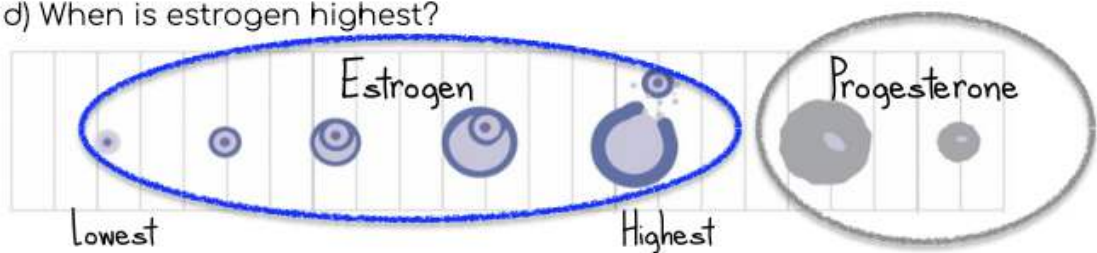


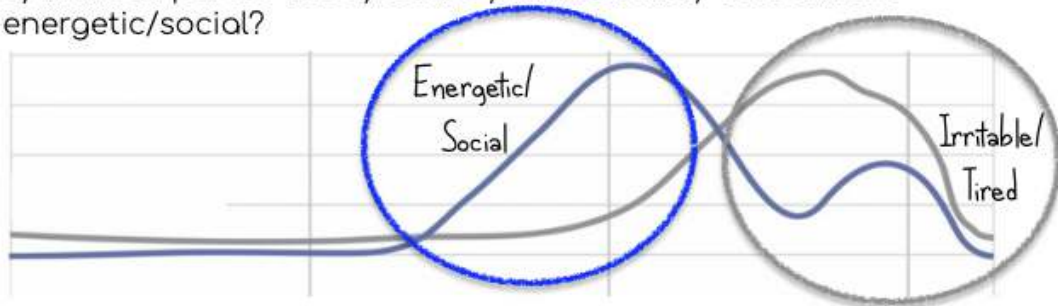
Hormones + Self-Awareness

Label estrogen and progesterone activity in the three images below.

1. In the OVARY
 - a) Circle the phase that produces estrogen.
 - b) Circle the phase that produces progesterone.
 - c) When is estrogen lowest?
 - d) When is estrogen highest?



2. In the HORMONAL GRAPH
 - a) In which part of the cycle are you most likely to feel more irritable/tired?
 - b) In which part of the cycle are you most likely to feel more energetic/social?



3. In the CERVIX

Beneath each image, write down which hormone(s) acting on the cervix produce the following biomarkers:



Bleeding
Low
E+P

Dry
Progesterone

Moist
Estrogen

Slippery
High Estrogen

Dry
Progesterone