

Hormone Literacy with F.R.I.E.N.D.S



Rachel is OESTROGEN

Oestrogen makes you outgoing, confident, beautiful, clear-headed, strong and resilient. Think the charming, gorgeous, Rachel Green.

Oestrogen shows up a lot days 1 - 19 of your cycle. She makes a swift exit around day 20.

When oestrogen is high, you're the life and soul of the party. You can handle more stress and be a pretty great version of you.



Monica is TESTOSTERONE

Testosterone makes you driven, efficient, motivated, strong and hard-working. Think the go-getting, competitive, Monica Gellar.

Testosterone shows up around ovulation, days 11 – 15.

When testosterone is high, it's time to make a baby or get really stuck-in to whatever project you're working on. This is the time when you'll smash it out of the park.



Phoebe is PROGESTERONE

Progesterone makes you calm, cool, collected and introverted. Think the wonderfully weird, happy-in-her-own-company, Phoebe.

Progesterone is present during ovulation but really builds and comes into her own from day 20 onwards.

When progesterone is high, it's time to focus on creative projects, be a little less sociable and a little more inward-facing. Think meditation, walks, yoga, crafts & movie nights.

