

PCOS Action Plan

WEEK 1 REFLECTION:

MY WHY:

MY RELATIONSHIP WITH FOOD & MY BODY :

MY BODY KINDNESS PRIORITIES:

WEEK 2 GOALS

STEPS I CAN TAKE TOWARDS MEETING MY GOALS:

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WEEK 3 GOALS

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WEEK 4 GOALS

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PCOS Action Plan

WEEK 2

- Regular self check-ins: Emotions, Physical sensations, and Needs
- Review Food for Health & Healing Guide
- **Regular, Consistent meals & snacks.**
- Combine Carbs with Protein, Fats, & Fibers at meals & Protein + Plant food/fiber at snacks
- 5+ Cups a day of fruits & veggies
- Eat the rainbow / Track your colors!
- Awareness of added sugars / seek out whole food carbohydrate sources
- Include Prebiotic & probiotic foods for gut health

WEEK 3

- 4-7-8 breathing
- Review Creative Meal Planning Guide
- Cook with greens, nuts & seeds, ground flax, beans, & fatty fish as helpful foods for PCOS
- Track the variety of plant foods you eat
- Build Meal planning & Prep routines
- Cook at home / Try a new recipe with whole foods
- Increase use of cinnamon, herbs & spices
- Supplement options: Inositol, High quality multivitamin with chromium; Fish oils, Magnesium, NAC, Carnitine
- Herbal options: Berberine, Chasteberry/Vitex, Cinnamon, Spearmint tea
- Review EWG Endocrine disruptors / SkinDeep / Dirty Dozen websites
- Remove EDC products from your kitchen and personal care routine!

WEEK 4

- Stress
 - Meditation/mindfulness— work up to 10 minutes/day
 - 4-7-8 breathing
 - Mindful eating / mindful first bite
 - Self compassion self-assessment / practices
 - Time in nature
- Sleep:
 - Create a “Tuck yourself in” routine
 - Turn off screens before bedtime
 - Aim for 7-8 hours nightly
 - Use C-pap / address snoring
 - Sleep hygiene plan / consistent schedule
- Movement
 - Play outside!
 - 2 days a week of strength
 - 150 minutes Cardio weekly
 - HIIT
 - Tai Chi / Qi Gong / Yoga
 - Walking / Everyday movement