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12 Cycle Syncing Ideas Checklist

Match your tasks and rest to your cycle's 4 phases instead of running the same routine every day.

- [ ] Period: Treat rest as the task, not the reward
- [ ] Period: Batch admin work instead of creative work
- [ ] Period: Lower the bar on food prep
- [ ] Follicular: Stack your hardest projects here
- [ ] Follicular: Start new systems now, not during luteal
- [ ] Follicular: Schedule high energy social plans
- [ ] Ovulation: Book meetings and presentations here
- [ ] Ovulation: Do the errands you keep avoiding
- [ ] Ovulation: Have hard conversations now
- [ ] Luteal: Protect your calendar in the last week
- [ ] Luteal: Switch from to-do lists to done lists
- [ ] Luteal: Watch magnesium and caffeine

You’re not behind. You’re just differently wired.