

# *Menstrual Cycle Knowledge Quiz*

What do you know about your  
menstrual cycle?

## What is a Menstrual Cycle?

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The menstrual cycle is the time from the first day of your period to the day before your next period.

An average menstrual cycle lasts 28 days, but many women have longer or shorter cycles.

## Take Our Quiz!

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This quiz is about what days during a menstrual cycle a woman is likely to get pregnant if she has sex without using contraception.

True/False?

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**It's possible to get pregnant on every day of a woman's cycle.**

FALSE!

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Women's menstrual cycles have a fertile window of about 6 days, ending in the day of ovulation. However, the fertile window may occur on different days within the cycle.

True/False?

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A woman is likely to get pregnant on the days right after menstruation (her period).

# FALSE!

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In most menstrual cycles, there are some days between the end of menstruation and the beginning of the fertile window; however, in some unusual cycles, the fertile window starts before her period ends. This is more common in women who are nearing menopause.

True/False?

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A woman is likely to get pregnant on the days right before her period.

# FALSE!

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In most menstrual cycles, there are at least 10 days after ovulation and before the next period. Intercourse during these days will not result in pregnancy. However, in some unusual cycles, ovulation and the fertile window may be delayed, so you cannot rely on counting days to know for sure when ovulation happens.

True/False?

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A woman is likely to get pregnant around the middle of her cycle.

## Both True and False

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For many women, ovulation happens around the middle of the cycle.

However, in women with normal regular cycles, ovulation may occur as early as day 9 or as late as day 21. With an irregular cycle, ovulation may occur even earlier than day 9 or much later than day 21.

True/False?

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A woman is likely to get pregnant on days when vaginal secretions are present.

## TRUE!

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In the days prior to ovulation, the cervix (the opening of the uterus) produces a special fluid which causes vaginal secretions. Days without noticeable secretions are less likely to be fertile, but may still have some possibility of pregnancy.

## TRUE/FALSE

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**It is possible for a woman to identify the fertile window of the menstrual cycle.**

TRUE!

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By learning natural family planning, a woman can learn to identify the fertile window of her menstrual cycle.

## How do I Know if I Have a “Regular Menstrual Cycle?”

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- Keep a calendar. On each month, mark the days your period starts and ends.
- A “regular” menstrual cycle should last between 26 and 32 days.
- Remember: 50% of women do not have “regular” cycles!

## Do I Need to Have Regular Cycles to Use Natural Family Planning?

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- No, most modern natural family planning methods can be used with regular or irregular cycles.
- One exception is the Standard Days Method, which does require cycles to be 26 – 32 days long.