



THE NUTRINITY STUDIO

WOMEN'S EDITION

Complete 6-Day Outline

DAY 1

GROWING UP : ADOLESCENCE

Setting her nutritional foundation



You will learn

Why adolescence is a “second window of growth” for girls 🌎

How hormones, periods and growth spurts affect health & future fertility ⚖️

Key nutrients for teen girls (iron, calcium, vitamin D, folate, B12, etc.) 🍊

How under- and over-nutrition relate to anemia, mood issues & early PCOS risk 🩸

Simple, realistic eating habits for school/college life 🍎

Day 1 Resources

📄 PDF: Adolescent girls’ nutrition at a glance

📁 Cheat sheet: Menstrual cycle basics & red-flag symptoms

✓ Checklist: Daily habits to support hormones & reduce PCOS risk



DAY 2

PREGNANCY JOURNEY & BEYOND

From planning to postpartum & lactation



You will learn

Why nutrition before pregnancy (pre-conception) matters – weight, iron stores, folate, iodine 

Trimester-wise changes and nutrient needs during pregnancy 

Common pregnancy complaints (nausea, heartburn, constipation, GDM risk) & simple diet strategies 

Basics of postpartum recovery – healing, energy, blood loss and gradual weight changes 

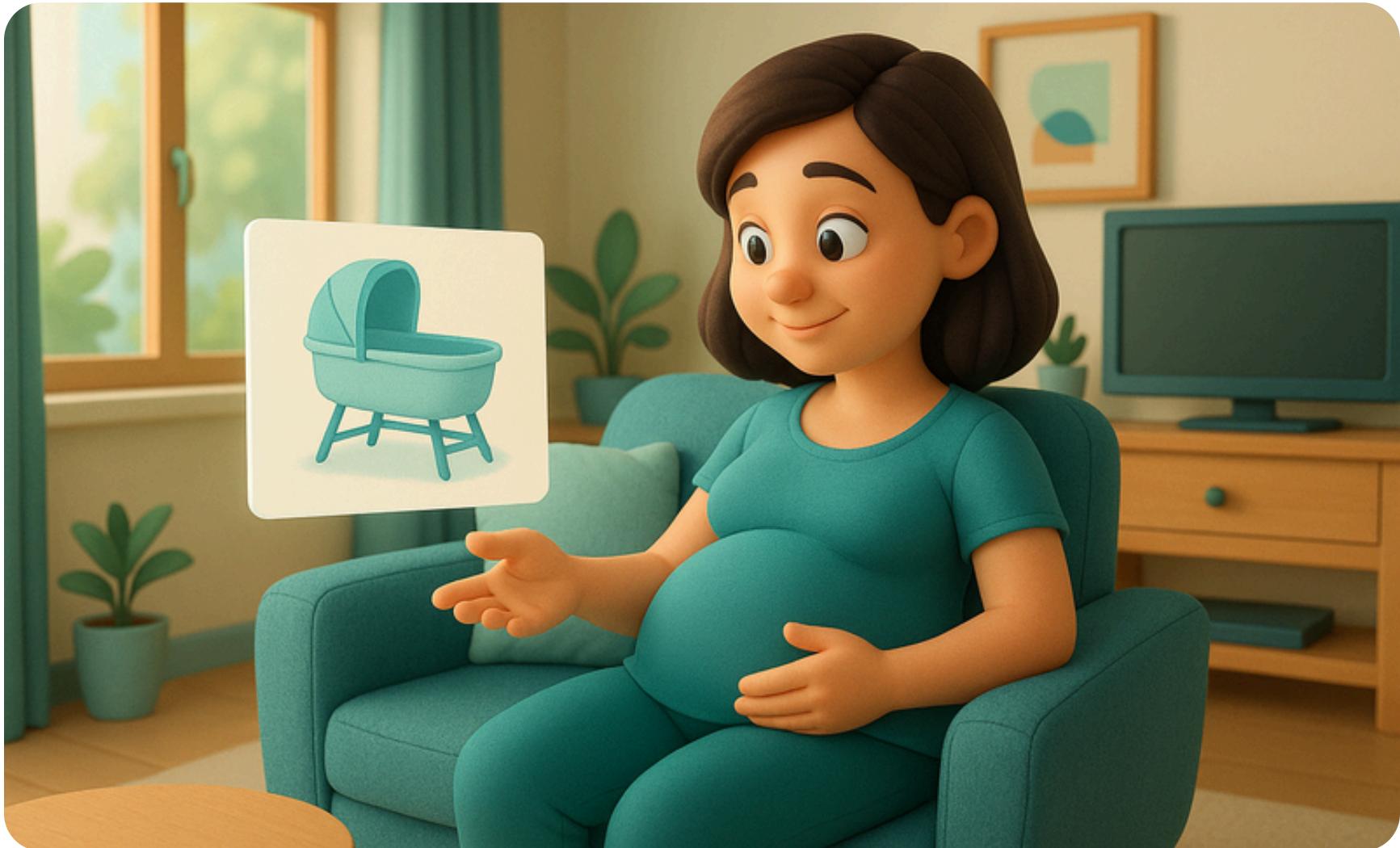
Key nutrition points for lactating mothers (energy, protein, fluids, micronutrients) 

Day 2 Resources

 PDF: Trimester-wise nutrition overview

 Chart: Key lactation nutrients & food sources

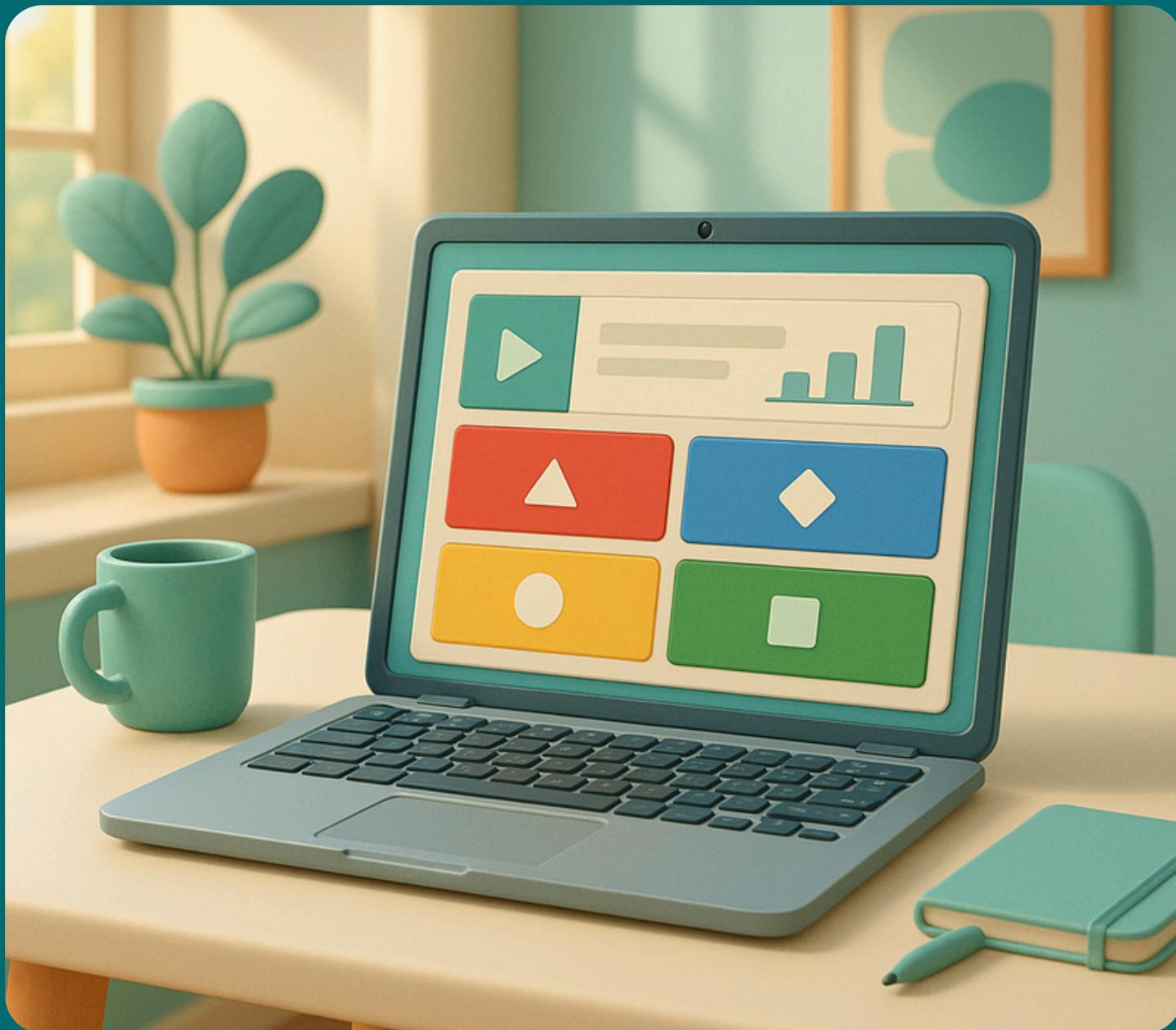
 Guide: Common pregnancy complaints & diet tips



DAY 3

PAUSE, PLAY & REVISE

Game Time: Early Life Checkpoint



What this day looks like

- ❓ Game formatted Quiz on adolescence, pre-pregnancy, pregnancy, postpartum & lactation
- 📊 Polls & myth-vs-fact rounds to clear common confusion
- 🏆 A gentle scoreboard + reflection to see which stages feel clear and which need revision

Day 3 Resources

📝 Revision sheet: Early life journey (adolescence to lactation)

📊 Question bank: Selected MCQs and key scenarios



DAY 4

MENOPAUSE & MIDLIFE

When hormones start to shift



You will learn

What perimenopause and menopause are, and when they usually happen 🕒

How hormonal changes affect bones, weight, sleep, mood & heart health 🦴❤️

Why central weight gain and metabolic changes are common in midlife ⚖️

Key nutrition priorities: protein, calcium, vitamin D, healthy fats, fiber 🍲

Simple lifestyle basics for midlife women 🥗🚶♀️

Day 4 Resources 📁

📄 PDF: Menopause – key points for nutrition students

✓ Checklist: Bone-supporting habits for midlife women



DAY 5

HEALTHY AGING

Staying strong longer



You will learn

- What changes in women's bodies with age (muscle, fat, bone, appetite) 
- How to support muscle and strength in later years with protein & movement 
- Basics of brain and cognitive health from a nutrition lens 
- Digestive issues in older women & how fiber, fluids and gentle foods help 
- How to view chronic disease risk (BP, diabetes, heart disease) with realistic, affordable food patterns 

Day 5 Resources

-  PDF: Healthy aging toolkit for women
-  Sample menus: One-day pattern ideas for older women
-  Quick sheet: Protein & fluid targets in later life



DAY 6

FINAL WRAP-UP & ASSESSMENT

Bringing it all together



What this day includes

- 🎯 Final integrated quiz with MCQs from all 6 days
- 📝 A simple list of “If you remember only 10 things, remember these”
- 📝 Reflection on your own confidence
- ⬇️ Feedback form to help us improve future Nutrinity Studio Editions

Day 6 Resources

- 📄 Summary PDF: Key points from all days in one place
- 📊 Question bank: Selected final quiz questions for revision





THE NUTRINITY

Let's Unite, Learn & Lead With Fun

ALL OF THIS COMBINED
IN JUST ONE FINAL GO

6 days, 15+ resources, one mini studio experience