- presentations, HIIT, do it all!



Phase 4: Luteal a.k.a. Inner Autumn

- lasts 10-14 days
- progesterone (calming hormone) peaks, while others drop
- best time for checking off the to-do list, task-focused work
- respect your boundaries; high energy at start, needing to rest at end



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~men~



Phase 1: Inner Winter

- approximately 10pm-2am
- testosterone levels are dropped
- time for visioning (dreams), rest and renewal

Phase 2: Inner Spring

- from roughly 2am-6am
- hypothalamus produces GnRH which triggers the pituitary gland to produce FSH - telling the testes to produce sperm
- best time for getting up, personal hygiene and well-being rituals



Phase 3: Inner Summer

- lasts 12hours from time of waking (e.g. 5am-5pm)
- testosterone peaks and stays level throughout the day
- perfect for getting a work-out in before working 9-5
- can be consistent & high energy with tasks & people



Phase 4: Inner Autumn

- approximately 6pm-10pm (depending on waking time that morning)
- testosterone drops dramatically
- time for winding down, connecting and checking things off the list
- prepare for sleep/hibernation

