

Release *Notes*



Version You



Release Date

Version



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Bug Fixes

What did you let go of, stop doing, or shift in your mindset?

Think: habits that weren't serving you, stories you stopped telling yourself, old routines you retired. Maybe you said no to something out of alignment. Maybe you caught yourself in a loop and decided to reroute.

Example:

- Stopped forcing 5 AM workouts when I hadn't slept well
- Let go of guilt around rest
- Unsubscribed from wellness advice that made me feel worse



Debugging

In software, a bug is a problem in the code and debugging is the act of finding and fixing the problem.

In real life, debugging is taking an honest look at what's not working in your life and gently experimenting with improvements. Think: less shame, more curiosity.

Features Shipped

Ship it

To launch something into the world fast, scrappy, and imperfect.


In Version Her, it means doing the thing before you feel “ready.” Whether it’s a new habit, a vulnerable post, or just showing up. Consider it shipped.

What habits, routines, or boundaries did you try or add?

What did you implement, even if it was small? Maybe you started journaling, took more walks, added protein to breakfast, or said no to weekend plans. This is about building the version of you that feels good to live in.

Example:

- Started seed cycling
- Added magnesium at night
- Began meal-prepping for luteal phase

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Performance Gains

What supported your mind, body, or energy this sprint?

This isn't about productivity. It's about feeling better. What practices, tools, products, or rituals helped you function and flow? It could be a new supplement, more sleep, or a shift in your mindset.

Example:

- Weighted blanket improved sleep
- Drinking LMNT before workouts helped energy
- Scheduling deep work in follicular phase

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Learnings

What worked, what didn't, and what are you taking with you into the next version?

Treat this like a debrief. Be honest. Reflect on what felt aligned, what surprised you, and what you want to iterate on next sprint. This is how we evolve.

Example:

- PMS was intense, tracking luteal phase earlier helped
- More rest days didn't hurt my progress, they helped
- I'm still learning to listen to my body first

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Versioning

In software, versioning is the system of tracking changes in software with labels like 1.0.0 → 1.1.0

Here, it's about honoring your own growth and giving yourself permission to change. You're not stuck, you're just between versions.