

THE MENSTRUAL CYCLE

PERIOD DAY 1-5



The first day of bleeding is counted as Day 1. Mark this day on your calendar or record it in your period tracker app. Although we call it bleeding, you're actually just shedding blood that built up after ovulation.

UPWARD DAY 6-8



As your period ends you may notice a lift in your mood. Increasing estrogen during this time means you feel more energetic, up, mentally sharp and productive.

FERTILE DAY 9-13



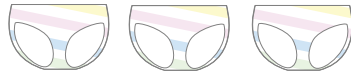
Consider yourself fertile for five days before you ovulate because sperm can live inside the body for up to five days. Coincidentally, this is when you're start being more interested in "fertility related activities." Be on the look out for increased vaginal wetness during this time, a telltale sign of fertility.

SUPER FERTILE DAY 14-16



During ovulation your egg bursts out of one of your ovaries and travels down the fallopian tube over a 72 hour period. If the egg encounters a sperm during this trip to the uterus, you stand a very good chance of getting pregnant!

FERTILE DAY 17-19



Sometimes you can release two eggs during ovulation 24 hours apart. To account for this occurrence, consider yourself fertile until day 19.

DOWNWARD DAY 19-25



Now your estrogen levels begin to fall. As it falls so does your mood, energy and outlook. Boo. Sad face.

PMS DAY 26-28



During the last three days of your cycle, both estrogen and progesterone levels plummet. This is what scientists believe causes the symptoms associated with PMS including bloating, irritability, mood swings, food cravings, headache...the list goes on. The good news is that it will be over soon! Day 1 here we come!