THE OVARIAN CYCLE

FOLLICULAR (preovulatory) PHASE
- Step 1: Primordial Follicle to Primary Follicle [FSH & ESTROGENS]
- Step 2: Primary Follicle to Secondary Follicle
- Step 3: Secondary Follicle to Tertiary Follicle

LUTEAL (postovulatory) PHASE
- Step 4: Tertiary Follicle to Ovulation [LH & PROGESTRONE]
- Step 5: Ovulation to Corpus Luteum
- Step 6: Corpus Luteum to Corpus Albicans

THE UTERINE CYCLE

MENSTRUAL (menses) 1-5
PROLIFERATIVE 6-14
SECRETORY 15-26
PREMENSTRUAL 27-28