

MONTH 1 WORKBOOK

Food & Movement

Your 90-Day Programme — weeks 1 to 4

This is your full workbook for the first four weeks — the same lessons as on the website, plus the tables, tracking logs and reflection space to work through them. Building a picture of your own cycle, learning the Fertile Plate formula, bringing movement in gently, and getting cortisol and sleep working with you rather than against you.

This is a fillable PDF — you can type your notes directly into the boxes on screen (open it in a PDF reader like Adobe Acrobat Reader or Apple Preview, then save your own copy), or print it and fill it in by hand. Nothing here needs to be done perfectly. It's a starting point, not a test.

Everything here is general education, not individual medical or nutrition advice. Please always work alongside your GP.

WEEK 1

Getting to Know Your Cycle

Welcome to Month 1, and welcome to Week 1. Over the next four weeks we'll work through cycle tracking, food, movement, and rest — but everything starts here, with simply getting to know your own pattern before we change anything at all.

A quick note before we begin: this is general education about the menstrual cycle, not a way to predict ovulation, diagnose anything, or a method of contraception or conception.

The four phases, in plain terms

Most cycles can be described in four broad phases. Menstruation, roughly the first five days, is when your period happens. The follicular phase follows, roughly days six to thirteen, as your body prepares an egg and energy often gradually builds. Ovulation happens around day fourteen for an average cycle, when an egg is released. The luteal phase makes up the final stretch, roughly the last fourteen days, after ovulation and before your next period.

This is genuinely an average-based illustration, not a personal prediction — real cycles vary a lot, both from person to person and month to month for the same person. Some of you will have much shorter or longer cycles, and that's entirely normal. Nothing here tells you when you personally ovulate.

Phase	Typical timing	What's generally happening
Menstruation	Days 1–5	The lining sheds and a new cycle begins.
Follicular	Roughly days 6–13	Oestrogen rises as the body prepares an egg.
Ovulation	Around day 14 (varies)	A short window when an egg is released.
Luteal	The ~14 days before your next period	Progesterone rises as the body prepares for a possible pregnancy or the next cycle.

This is an average-based illustration, not a prediction of your own ovulation or fertile window, and not a method of contraception or conception. Cycles vary from person to person and month to month — for reliable guidance, speak with your GP. You can also explore this interactively with the Cycle & Phase Explainer tool.

This week's practice

Your only task this week is to start noticing — not fixing, not analysing, just noticing. Use the log below or the Cycle & Phase Explainer tool to jot down, each day if you can: your cycle day, your energy, your mood, and anything else you notice. There's no correct pattern to find. You're simply building a picture of your own body that the rest of this programme can build on.

A moment to reflect

What have I already noticed about my own cycle, even before tracking properly?

What would I actually like to understand better about my own pattern?

How do I feel about tracking itself right now — useful, stressful, neutral, something else?

Your 4-week tracking log

Fill this in daily, even briefly — a word or a number is enough. Tap/click into a box to type.

Date	Cycle day	Energy (1–5)	Mood	Notes

WEEK 2

The Fertile Plate

Welcome back for Week 2. Last week was about noticing your cycle. This week we turn to food — but not in the restrictive, rule-heavy way diet culture usually approaches it.

A quick note before we start: this is general nutrition education based on balanced-plate principles, not individual dietary, medical or fertility advice — and no food “improves fertility.”

The formula

The whole approach can be summed up in one sentence: every meal, a protein, a fat, a slow-release carbohydrate, and plenty of vegetables — never carbohydrates on their own. That's genuinely most of it. The idea is steady, balanced meals that support how you feel through the day, not a diet in the restrictive sense.

Protein	Good fat	Slow carb	Vegetables
Eggs	Avocado	Oats	Leafy greens
Oily fish	Olive oil	Brown rice	Broccoli
Pulses	Nuts	Quinoa	Peppers
Chicken	Seeds	Sourdough	Roasted veg
Greek yoghurt		Pulses	Berries

Eating with your cycle

If it's useful, here are a few meal ideas by phase — not a meal plan to follow strictly, just inspiration for the same formula at different points in the month.

Follicular

Porridge oats with berries, seeds & nut butter · Lentil & roasted-veg bowl with olive oil · Eggs on sourdough with avocado & greens

Ovulation

Grilled oily fish, quinoa & a big leafy salad · Chicken, brown rice & roasted peppers · Greek yoghurt, berries, seeds & a handful of nuts

Luteal

Warm pulse & veg stew with brown rice (extra magnesium-rich greens can be nice here) · Salmon, sweet potato & broccoli · Slow-cooked dahl with leafy greens

Bleed

Warming chicken & vegetable soup with sourdough · Iron-friendly: beef or lentils with greens & brown rice · Cosy oats with seeds, nut butter & berries

This is general nutrition education based on balanced-plate principles — not individual dietary, medical or fertility advice, and no food “improves fertility”. For personalised guidance or special dietary needs, speak with your GP or a registered dietitian.

A moment to reflect

Which meals do I already eat that roughly follow this formula, without even trying?

What's one small addition — not a restriction — that would feel easy to make this week?

Where does food and guilt show up for me, and would it help to soften that a little?

WEEK 3

Moving With Your Cycle, Not Against It

Hello, and welcome back for Week 3. Over the last two weeks we've talked about tracking your cycle and about building a Fertile Plate that nourishes you well. This week we're turning to movement — but not in the way most fitness content approaches it. Instead of asking “what's the optimal workout,” we're going to ask “what does my body actually need this week, and how might that change across my cycle?” For a lot of women, especially if you've spent months or years tracking, testing, and trying, exercise has quietly turned into another thing to get right. This week is really an invitation to loosen that grip a little.

Just to say up front: this lesson is general education about movement and wellbeing, not a fertility treatment or a training plan, and nothing here is a guarantee of any particular outcome.

Why this matters

We're not going to tell you that a particular type of exercise improves your chances of conceiving — there isn't good evidence for that kind of claim, and we won't make it. What we can talk about is how movement affects the way you feel day to day: your mood, your energy, your sleep, and your stress levels. Movement — including very gentle, restorative movement — is one of the tools available for supporting how regulated or wound-up your body feels. That's the frame for everything below: general wellbeing, not outcome-chasing.

A phase-by-phase guide (take what's useful, leave the rest)

Many people notice a pattern like this, though it varies a lot from person to person and cycle to cycle — plenty of people don't notice much phase-to-phase difference at all, and that's completely fine too. You know your own body best.

Phase	What often helps
Menstruation	Energy is often at its lowest for many people — gentler, more restorative movement like slow walking or stretching, or simply resting more than usual, tends to feel right.
Follicular	Energy often starts to build, and movement may start to feel easier or more appealing again.
Ovulation	Energy is often at its highest for many people — this is sometimes when more vigorous movement feels good, if that's something you enjoy.
Luteal	Energy commonly winds back down, particularly closer to your period — many people find this is a time to ease off again.

A word on overdoing it

It's easy for exercise to quietly become another box to tick. If that happens, that's worth noticing gently — not fixing. Rest is not a failure or a gap in your plan; it's a legitimate and valuable part of how your body functions.

And if you have a specific medical condition, an injury, or you're currently going through fertility treatment, please check with your GP or care team before starting any new exercise routine, as individual advice matters more than general guidance like this.

A moment to reflect

Looking ahead to the next week or two, what would “matching my effort to my energy” actually look like in practice for you?

Is there a form of movement you've been avoiding because it “doesn't count,” that you might actually enjoy?

What would it feel like to treat a rest day as a decision rather than a lapse?

Your weekly movement log

Day	What I did	How it felt

WEEK 4

Cortisol, Sleep, and the Nervous System

Welcome to the final week of Month 1. Over the past three weeks we've looked at your cycle, at food, and at movement that works with your body rather than against it. This week we're turning to something a little less visible but just as foundational: your nervous system, and the rhythm of rest that supports it.

A quick note before we start: everything in this lesson is general wellbeing education, not a fertility treatment or a promise of any kind. There's no evidence that any of this speeds up conception, and that's not the claim being made here.

Understanding cortisol

Cortisol is often called the body's main stress hormone, and it gets a bad reputation it doesn't fully deserve. In sensible amounts, cortisol is doing something useful — it's part of what gets you out of bed in the morning and keeps your systems alert when you need them to be, rising and falling naturally across the day. The issue isn't cortisol itself, it's when the stress response gets stuck switched on for weeks or months at a time, often alongside disrupted sleep. That's worth paying attention to for how it affects your day-to-day energy and mood, especially given everything else you're carrying right now — not as a fertility lever, just as part of feeling steadier through all of this.

The 10pm–2am window

You may have come across the idea that the hours between roughly 10pm and 2am are a particularly important stretch for rest, sometimes linked to overnight cortisol and melatonin rhythms. There isn't robust scientific evidence for this specific window — think of it as a popular wellness idea, not settled science. Chronotypes genuinely differ: some people are natural early sleepers, others are wired to run later, and shift workers and parents of small children often don't get much choice in the matter at all. Treat the 10pm–2am window as a loose, commonly-discussed guideline for many people, not a rule. If your honest bedtime is 11.30pm most nights, that isn't a failure; it's just your life.

Practical tips

Screens off, 30–60 minutes before bed. It's usually less the light itself and more what it comes with — scrolling, news, work email — that keeps the mind alert. Swapping screens for something quieter gives your body a clearer signal that the day is winding down.

A consistent-ish bedtime. Not a strict curfew, just roughly the same window most nights where possible. Bodies tend to like predictability.

4-in, 6-out breathing. In through the nose for a slow count of four, out for a count of six. The longer exhale is the key part — some people find it helps them feel calmer and more settled before sleep.

None of this needs to be perfect. An occasional late night, a rough night's sleep before a big day, a phase where none of this happens for a week — none of it changes how this month has gone for you. There's nothing here to track or score. Just notice what helps, and let the rest go.

This is general wellbeing education, not medical advice, and it isn't a guarantee of any particular outcome. If sleep difficulties are severe, persistent, or you're finding stress unmanageable, please do speak to your GP — they can support you properly, and you don't have to carry that alone.

A moment to reflect

What does an evening that actually helps you unwind look like for you, realistically — not the ideal version, the real one?

Is there one small, low-pressure change from this week you'd like to carry forward into Month 2?

When you think about the past four weeks as a whole, what's one thing that's felt genuinely good to notice about your own body?

Your sleep log

Date	Lights out	Screens off by	How I slept

That brings you to the end of Month 1's four weeks. Well done for getting here. Next up is a short review, a chance to look back over everything — tracking, food, movement, and rest — before Month 2 begins.

MONTH 1 REVIEW

Before you move on

A few minutes with these three questions before starting Month 2. Type your answer into the box below each question, or print and write by hand.

What did you notice about your own cycle this month that you didn't know before?

Which part of the Fertile Plate formula was easiest to bring in — and which was hardest?

What's one thing from this month you want to keep doing in Month 2?

Everything in this workbook is for educational purposes only and does not constitute medical advice, diagnosis, or treatment. Please always consult your GP or a qualified healthcare professional. No outcomes are guaranteed.