



My Cycle

THE FOUR PHASES

Understanding the rhythm before you track it

A cycle isn't just a period. It's four phases working in sequence, each run by different hormones and doing different work in your body. Here's what's actually happening in each one.

PERIOD

Menstruation

DAYS 1-7

WHAT HAPPENS

Day 1 is the first day of bleeding. The soft lining built up inside the uterus sheds, and that blood and tissue leaves the body.

HOW IT FEELS

Bleeding, cramps, lower-back pain, fatigue, headaches, loose stools or nausea. Mood and energy may run lower.

RISING

Follicular Phase

DAYS ~7-14

WHAT HAPPENS

This overlaps the end of your period and runs to ovulation. The ovaries grow follicles, one egg matures, and the uterine lining starts rebuilding.

HOW IT FEELS

Gradually improving energy and mood, clearer thinking, less bloating. Slippery secretions (cervical mucus) may increase as ovulation approaches.

OVULATION

The Release

~DAY 14

WHAT HAPPENS

A short phase around the middle of the cycle. A hormone surge triggers the ovary to release a mature egg, which lives about 24 hours.

HOW IT FEELS

Clear, slippery or stretchy secretions (cervical mucus); occasionally a one-sided pelvic ache. Sometimes more energy, confidence, or social interest.

PREPARING

Luteal Phase

DAYS ~14-28

WHAT HAPPENS

The stretch from ovulation to the next period. The empty egg sac makes progesterone, which keeps the lining thick in case of pregnancy. Without one, hormones drop and trigger the next period.

HOW IT FEELS

Breast tenderness, bloating, acne, cravings, constipation, headaches, fatigue. Also irritability, sadness, anxiety, or trouble concentrating -- this is PMS.