THE MENSTRUAL CYCLE

21-Day Cycle

- Menstruation begins
- Ovulation
- If the egg is not fertilized within 24 hours, it dies and is absorbed by the body

35-Day Cycle

- Menstruation begins
- Ovulation
- If the egg is not fertilized within 24 hours, it dies and is absorbed by the body

24 hours

Menstruation
(3-7 days)

Uterine wall develops

12-16 DAYS

Hormones go down

5-9 DAYS

Egg develops (3-5 days)

12-16 DAYS

Hormones go down

19-23 DAYS

Egg develops (14-18 days)

5-9 DAYS

Menstruation (3-7 days)

24 hours

Uterine wall develops

If the egg is not fertilized within 24 hours, it dies and is absorbed by the body

Uterine wall develops

If the egg is not fertilized within 24 hours, it dies and is absorbed by the body