The average woman is estimated to have 450 periods in her lifetime.

**The Menstrual Cycle and Fertility Explained**

- **DAYS 1-7**
  - Menstruation
  - Pregnancy very unlikely

- **DAYS 8-19**
  - Pregnancy possible

- **DAYS 20-32**
  - Pregnancy unlikely

*Cycles vary among women and may change over time. Typically, cycles last between 21 and 32 days, with an average of 28 days. Ovulation occurs on or around day 14.*

Have a question? Email it to sextalk@email.arizona.edu