



# YOUR GUIDE TO EMPOWERED CYCLE TRACKING

[www.drshawnadarou.com](http://www.drshawnadarou.com)

# Your Guide to Empowered Cycle Tracking

Hi, I'm Dr. Shawna Darou, as a women's health and hormone naturopath, I help women navigate their hormone health to reach their best performance in all areas of life.

In this guide, you'll learn:

- ✓ What women typically experience week by week throughout the month.
- ✓ How to map out your own menstrual cycle in an empowered way.
- ✓ Identifying the positive traits that move through the month, and 'embrace the positive.'
- ✓ Identify the negative traits that move through the month, and 'navigate the negative.'

Enjoy!

*Dr. Shawna Darou*

# Your Personal Blueprint



Are you hard on yourself for being inconsistent through the month? Do you feel that some days you're confident and productive, and other days you're spacey or introverted? The reality is that women are not the same every day of the month... and that's a good thing!



# Empowered Cycle Tracking

For those of you who already track your cycles, you're off to a great start! But, I bet you're not putting anything positive in your notes. For example: how easy it was to connect with people today, how you did an amazing presentation at work, or that you were particularly strong during your workout.



PREDICTABILITY ALLOWS YOU TO EMBRACE THE POSITIVES AND NAVIGATE THE NEGATIVES.

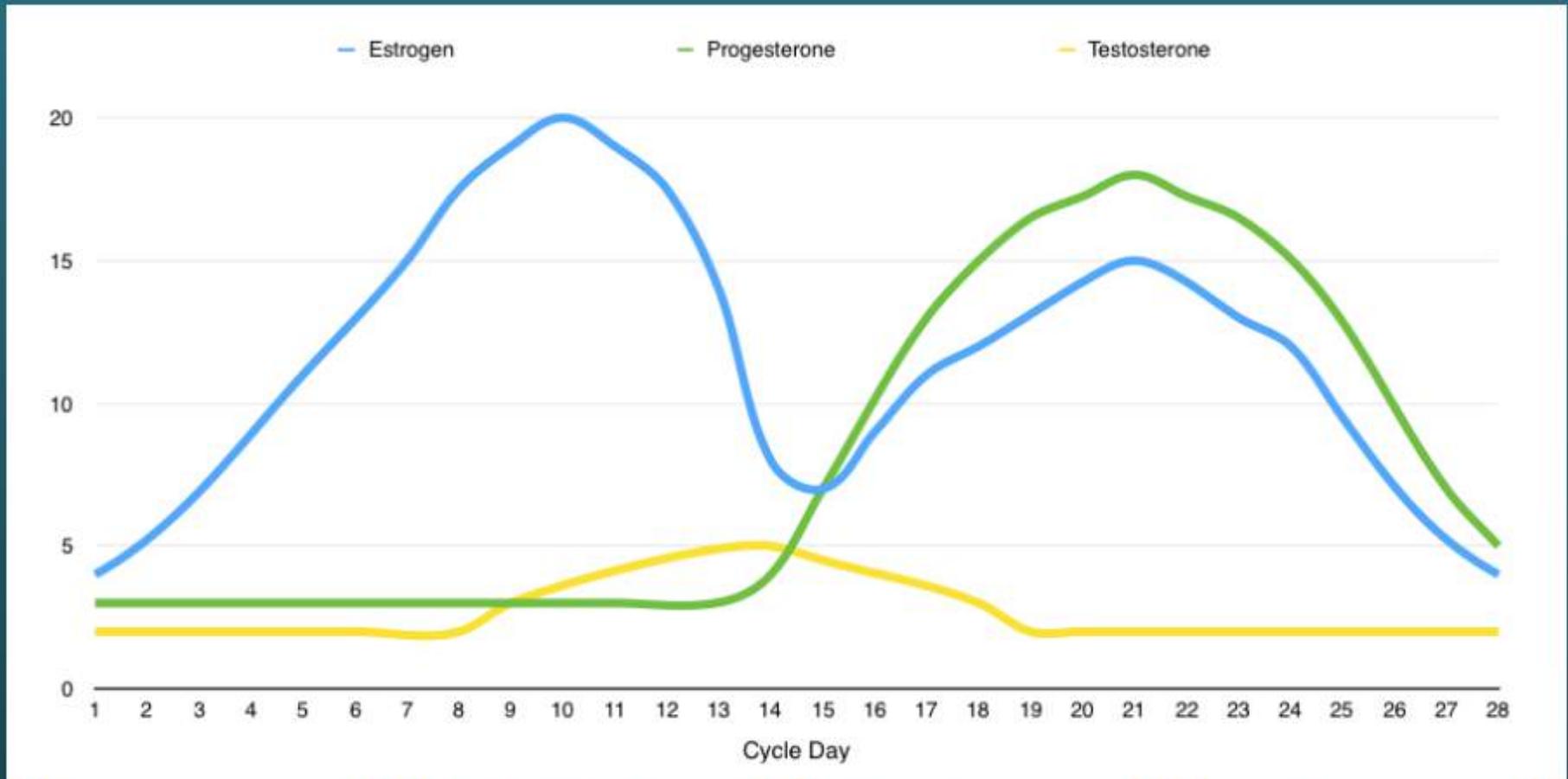
# MAPPING OUT THE MONTH

## *Week By Week*

Learn what women typically experience week by week before you start tracking your own cycle.

# YOUR HORMONAL CYCLE

*"Embrace the Positive. Navigate the Negative"*



**Menstrual**

**Follicular**

**Ovulatory**

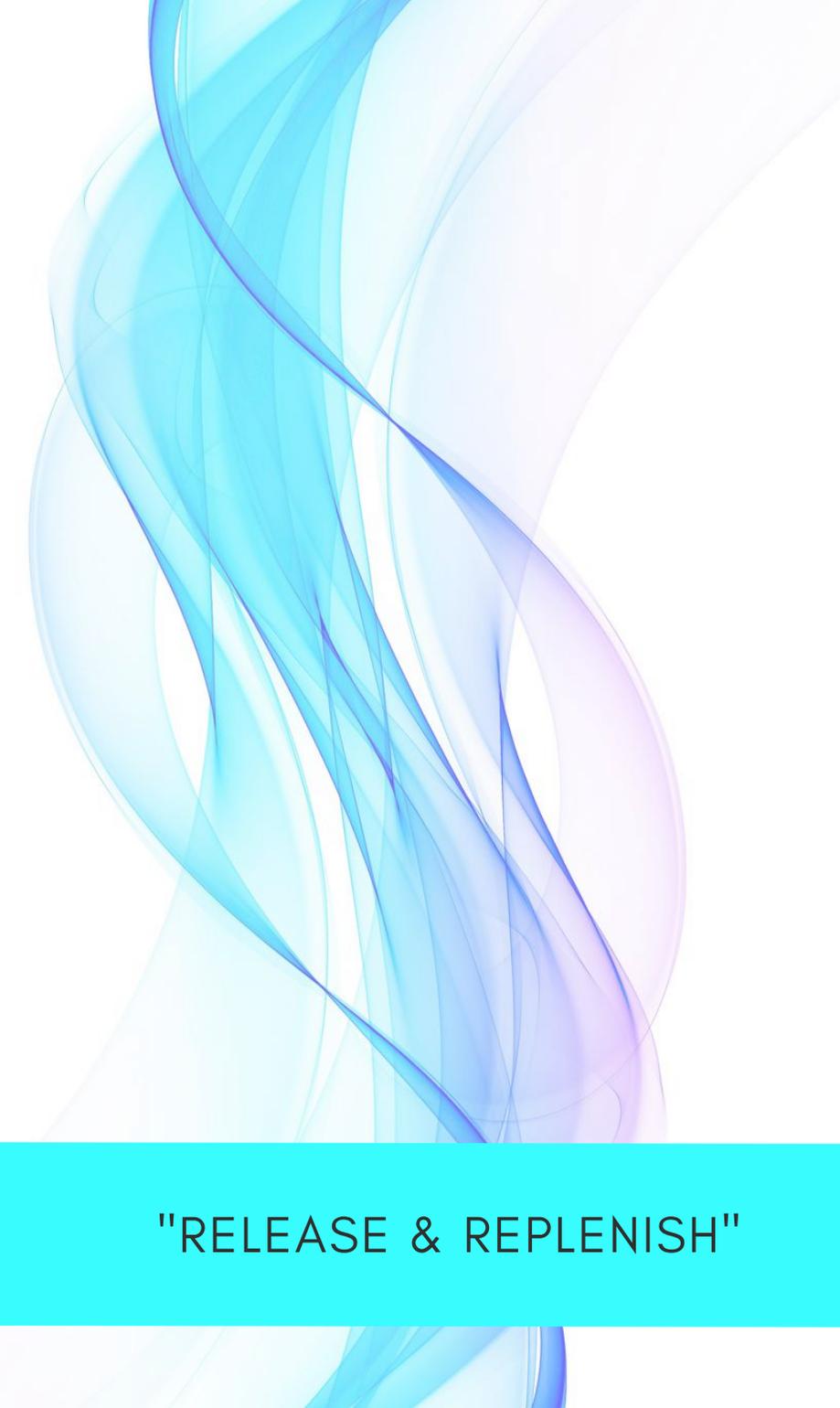
**Luteal**

*Release & Replenish*

*Focus & Flow*

*Connect & Create*

*Assert & Acknowledge*



# Menstrual Phase

This is when your hormones are at their lowest. There is typically a drop in energy and mood. This is the time for extra self-care, rest and renewal. Meditation comes easiest during this time. It's important not to overdo it during the menstrual phase.

"RELEASE & REPLENISH"

DAY 1 - 7

# *Follicular Phase*

A time of rising estrogen and testosterone. Most women feel good in this phase with higher estrogen and a steady mood and energy level. You're productive, physically at your strongest, and full of ideas. This is the time to take on new challenges, move vigorously, and tap into your creativity.

DAY 8-14

"FOCUS & FLOW"





# *Ovulatory Phase*

Mid-cycle during and after ovulation, when estrogen peaks and progesterone starts to rise. This is the time in your cycle where it's easiest to connect with people socially, and is the best time to create and build relationships. Your focus turns from yourself to others, and you're more confident and charismatic.

"CONNECT & CREATE"

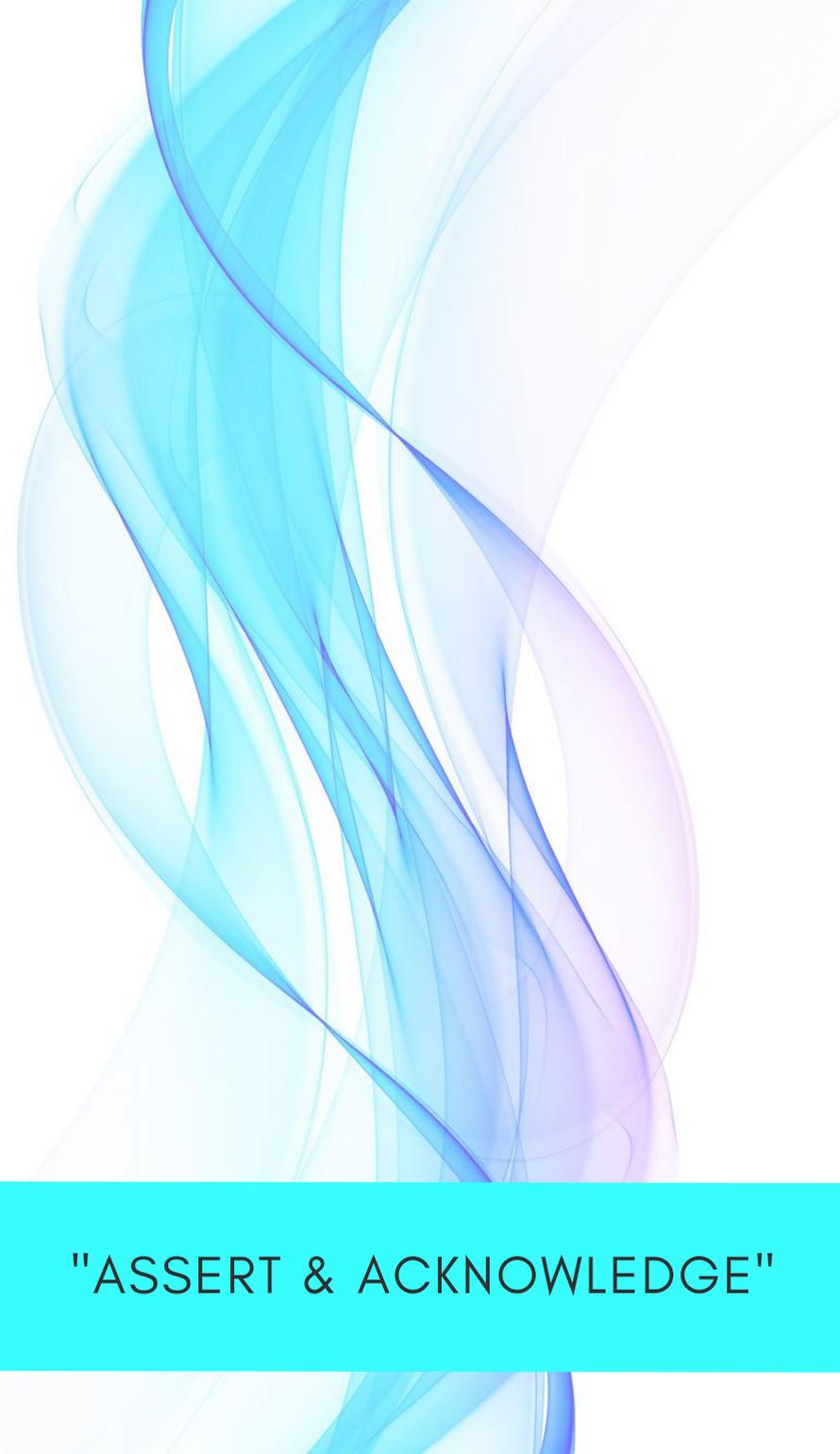
DAY 15-21

# Luteal Phase

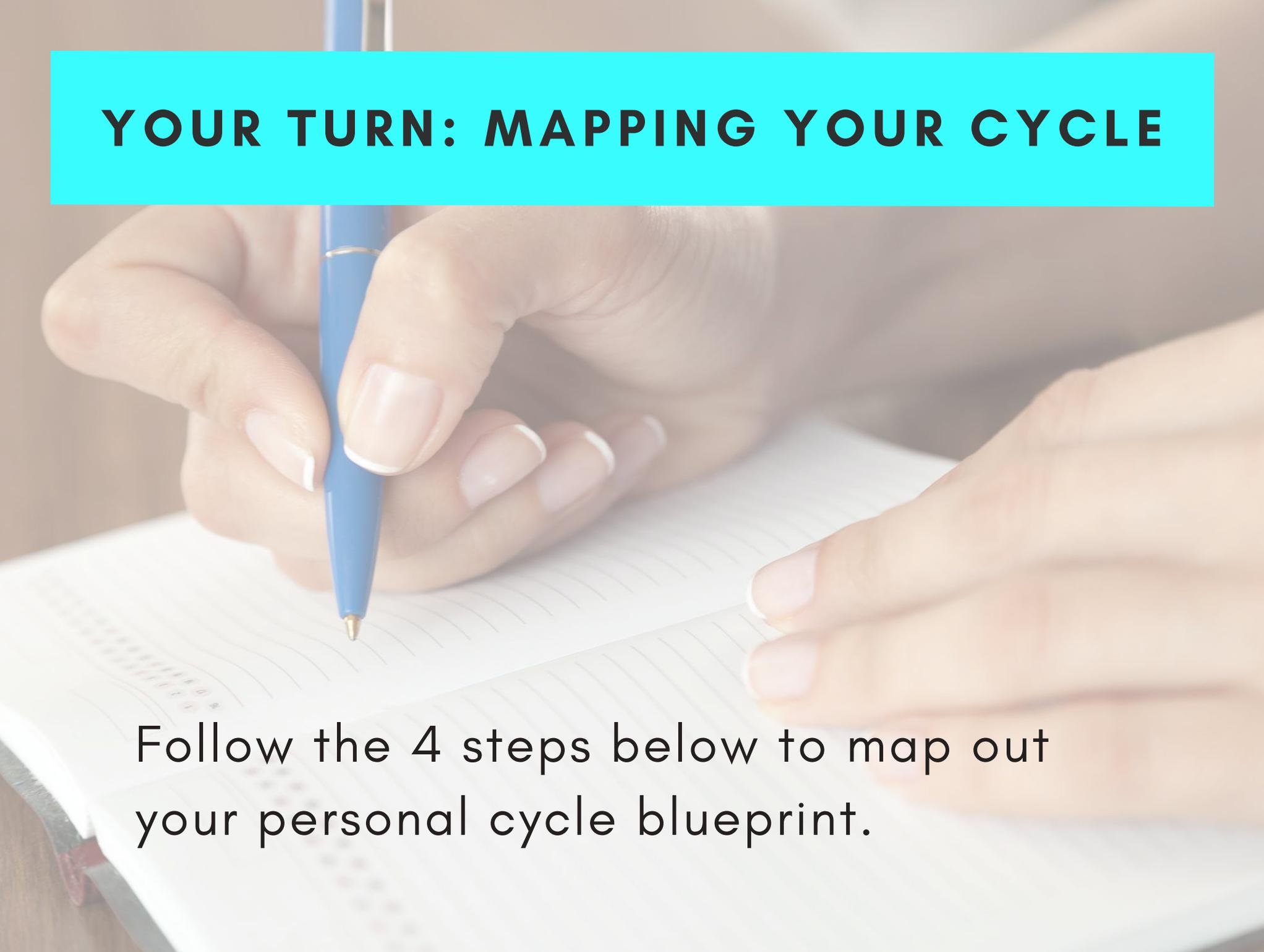
Progesterone and estrogen both peak and then decline, and the dropping hormones are notorious for creating symptoms. You're more prone to amplified emotions, but on the other side may find that you're more productive and focused - striving to create order out of chaos.

DAY 22-28

"ASSERT & ACKNOWLEDGE"



# YOUR TURN: MAPPING YOUR CYCLE

A close-up photograph of a person's hands. The left hand holds a blue pen, poised to write on a white, lined notebook. The right hand rests on the notebook's surface. The background is softly blurred, showing a wooden desk and a person's arm in a light-colored sleeve.

Follow the 4 steps below to map out your personal cycle blueprint.



*1. Identify three positive feelings, states or attributes about yourself.*

Choose things that you notice seem to come and go but you would really love to tap into more. Here are some ideas to get you started:

ARTICULATE, ARTISTIC, BRAINSTORMING, BRAVE, CONFIDENT, COORDINATED, CREATIVE, CONNECTED, DECISIVE, ENERGIZED, FOCUSED, INDUSTRIOUS, JOYFUL, LOVING, MOTIVATED, OPTIMISTIC, PLAYFUL, RESILIENT, SOCIAL, STRONG.





*2. Next identify three negative feelings, states or attributes about yourself.*

Again things that seem to come and go. Here are some ideas:

ANXIOUS, CLUMSY, DEPRESSED, DISCONNECTED, EXHAUSTED, FOGGY, GRUMPY, IMPULSIVE, INSECURE, IRRITABLE, JEALOUS, LONELY, PESSIMISTIC, PICKING FIGHTS, SENSITIVE, STRESSED OUT, UNCOORDINATED, UNMOTIVATED.



### *3. Start Tracking Through Your Cycle*

On your calendar or period tracking App, start watching for these 6 things, and look for the patterns. You will be amazed at how predictable you really are through the month!

## 4. "Embrace The Positive" and "Navigate the Negative"

EMBRACE THE POSITIVE: When possible, plan meetings, events and presentations around the times when you're at your peak. Work with your patterns.

NAVIGATE THE NEGATIVES: When you know that the less pleasant phases are predictable, and short-lived, it's easier to build in the self-care that you need during these times.



# *Your Cycle Is So Much More Than Your Period.*

Imagine being able to harness your peak creativity, productivity, athletic performance & insight. Empowered cycle tracking can put you back in the driver's seat.

# *Need More Support?*

Struggling with difficult periods, irregular cycles or mood swings? Do your hormones need help? Are you wanting to come off hormonal contraceptives? Are there more negative days to navigate than you would like?

There are several ways to reach out:

1. **Book an appointment** at to work with me at the Darou Wellness Clinic
2. **Work with me remotely** - check this page for more information.
3. Follow me on **Facebook or Instagram** for regular women's health & hormone posts.

*Dr. Shawna Darou*

*Thank you!*

Happy Cycle Tracking.

[www.drshawndarou.com](http://www.drshawndarou.com)

#102-822 Richmond St. W, Toronto, On. M6J 1C9

@drshawnadarou

