

■■ Free Printable PCOD Recovery Timeline Chart

Is chart mein aapko milta hai ek realistic, science-based roadmap jo PCOD reversal mein madad karta hai. Har stage lifestyle, food, and hormonal goals ke around banaaya gaya hai. Ye sirf reference ke liye hai — har body alag hoti hai.

■ Timeframe	■ Goal	■ Focus Area
Week 1–2	Inflammation Kam Karna	<ul style="list-style-type: none">• Dairy & Sugar Avoid• 7–8 hrs sleep• Warm water daily
Week 3–4	Hormone Support Start	<ul style="list-style-type: none">• Flax seeds, soaked almonds• Walking + Light Yoga• Reduce screen time
Month 2	Cycle Regularity Aim	<ul style="list-style-type: none">• Seed cycling• Sleep-wake fix• No junk food
Month 3	Ovulation Monitoring	<ul style="list-style-type: none">• Ovulation tracking apps• 1 cheat meal/week• PCOD-friendly meals
Month 4	Insulin Balance	<ul style="list-style-type: none">• Apple cider vinegar (ACV)• Small frequent meals• Avoid long fasting
Month 5–6	Fertility Support	<ul style="list-style-type: none">• High-fiber + protein diet• Fertility yoga poses• Consult gynecologist
Beyond 6 Months	Long-term Maintenance	<ul style="list-style-type: none">• Period log• Mindfulness meditation• Continue clean eating