



Get In the FLO Now: Quick Start Program

Reclaim Your Health, Your Energy & Your Time

A Note From Alisa



Hi there,

Thank you for pre-ordering my book IN THE FLO! I'm so excited that you're about to get this information in your hands. You will finally understand why, no matter what you've done, nothing is making you feel the way you want to feel or live the way you want to live.

Everything you've been trying has been based on male biology and you're about to learn how to put your female biology at the center of everything you do! It's time we take up the space we deserve in healthcare, fitness, etc. The gender biases in research have been causing you to take care of yourself in all the wrong ways. When you don't feel good month over month, saddled with energy slumps, mood swings, and PMS, it's harder to have the energy to chase after your dreams.

Believe me, I know exactly what it feels like to not have my hormones working and to not be able to use my biological rhythm to my advantage. Once I got it working again and was able to access it, my entire life changed dramatically, and I've been able to create a big life as a result.

The book will start shipping on Jan 28th, 2020. However, I don't want you to wait to start getting In the FLO. I know you want to biohack your way to your best life NOW. So, I've created a mini-program for you to make improvements to 3 key areas of your life while you wait for the book: Health, Work, and Relationships.

A Note From Alisa Continued...

I've made this program simple and easy to follow, and you're invited to join a private Facebook Group where you can get the support you need when going through this program. **Please join me and the FLO Coaches there! Click here.**

All it takes is 5 minutes a day. You need only try it for 7 days, but you can do it for 4 weeks to really transform your life.

Think of this as a way to dip a toe in the Cycle Syncing Method™ that you'll learn all about when you get the book in January. Little changes in your daily life can help you feel BETTER, work SMARTER, and love MORE--that's what I call living in the FLO.

Food, Love and Ovaries,

A handwritten signature in black ink that reads "Alisa". The signature is written in a cursive, flowing style.

PS - This is a movement. This is a revolution. We need to ring the bell and wake up our friends and sisters. Share that you are stepping into a lifestyle based on your biology on social media so together we can feel better and live easier - the way nature intended!

[#getIntheFLO](#) [#cyclesyncer](#)

IN THE FLO

Quick Start Guide

NEWS FLASH

Despite all the wellness we have access to, women are more sick, more stressed and more overwhelmed than ever.

In fact, according to studies done by Pew Research, Forbes, and Healthy Women, did you know

- Over 47% of women struggle with hormones?
- 60% of women are sexually unsatisfied?
- 53.7% of us are unhappy at work?
- Over 90% of mothers say they feel “guilty” because they’re exhausted all the time?
- 40% of women feel rushed in their day to day life?

Why is this?

TURNS OUT - All the diet and fitness trends are based on research that is done on men.

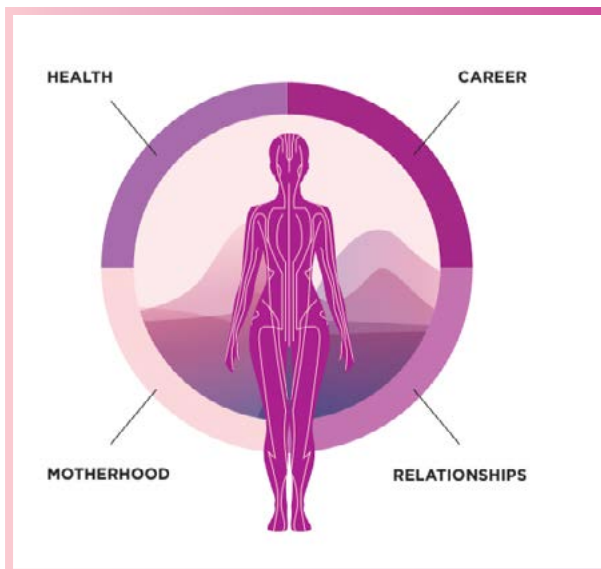
I’ve invented a process called **The Cycle Syncing Method™** that will get you **In The FLO.**

What is The Cycle Syncing Method™?

Well, it's a revolutionary process for you to:

Be **AWARE** of your body's second biological clock - the infradian rhythm!
ACCESS your body's science and signals for your optimal health and energy
ALIGN with and **ACT ON** your body's patterns

Because what I've found in my 20 years of researching why so many women are sick, tired, overwhelmed—
—and from my work with thousands of patients and clients around the world...



Most of us are **IGNORING** our body's science and signals.

In fact, many of us actually ignore or override our body's science and signals—to our own detriment.

In fact, we're **OUT** of the FLO as a result.

You're about to embark on a very special experiment to shift out of the 24-hour male hormonal lifestyle into a 28-day female hormonal lifestyle. This is quite a thing to do, because you've been conditioned your whole life to try to squeeze all of your needs into one day and operate as a man. I want to help you take those first steps to reorienting yourself around your actual biology.

This will get you back in the FLO. You will put an end to dieting. Get more fit and work out less, make motherhood more sustainable, do more with less stress at work, and get more of your needs met in your relationships.

How to use this guide

Before we dive in, here are the steps to follow:

STEP 1: Fill out my quick FLO Evaluation to measure your starting baseline (page 7).

STEP 2: Identify which phase of your cycle you are currently in (instructions on page 10).

STEP 3: Find the chart on page 11, find the column with your phase, and implement the tips in each cell in that column.

STEP 4: Report your results daily (just 1 minute!) and post about it in the Facebook Group.

STEP 5: Measure your progress. Fill out the quick FLO Evaluation after 7 days.

How Long Does This Program Last?

You can follow the program tips for one week and notice a difference. However, I encourage you to try a second, third, and fourth week so you can experience what it feels like to have everything be easier. You'll feel and operate at your best when you sync with your infradian clock for a whole cycle.

You only need 5 minutes a day to do this, and you'll get so much support on the **private Facebook community**. That's where you can:

- Ask questions
- Post how you're doing each day
- Encourage others in their In the FLO journey
- Get tips and hints from others going through the exact same thing as you
- Connect with others who are getting In the FLO and living their best lives

STEP 1:

START HERE: FLO Evaluation

Before you get started, I want you to check-in with how you are currently feeling. Print this out, write it down in a journal, or keep a note of this on your phone or on your computer. The important thing is to just write this down - we want a baseline measurement of where you are starting!

1. On a scale of 1-10, how do you feel in the following areas?
fill in the bubbles accordingly.

1 - Poor (This is an area of my life where I constantly struggle.)

5 - Average (I'm trying my best, but I could definitely improve in this area.)

10 - Excellent (I'm a rock star; people look at me as a role model.)

Diet (healthy eating choices)

① ○ ○ ○ ⑤ ○ ○ ○ ○ ⑩

Fitness (weight, energy levels, fitness routine)

① ○ ○ ○ ⑤ ○ ○ ○ ○ ⑩

Work (career path, business relationships, focus and drive)

① ○ ○ ○ ⑤ ○ ○ ○ ○ ⑩

Sex (romantic partnership, libido, dating life)

① ○ ○ ○ ⑤ ○ ○ ○ ○ ⑩

Relationships (marriage or domestic partnership, friends, family, community, and social networks)

① ○ ○ ○ ⑤ ○ ○ ○ ○ ⑩

Motherhood (children, fertility & family planning)

① ○ ○ ○ ⑤ ○ ○ ○ ○ ⑩

2. Rate your period symptoms on a scale of 1 - 10
(1 meaning never, 10 being frequent) **fill in the bubbles accordingly.**

Anxiety

① ○ ○ ○ ⑤ ○ ○ ○ ○ ⑩

Backache

① ○ ○ ○ ⑤ ○ ○ ○ ○ ⑩

Breast tenderness

① ○ ○ ○ ⑤ ○ ○ ○ ○ ⑩

Cramps

① ○ ○ ○ ⑤ ○ ○ ○ ○ ⑩

Cravings

① ○ ○ ○ ⑤ ○ ○ ○ ○ ⑩

Depression

① ○ ○ ○ ⑤ ○ ○ ○ ○ ⑩

Fatigue

① ○ ○ ○ ⑤ ○ ○ ○ ○ ⑩

Headache

① ○ ○ ○ ⑤ ○ ○ ○ ○ ⑩

Mood Swings

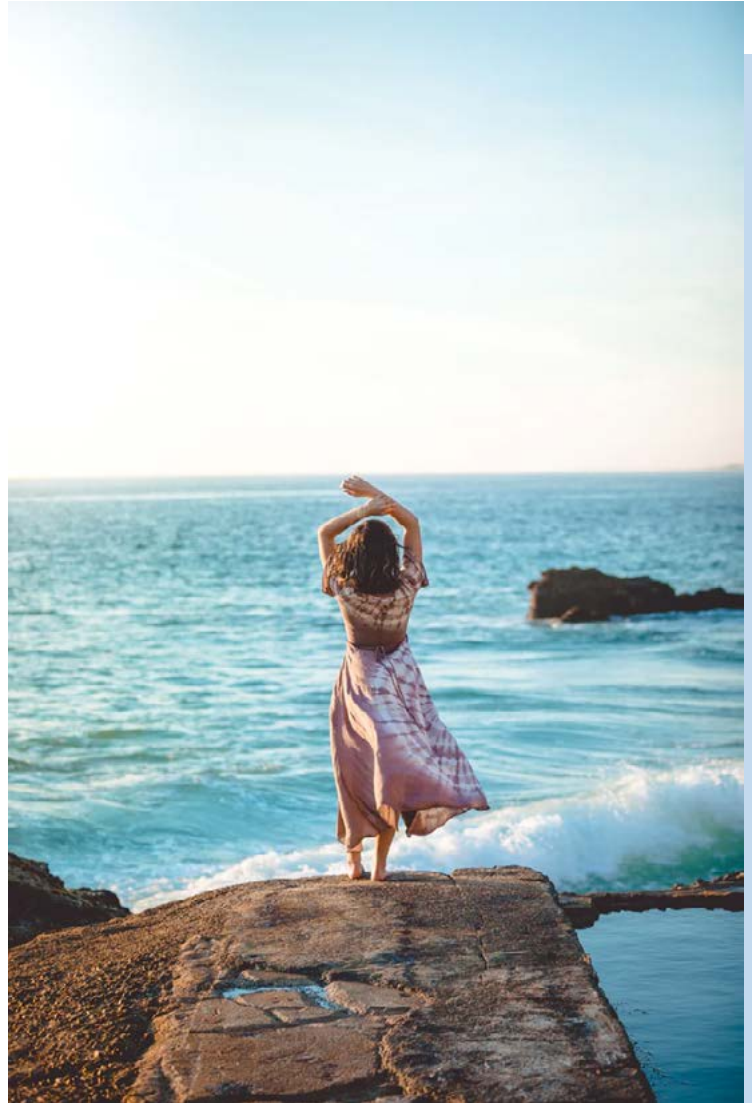
① ○ ○ ○ ⑤ ○ ○ ○ ○ ⑩

Insomnia

① ○ ○ ○ ⑤ ○ ○ ○ ○ ⑩

Pelvic pain

① ○ ○ ○ ⑤ ○ ○ ○ ○ ⑩





3. On a scale of 1 - 10 (1 being poor, 10 being excellent), how are your energy levels every day? **Fill in the bubbles accordingly.**

① ○ ○ ○ ○ ⑤ ○ ○ ○ ○ ⑩

4. Do you often feel pressed for time, or that there is just not enough time? Describe below.

5. Overall, on a scale of 1-10 how GOOD/HEALTHY do you feel every day? (1 being poor, 10 being excellent) **Fill in the bubbles accordingly.**

① ○ ○ ○ ○ ⑤ ○ ○ ○ ○ ⑩

6. Now, write down 1 goal you'd like to achieve in these areas:

Examples: Lose 5 pounds, gain more energy, manage my time better, feel less stressed while accomplishing more.

Health _____ Biggest obstacle in this area? _____

Work _____ Biggest obstacle in this area? _____

Relationships _____ Biggest obstacle in this area? _____

****ACTION:** Share your goals in the private Facebook Group: [**Click here!**](#)

STEP 2: Meet your POWR Phases

Great. That was easy! Now I need you to identify which phase you are in. Here is how:

In the book, you're going to learn about an acronym called POWR, which refers to the 4 phases of your cycle that power your life. Here is what they are:

PREPARE = Follicular Phase (7-10 Days)

OPEN UP = Ovulation Phase (3-4 Days)

WORK = Luteal Phase (10-14 Days)

REST = Menstrual Phase (3-7 Days)

POWR

Here is how to identify which phase you are in:

If you use the MyFlo tracker, you'll know exactly where you are.

Or, you can identify the day your last period started and count the number of days since that first day.

If it's been 7 days since the first day to 13 days, it's the Follicular phase.

14 - 17 days from your first day, you're in the Ovulation Phase.

18 - 28 days from your first day, it's the Luteal Phase.

If you're on days 1 - 7 of your period, you're in the Menstrual phase.

(Note that these numbers correspond to an average regular cycle of 28 days. If your cycle is less or more frequent you'll have to adjust the numbers. What that means is that you are likely dealing with hormonal imbalance, which can be supported through the MonthlyFLO program so that you can reap the benefits of The Cycle Syncing Method™ even more.)



STEP 3: Get In the FLO

Now you're ready to start!

Look at the POWR Grid on the following page.

Choose one category from the left-hand column (Health, Work or Love/Relationships) to focus on for the week (feeling ambitious?! Try all 3)

Then, identify which phase you are in and find the tip below it in whichever category you are focusing on, implementing it AT LEAST 3x/week. (i.e. If you're in your ovulation phase and choosing to focus on Health, you'd look at the "O" column next to the Health category and start implementing raw foods and HIIT.)

Next week, when you transition into the next phase of your cycle, move onto the tip for that phase.



	PREPARE (follicular)	OPEN UP (ovulation)	WORK (luteal)	REST (menstrual)
HEALTH	Eat sauerkraut daily Exercise: 30 min cardio dance class 3x/this week	Eat a big raw salad daily Exercise: 15-30HIIT 3x/this week	Eat cooked sweet potatoes daily Exercise: 30 min pilates 3x/week	Eat 1/4avocado daily Exercise: 30 min walk 3x/this week
WORK	Project plan your whole month. Carve out time to research new ideas/ concepts.	Organize a brainstorming session with colleagues. Attend networking events.	Handle administrative tasks. Schedule time for deep work.	Schedule time to review reports and data. Give a performance review to someone on your team.
RELATIONSHIPS	Try a new activity with a friend or a romantic partner. Try a class where you learn something new.	Go out to dinner with friends or other couples. OR Organize a playdate with other moms and kids.	Stay in and cook your favorite healthy comfort meal. Have a cozy date night, family night or solo night in.	Schedule special time just for yourself solo: read a book, do a home facial, go for a pedicure.

****ACTION:**

Head to the Facebook Group and share which area you are focusing on and the tip that you will implement: [click here!](#)

STEP 4: Track Your Transformation

At the end of every day, take 1 minute to write down 3 things:

Did I have more or less energy today? When did I feel like I was in the FLO today? What did it feel like? And, what took me out?

****ACTION:** Report your results on the Facebook Group: [**Click here!**](#)

Why is it important to share your progress with others?

Because you are not alone!

1. _____ _____	15. _____ _____
2. _____ _____	16. _____ _____
3. _____ _____	17. _____ _____
4. _____ _____	18. _____ _____
5. _____ _____	19. _____ _____
6. _____ _____	20. _____ _____
7. _____ _____	21. _____ _____
8. _____ _____	22. _____ _____
9. _____ _____	23. _____ _____
10. _____ _____	24. _____ _____
11. _____ _____	25. _____ _____
12. _____ _____	26. _____ _____
13. _____ _____	27. _____ _____
14. _____ _____	28. _____ _____

STEP 5: RE-EVALUATE (7 Days)

At the end of 7 days, I want you to re-evaluate how you are feeling.

On a scale of 1-10, how do you feel in the following areas? **Fill in the bubbles.**

1 - Poor (This is an area of my life where I constantly struggle.)

5 - Average (I'm trying my best, but I could definitely improve in this area.)

10 - Excellent (I'm a rock star; people look at me as a role model.)

Diet (healthy eating choices)

① ○ ○ ○ ○ ⑤ ○ ○ ○ ○ ⑩

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Sex (romantic partnership, libido, dating life)

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Relationships (marriage or domestic partnership, friends, family, community, and social networks)

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Motherhood (children, fertility & family planning)

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Breast tenderness

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Cramps

① ○ ○ ○ ○ ⑤ ○ ○ ○ ○ ⑩

Cravings

① ○ ○ ○ ○ ⑤ ○ ○ ○ ○ ⑩

Depression

① ○ ○ ○ ○ ⑤ ○ ○ ○ ○ ⑩

Fatigue

① ○ ○ ○ ○ ⑤ ○ ○ ○ ○ ⑩

Headache

① ○ ○ ○ ○ ⑤ ○ ○ ○ ○ ⑩

Mood Swings

① ○ ○ ○ ○ ⑤ ○ ○ ○ ○ ⑩

Insomnia

① ○ ○ ○ ○ ⑤ ○ ○ ○ ○ ⑩

Pelvic pain

① ○ ○ ○ ○ ⑤ ○ ○ ○ ○ ⑩

3. On a scale of 1 - 10 (1 being poor, 10 being excellent), how are your energy levels every day? **fill in the bubbles accordingly.**

① ○ ○ ○ ○ ⑤ ○ ○ ○ ○ ⑩

4. Do you often feel pressed for time, or that there is just not enough time? Describe below.

5. Overall, on a scale of 1-10 how GOOD/HEALTHY do you feel every day? (1 being poor, 10 being excellent) **Fill in the bubbles accordingly.**



6. Now, review the goals you made when you started. Note where you made progress.

Health

Work

Relationships

Get yourself MORE In the FLO

Doing this for one week is a great start.

Doing this for a full 28 day cycle will get you in the FLO faster in one life area.

And doing all 3 life areas for 28 days will change your life.

If you did this for a whole month, answer these questions at the end of 28 days:

How was your cycle--better or worse? Did you notice fewer symptoms?

How were your energy levels? Did you notice more energy than usual?

Did you make progress toward your goals?

Would it be helpful if you had recipes or workouts sent to you for each phase of the month?

Dive Deeper While You Wait For The Book

When you're learning something new, it's helpful to have a step-by-step roadmap on exactly what to do. I've got something that can help...

FLO 28 is my signature membership program to help you leverage the power of your cycle to get more done with less effort, and have more freedom in love, work, motherhood and more.

This membership is the perfect monthly support program that will help you embrace the Cycle Syncing Method™.

You'll get customized meal plans, shopping lists, recipes, workout videos, and a female hormone centric time management system to help you step in to this new way of life without any confusion.

[Click here to join FLO 28](#)

Flo28



In FLO 28, you will get my best The Cycle Syncing Method™ tools...

Phase Specific Recipes - Know what to eat during each phase of your cycle with weekly recipes delivered each month from our in-house chef.

Workout of the Week - Stay energized and strong with curated exercise videos tailored to each phase of your cycle.

The FLO 28 Scheduling Guide - This is THE planner I wish I had when I was figuring out The Cycle Syncing Method™. Fit more into your schedule without causing burnout or stress.

Supportive Community - A Facebook group dedicated to learning how to use The Cycle Syncing Method™ daily, with the support of like-minded women going through a similar journey.

Events - You'll also get first access to in-person events, and opportunities to connect with other amazing women.

Imagine what it will be like when you're...

Living in your own timing and on your own terms.

Eating and moving in ways that feel good to your body.

Getting more done and feeling more energized.

How much better could your life be this fall if you started FLO 28 right now?

There's only one way to know...

[Join FLO 28 now](#)