**

***Test Your Cycle IQ***

1. *What is the average menstrual cycle?*
	1. *21 days*
	2. *28 days*
	3. *32-40 days*
2. *Ovulation is:*
	1. *The first day of your period*
	2. *Release of the egg from your ovary*
	3. *The joining of the sperm and the egg*
3. *Most women will ovulate on which day of the cycle?*
	1. *10 days before the start of the next period*
	2. *12 days before the start of the next period*
	3. *14 days before the start of the next period*
4. *Day one of your cycle is:*
	1. *The first day of your period*
	2. *The last day of your period*
	3. *The day after your period ends*
5. *Tracking your period empowers you to know your own body and better understand when and if you have missed your period.*
	1. *True*
	2. *False*

*-See back for Preconception Health Messaging-*

***3 Days After You Miss a Period***

*Your unborn baby can be affected by your health habits*

 *(Track your period and know when you have missed a period)*

***50 % of All Pregnancies are Unplanned***

*So plan your pregnancies by taking steps now to be healthy*

*After having a baby,* ***wait***

***AT LEAST 18 MONTHS***

*Before getting pregnant again to maintain the best health for your body and your children*

***Want to learn more about being a healthy woman?*** [***WWW.HealthyWomenDE.com***](http://WWW.HealthyWomenDE.com)

***Want to give the MEN in your life some tips/resources?***

[***WWW.ManUpPlanUp.com***](http://WWW.ManUpPlanUp.com)