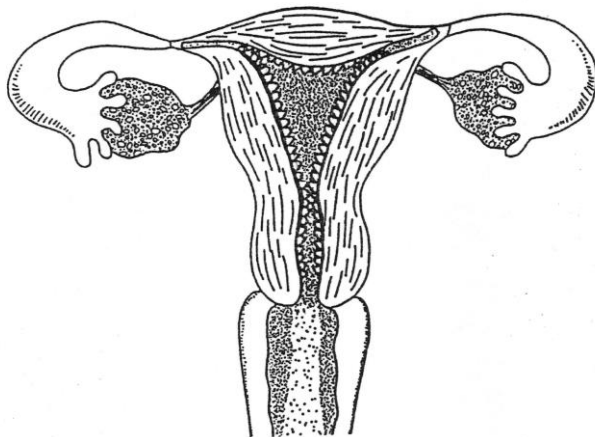


DURING MENSTRUATION

Days 1 – 5 (symbol /)

Menstruation occurs when the lining of the uterus sheds with a small amount of blood.



AFTER MENSTRUATION

Days 6 – 15

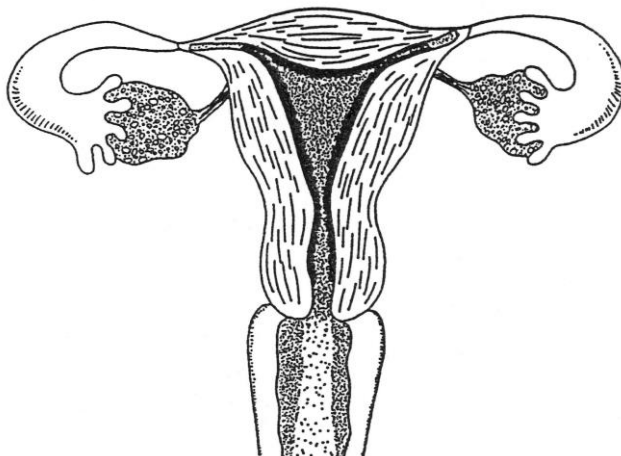
The lining of the uterus repairs itself and once again prepares for a fertilized egg.

Days 13 – 15 (symbol O)

Ovulation occurs when a mature egg is released from an ovary. The egg can live 12 to 48 hours as it enters the fallopian tube. If not fertilized the egg will degenerate.

Days 11 – 17 (symbol X)

If unprotected sexual intercourse occurs during these days then pregnancy is most likely to result. Sperm may survive for up to 72 hours.



BEFORE MENSTRUATION

Day 27-29 (symbol /)

Next menstrual cycle occurs.

Case Studies: Place the correct symbols on the calendar provided to chart the following cycles.

1. Leann has been packing for a trip to California. She will be leaving February 8 and returning February 12. If her last period started January 5 will she need to take sanitary products with her on the trip? _____
2. Annette had unprotected sex on March 22. Her last period started March 14. On March 29 she asked you to get her an HPT at the drug store because she was worried. As her friend, what will you advise her?
3. Kathy and her husband would like to have a baby in May because she is a teacher and could be home all summer with her newborn. Which month should they try to get pregnant? _____
4. Lyla's last period started May 14th. Approximately, when will she ovulate? _____
When will her next period begin? _____
When will her next period be after that? _____
5. Allison's last 3 periods started on August 6, August 26, and September 19. What is the average number of days between her cycles? _____ Approximately when will her next period begin? _____
6. If a girl starts menstruating at 12 years of age, how many periods would she have by the time she is 18? _____
7. Laura missed her period on November 15th. She had unprotected sex on November 2nd. What day was her last menstrual cycle? _____
When did she ovulate? _____ Could she be pregnant? _____

JANUARY						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

MARCH						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

APRIL						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

MAY						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

JUNE						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

JULY						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

AUGUST						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

SEPTEMBER						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

OCTOBER						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

NOVEMBER						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

DECEMBER						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					