



# Reproductive System

## Focus Factor Worksheet

### Part 1: Anatomy & Function

1. The main organs of the female reproductive system include the \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
2. The main organs of the male reproductive system include the \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
3. The testes produce \_\_\_\_\_, while the ovaries produce \_\_\_\_\_.
4. The reproductive system is controlled by hormones released from the \_\_\_\_\_ and \_\_\_\_\_ glands in the brain.
5. The biological purpose of both systems is to create \_\_\_\_\_, but they also regulate \_\_\_\_\_ and overall \_\_\_\_\_ health.

### Part 2: Hormones & Cycles

The two main female hormones are:

- A) Insulin & Melatonin
- B) Estrogen & Progesterone
- C) Testosterone & Cortisol
- D) Serotonin & Dopamine

The main male hormone is:

- A) Estrogen
- B) Testosterone
- C) Progesterone
- D) Cortisol

The menstrual cycle has four phases. Which of the following is not one of them?

- A) Follicular Phase
- B) Ovulation
- C) Menstruation
- D) Growth Phase

The moon cycle is often connected to menstrual rhythms. The new moon is commonly linked to:

- A) Ovulation
- B) Menstruation
- C) Fertilization
- D) Growth Spurts



In males, hormone levels stay relatively \_\_\_\_\_ throughout the month.

- A) steady
- B) unpredictable
- C) constantly dropping
- D) random

**Part 3: Body Awareness**

Why do we study the female reproductive system in more detail, even though both systems are equally important?

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What are two ways that stress can affect reproductive health for both males and females?

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What does it mean to say the reproductive system is connected to creativity and emotional expression?

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**Part 4: Holistic Health & Hormone Balance**

Regular \_\_\_\_\_ helps balance hormones and increases circulation to reproductive organs.

Getting enough \_\_\_\_\_ allows reproductive hormones to reset and restore.

\_\_\_\_\_ is an herb that supports the female menstrual cycle, while \_\_\_\_\_ is often used to support male vitality.

Both systems benefit from whole-food nutrition rich in \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

Emotional stress can lower levels of both \_\_\_\_\_ in males and \_\_\_\_\_ in females.

**Part 5: Emotional & Energetic Awareness**

Match the Energy Type:

- |                     |                                    |
|---------------------|------------------------------------|
| 1. Masculine Energy | A. Rhythmic, intuitive, and inward |
| 2. Feminine Energy  | B. Steady, active, and outward     |

**Part 6: Critical Thinking**

**Answer in 2–3 sentences:**

How might understanding the menstrual cycle help both males and females build empathy and respect for one another?

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What are some ways your lifestyle (sleep, food, emotions, stress) might affect your reproductive hormones, even as a teen?

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