

# THE OVARIAN CYCLE

## FOLLICULAR (preovulatory) PHASE

## LUTEAL (postovulatory) PHASE

Step 1

Step 2

Step 3

Step 4

Step 5

Step 6

*Primordial Follicle  
to  
Primary Follicle*

*Primary Follicle  
to  
Secondary Follicle*

*Secondary Follicle  
to  
Tertiary Follicle*

*Tertiary follicle  
to  
Ovulation*

*Ovulation  
to  
Corpus Luteum*

*Corpus Luteum  
to  
Corpus Albicans*

[FSH & ESTROGENS]

[LH & PROGESTRONE]

# THE UTERINE CYCLE

MENSTRUAL  
(menses)  
1-5

PROLIFERATIVE  
6-14

SECRETORY  
15-26

PREMENSTRUAL  
27-28