

# Worksheet 3D - Menstrual Cycle

Anya, age 13, started her period a year ago. It is important to her to learn what time each month she might start her next period. On the chart below is a sample of what a calendar with her cycles looked like for two months.

MAY						
MON	TUE	WED	THU	FRI	SAT	SUN
			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						
MON	TUE	WED	THU	FRI	SAT	SUN
						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	1	2				

Remember, the entire menstrual cycle is from the first day of your period one month to the day before your period the next month.

How many days were in Anya's first cycle?

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How many days were in Anya's second cycle?

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On what day in Anya's first cycle did ovulation probably occur?

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On what day in Anya's second cycle did ovulation probably occur?

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What does knowing when Anya's period starts each month tell you about when she can become pregnant in her upcoming cycle?