

Days 1-5	Uterus:	Menstrual flow; shedding of endometrium and small amount of blood
	Breast:	Reduction in swelling, feelings of fullness, sensitivity, and tenderness, day 5 is an appropriate time for a woman to do a breast self-examination for possible breast cancer
Days 6-7	Brain:	GnRH from hypothalamus stimulates secretion of FSH and LH by pituitary
	Ovary:	FSH stimulates development of follicle and secretion of estrogens
	Uterus:	Menstrual flow ceases; repair of uterus begins with day 6 regrowth of endometrium
	Breasts:	By day 7, breasts reach their minimum size
Days 8-12	Brain:	Decline in FSH and LH secretion because of negative feedback of estrogens
	Ovary:	Increase in estrogen secretion
	Uterus:	Growth in endometrium is stimulated by estrogens
Days 13-14	Brain:	Surge in levels of LH and FSH secretion as a result of positive feedback of estrogens
	Ovary:	LH surge on day 14 causes ovulation
Days 15-24	Brain:	Decline in level of FSH and LH caused by return to negative feedback of estrogens and progesterone
	Ovary:	Corpus luteum secretes increasing amounts of progesterone and estrogen
	Uterus:	Progesterone produces changes making uterus ready to accept a fertilized ovum (if fertilization takes place)
Days 25-28	Ovary:	Degeneration of corpus luteum and decline in progesterone and estrogens
	Uterus:	Because of lower levels of progesterone, degenerative changes start taking place in endometrium, which will lead to menstrual flow
	Breasts:	Increasing feelings of fullness and swelling; sensitive to touch