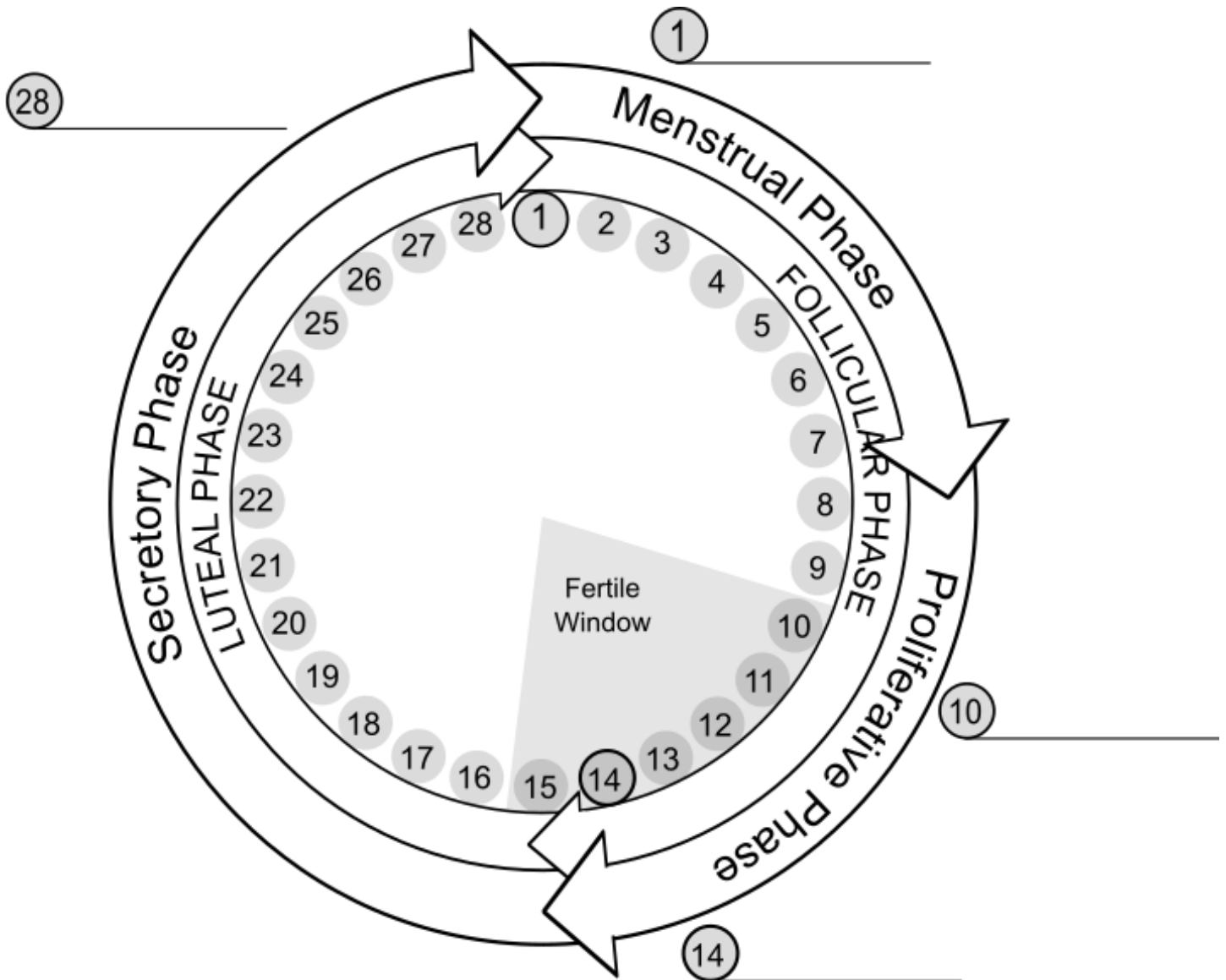


# Menstrual Cycle Phases Chart



## Guide

Day 1: First Day of Menstrual Phase

Day 10: Beginning of Fertile Window

Day 14: Ovulation

Day 28: Last Day Before Next Menstrual Phase