

ABSTRACT

The menstrual cycle that women experience every month is often accompanied by physical and emotional changes that affect daily activities. The lack of understanding of these changes and the lack of educational media that discusses lifestyle based on menstrual phases are the reasons for the need for media that supports this understanding. The design of this interactive book aims to provide healthy lifestyle guidance through a cycle syncing approach, which is the adjustment of activities, diet, and exercise according to the four phases of the menstrual cycle: menstrual, follicular, ovulatory, and luteal. This research used observation, interview, questionnaire, and literature study methods, which were then analyzed descriptively and through a comparison matrix. The design outcome is an interactive book that presents information about the phases of the menstrual cycle in a systematic manner, accompanied by activity and lifestyle guidelines tailored to the body's needs in each phase. Hopefully, this media can increase the awareness of young women aged 18-25 years in managing health in a more balanced and directed manner.

Keywords: Cycle Syncing, Interactive Book, Menstruation, Healthy Lifestyle, Young Women