

### **What is the average length of a menstrual cycle**

- A. 30 days
- B. 35 days
- C. 28 days
- D. 25 days

### **What hormone is responsible for triggering ovulation**

- A. FSH
- B. Progesterone
- C. LH
- D. Estrogen

### **How many phases are there in the menstrual cycle**

- A. 4 phases
- B. 2 phases
- C. 5 phases
- D. 6 phases

### **What is the main function of the corpus luteum**

- A. Produce estrogen
- B. Produce testosterone
- C. Produce FSH
- D. Produce progesterone

### **How long does the luteal phase typically last**

- A. 10-16 days

- B. 30 days
- C. 5-7 days
- D. 1 week

### **What is the average length of menstruation**

- A. 10 days
- B. 2 weeks
- C. 3-7 days
- D. 1 day

### **What is the purpose of the endometrium**

- A. To protect the uterus from infections
- B. To provide a nourishing environment for a fertilized egg to implant and grow
- C. To produce hormones for the menstrual cycle
- D. To regulate body temperature

### **What is the role of follicle-stimulating hormone (FSH) in the menstrual cycle**

- A. Regulates progesterone levels
- B. Causes ovulation
- C. Stimulates growth of ovarian follicles
- D. Controls menstruation

### **What is the function of luteinizing hormone (LH) in the menstrual cycle**

- A. Stimulates egg development
- B. Regulates progesterone levels
- C. Triggers ovulation
- D. Causes menstruation

### **What is the average age of menarche (first menstrual period) in girls**

- A. 16 years old
- B. 12 years old
- C. 10 years old
- D. 14 years old

### **How does stress affect the menstrual cycle**

- A. Stress can disrupt the menstrual cycle
- B. Stress has no impact on the menstrual cycle
- C. Stress can make the menstrual cycle shorter
- D. Stress can delay ovulation

### **What are some common symptoms of premenstrual syndrome (PMS)**

- A. Back pain, dizziness, sore throat
- B. Muscle cramps, coughing, sneezing
- C. Stomach ache, fever, headache
- D. Mood swings, bloating, fatigue

### **What is the purpose of the cervical mucus changes during ovulation**

- A. To help sperm reach the egg
- B. To regulate hormone levels
- C. To protect the uterus
- D. To prevent pregnancy

### **How does the body regulate the menstrual cycle**

- A. Hormones released by the pituitary gland

- B. By controlling the amount of blood flow
- C. By the temperature of the environment
- D. By the amount of water consumed

### **What is the role of progesterone in the menstrual cycle**

- A. To trigger ovulation
- B. To regulate estrogen levels
- C. To stimulate the production of FSH
- D. To maintain the uterine lining

### **How does birth control affect the menstrual cycle**

- A. It makes the menstrual cycle longer
- B. It speeds up the menstrual cycle
- C. It regulates the menstrual cycle
- D. It stops the menstrual cycle completely

### **What are some potential causes of irregular periods**

- A. Hormonal imbalances
- B. Stress
- C. Excessive exercise
- D. Poor diet

### **How do hormonal imbalances affect the menstrual cycle**

- A. Hormonal imbalances can make periods more regular.
- B. Hormonal imbalances can cause irregular periods.
- C. Hormonal imbalances have no effect on the menstrual cycle.
- D. Hormonal imbalances only affect fertility, not the menstrual cycle.

### **What is the average duration of the follicular phase**

- A. 14 days
- B. 21 days
- C. 30 days
- D. 7 days

### **How can tracking your menstrual cycle benefit your overall health**

- A. Improves fertility
- B. No impact on overall health
- C. Helps identify irregularities or potential health issues
- D. Increases risk of diseases

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