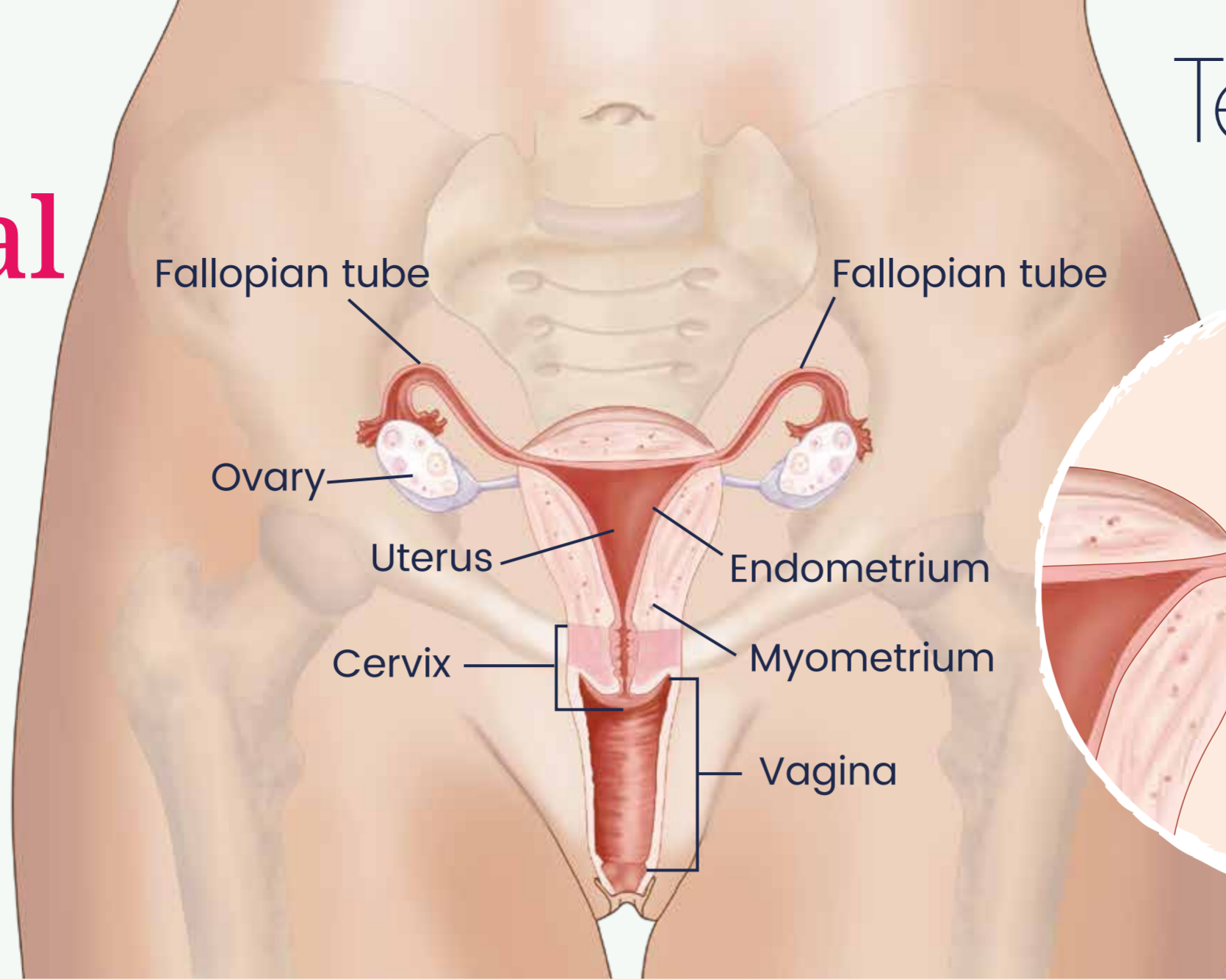


The Menstrual Cycle

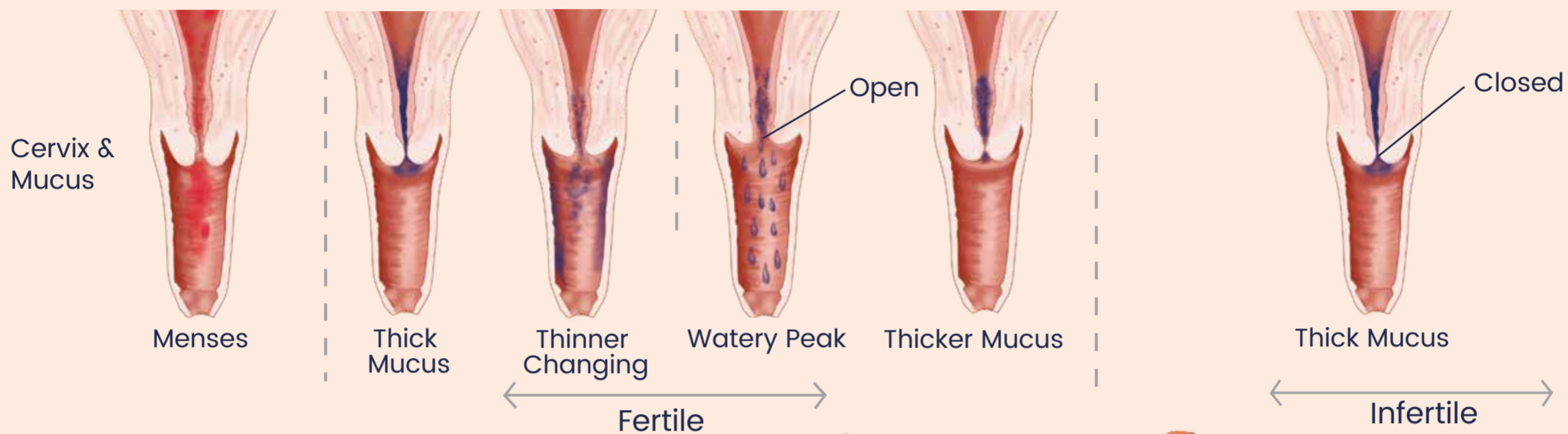
Tempdrop®

www.tempdrop.com



Throughout your cycle, your cervix and cervical mucus changes

Menstruation Follicular Phase Ovulation Luteal Phase
 CD 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



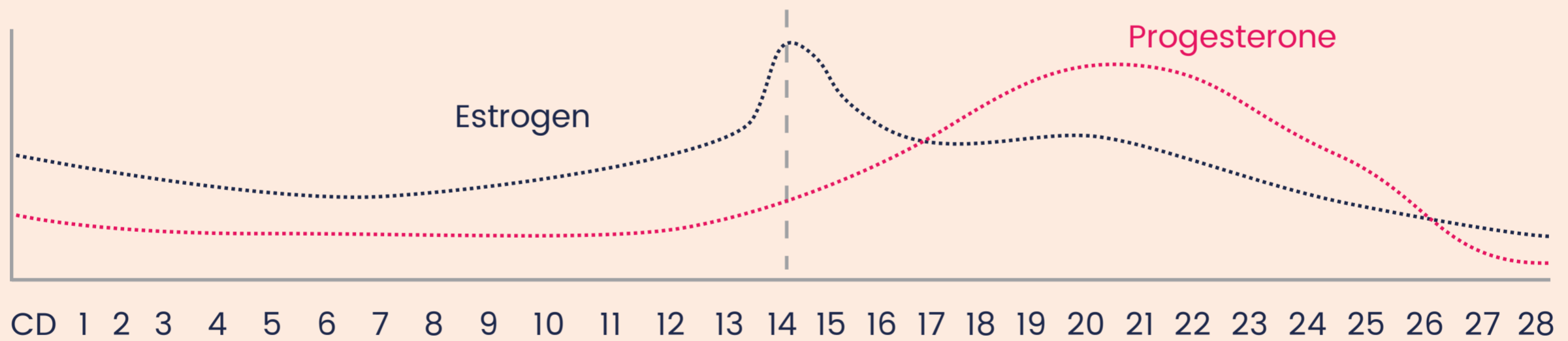
Cervical position and cervical mucus can be tracked at home

Lifespan of an ovary



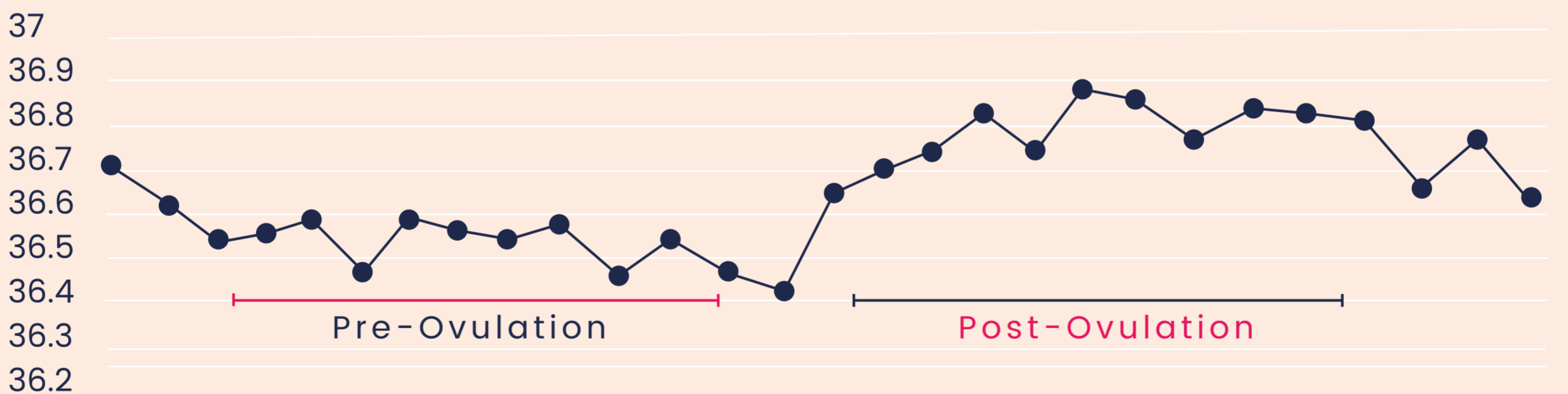
Ovarian follicle transforms into Corpus Luteum after ovulation

Throughout your cycle, your hormone levels fluctuate



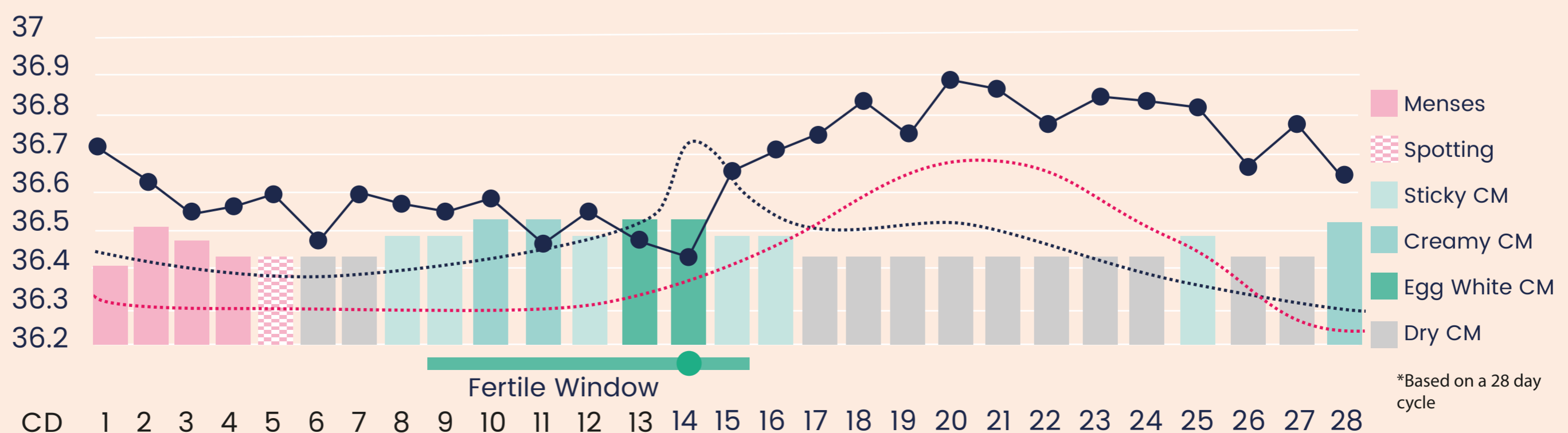
Estrogen peaks before ovulation. Progesterone is produced by the Corpus Luteum.

At the same time your basal body temperature also fluctuates



Progesterone increases body temperature, this can be tracked at home.

Putting it all together



*Based on a 28 day cycle