

#FixYourFrisky 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1-14 High Estrogen Cooling Protocol	1 STRENGTH Seeds are raw pumpkin or ground flax	2 SPRINT	3 SLOW WALK	4 STRENGTH	5 SPRINT	6 SLOW WALK
7 Carb cycle days 1-14	8 STRENGTH	9 SPRINT	10 WALK	11 STRENGTH	12 SPRINT	13 WALK
14 15-28 High Progesterone, Warming protocol	15 STRENGTH Seeds are raw sesame or sunflower	16 SPRINT	17 WALK	18 STRENGTH	19 SPRINT	20 WALK
21 Plan a fasting day	22 STRENGTH	23 SPRINT	24 WALK	25 STRENGTH	26 SPRINT	27 WALK
28 Plan a fasting day	29 www.nowgetgoing.com	30 Facebook Group The Menopause Project	31 Facebook Hormone Boot Camp	Instagram @hormonebootcamp		
FUN TIPS.....>>>>>	Days 1-3 and 13-15 great date nights with just your honey	Days 1-14 more energy, go heavier, harder & faster	Days 15-28 workouts may be tougher, a great time to try yoga	15-28 require 300-500 more calories per day	Check out the food protocol for specifics	Self care, stress reduction most days of the week

NEAT STUFF

EXERCISE

Alternate Strength and Sprints as they fit into your schedule but don't do either back to back days
Slow walks are 3mph max!

STRESS REDUCTION

This can be meditation, breathing exercises, bath, massage, sex, whatever lowers your stress (no not running!)

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FOOD

Assume day 1 is 1st day of your period (no cycle, just start anywhere, hormones are imprintable)

1-14 high estrogen, cooling protocol

15-28 high progesterone, warming pro.