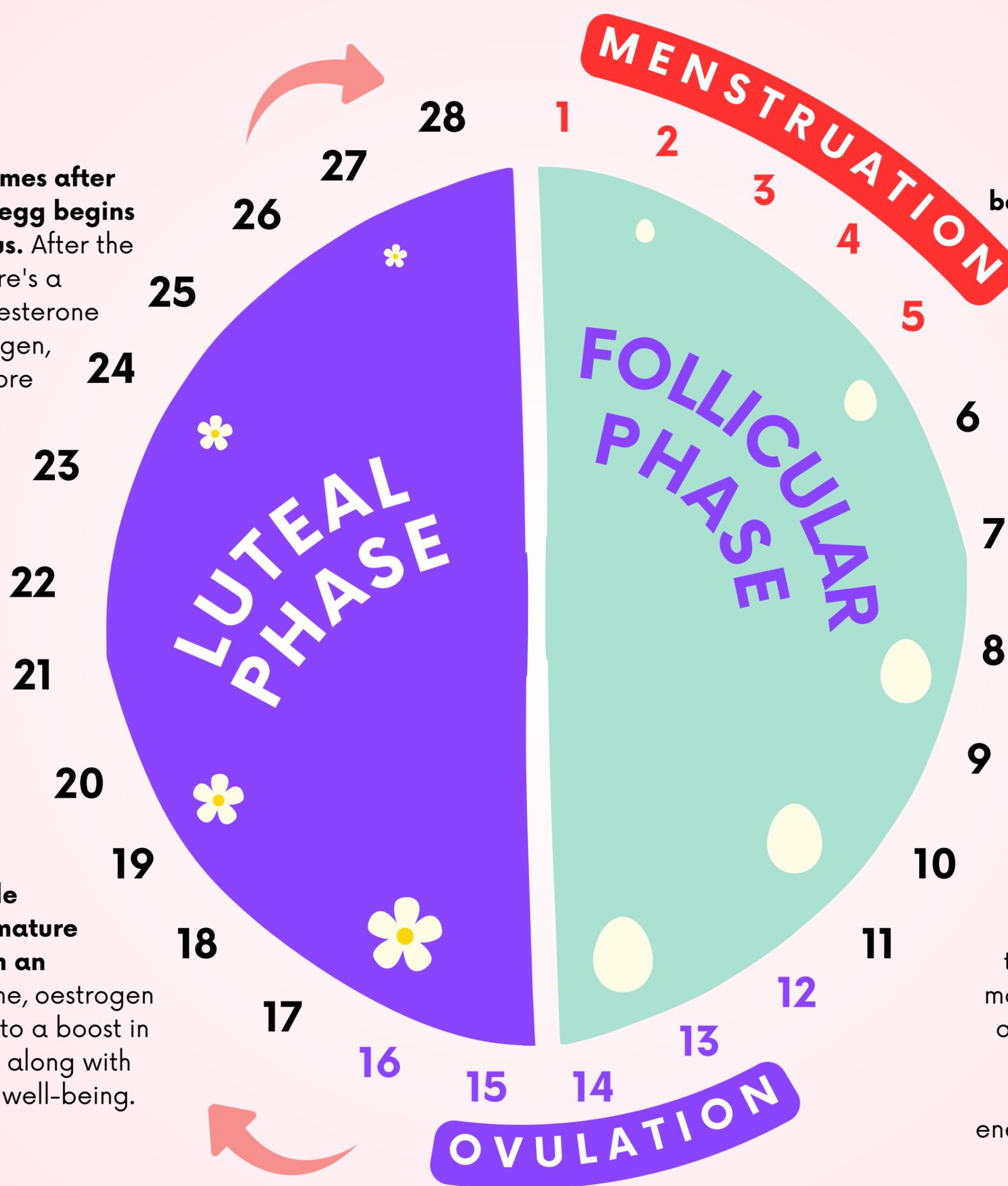


The **Luteal Phase** comes after ovulation, when an egg begins to move to the uterus. After the egg is released, there's a big increase in progesterone and a drop in oestrogen, so you'll likely feel more fatigued or a bit sluggish. If you're healthy and well, and a pregnancy hasn't occurred, the menstrual cycle begins again.

Ovulation occurs roughly in the middle of a cycle, when a mature egg is released from an ovary. During this time, oestrogen levels peak, leading to a boost in energy and strength, along with an overall feeling of well-being. Big slay!

The menstrual cycle begins with menstruation - your period - which generally occurs every 28 days, however this can differ between each person. Hormones oestrogen and progesterone are at their lowest during, which can cause a dip in energy. You'll likely feel fatigued and a need for rest.

During the Follicular Phase, follicles begin to develop. A follicle will transform into an egg, and more oestrogen is produced and released. As oestrogen levels rise, you'll tend to experience an increase in energy and feel more active.



Get to know your cycle



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progesterone

