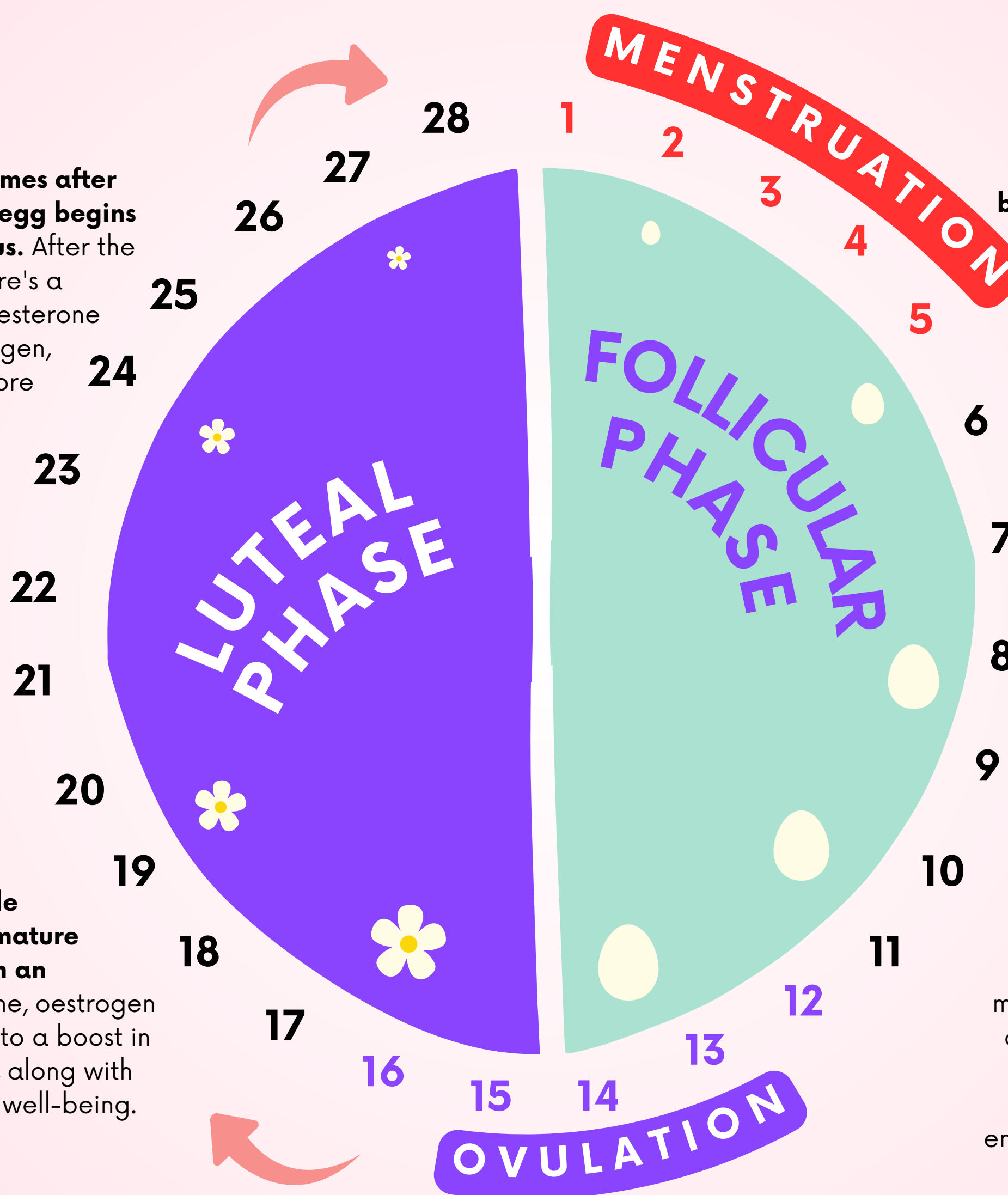


The **Luteal Phase** comes after **ovulation**, when an egg begins to move to the uterus. After the egg is released, there's a big increase in progesterone and a drop in oestrogen, so you'll likely feel more fatigued or a bit sluggish. If you're healthy and well, and a pregnancy hasn't occurred, the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

