

Menstrual Cycle Nutrition & Activity Plan Template

Based on the physiological characteristics of the four menstrual cycle phases, provides personalized dietary nutrition recommendations and exercise activity plans

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Understanding Your Menstrual Cycle

The menstrual cycle is a complex physiological process that typically lasts 21-35 days, with an average of 28 days. It is precisely regulated by various hormones and mainly goes through four phases. Understanding these phases and their accompanying hormonal changes can help us understand the body's characteristics and needs at different times, allowing for more personalized dietary and activity adjustments.



Menstrual Phase

Days 1-5
Low estrogen and progesterone levels
Body needs rest and recovery



Follicular Phase

Days 1-13
Estrogen levels gradually increase
Energy gradually builds up



Ovulatory Phase

Around day 14
Estrogen peaks
Physical performance at its highest



Luteal Phase


Days 15-28
Progesterone levels rise
PMS symptoms may appear


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Menstrual Phase (Days 1-5)


Body characteristics: Fatigue, weakness, prone to menstrual cramps, bloating. Mood may be low or unstable.

Recommended Foods

 Iron-rich: Lean red meat, liver, spinach


 Anti-inflammatory: Deep-sea fish, flaxseed, walnuts


Easy to digest: Hot
 porridge, soups, cooked vegetables


Magnesium & calcium:
 Dark leafy greens, nuts, soy products

Recommended Activities

Gentle & soothing: Walking, slow walking, gentle stretching

 Restorative exercise: Yin yoga, restorative yoga

 Deep breathing: Relaxation practices

 Adequate rest: Ensure sufficient sleep


Time	Meal Plan	Activity Plan
Breakfast	Oatmeal + dates + walnuts + warm soy milk	Gentle stretching 10 minutes
Lunch	Lean meat soup + spinach + brown rice	Post-meal walk 15 minutes
Dinner	Salmon + steamed vegetables + small portion of grains	Yin yoga 20 minutes
Snacks	Ginger tea, brown sugar water, nuts	Deep breathing 5 minutes


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Follicular Phase (Days 6-13)


Body characteristics: Estrogen levels gradually increase, body begins to recover, energy gradually builds up, physical fitness and recovery improve.

Recommended Foods


 Quality protein: Chicken breast, fish, lean beef, eggs


 Complex carbs: Brown rice, oats, whole wheat bread, sweet potato


 Rich fruits & vegetables: Vitamins, minerals, antioxidants

 Soy products: Tofu, soy milk, quinoa

Recommended Activities

 Strength training: Weight training, resistance exercises

 Aerobic exercise: Running, swimming, cycling

 High-intensity intervals: HIIT training

 Ball sports: Tennis, badminton


Time	Meal Plan	Activity Plan
Breakfast	Whole wheat toast + eggs + avocado + protein powder	Strength training 30 minutes
Lunch	Chicken breast + quinoa + colorful vegetable salad	Aerobic exercise 40 minutes
Dinner	Fish + sweet potato + steamed vegetables	Stretching relaxation 15 minutes
Snacks	Nuts, yogurt, fruits	HIIT training 20 minutes


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Ovulatory Phase (Around Day 14)


Body characteristics: Estrogen peaks, physical fitness and energy usually at their highest. May be emotionally sensitive but also confident and energetic.


Recommended Foods

 Continue high protein:
Support body functions


 Easy to digest: Prepare for
high-intensity exercise


Adequate hydration:


 Maintain normal body
functions


 Antioxidants: Combat
exercise stress

Recommended Activities

 High-intensity training:
Sprints, jumping exercises

Heavy load strength:
 Squats, deadlifts,
compound movements

 Challenge limits: Push
personal best records

 Skill training: Learn new
exercise skills

Time	Meal Plan	Activity Plan
Pre-workout	Banana + oats + adequate hydration	Thorough warm-up 15 minutes
During workout	Electrolyte drinks, moderate hydration	High-intensity training 45-60 minutes
Post-workout	Protein + carbohydrate recovery meal	Stretching recovery 20 minutes
All day	High-protein diet + adequate hydration	Adequate rest and recovery





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Luteal Phase (Days 15-28)

Body characteristics: Progesterone levels rise, prone to edema, breast tenderness, increased appetite, fatigue. PMS symptoms may be prominent.

Recommended Foods

Recommended Activities

-  Blood sugar stabilizing:
Sweet potato, brown rice, oats, whole grains
-  Healthy fats: Avocado, nuts, olive oil, deep-sea fish
-  Magnesium & calcium rich:
Relieve PMS symptoms
-  High fiber: Vegetables, fruits, whole grains, legumes

-  Low-moderate intensity:
Jogging, swimming, brisk walking
-  Relaxing & soothing:
Pilates, yoga, stretching
-  Stress-reducing activities:
Meditation, mindful walking
-  Mood regulation: Music, reading, art

Time	Meal Plan	Activity Plan
Breakfast	Oats + nuts + berries + yogurt	Gentle yoga 20 minutes
Lunch	Sweet potato + chicken + plenty of vegetables	Slow walk 30 minutes
Dinner	Salmon + brown rice + leafy greens	Pilates 25 minutes
Snacks	Small amount of dark chocolate, herbal tea	Meditation 10 minutes

Personalized Usage Tips

- **Know your cycle:** First record your menstrual dates to determine cycle length, adjust day divisions based on your actual situation
- **Personalize adjustments:** Adjust based on your own feelings, symptoms, fitness level, and preferences

- **Use tracking tools:** Recommend using menstrual cycle tracking apps or paper journals to record body responses
- **Continuous recording and evaluation:** After using for 1-2 cycles, review records and optimize the plan
- **Stay flexible:** Adjust flexibly based on actual circumstances, this is a guidance tool not strict rules
- **Consult professionals:** If experiencing severe discomfort or confusion, consult doctors, nutritionists, or exercise specialists

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