

# Ovulation – Always 14 days before the next period

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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Assume these 7 women have their periods on the same day (1). When they ovulate will depend on how long their menstrual cycles are. You would need to count **backwards** 14 days from the **NEXT** period. This works best if your menstrual cycle is regular.