

**Menstrual Calendar**

Name: \_\_\_\_\_

Year: \_\_\_\_\_



Record your menstrual pattern on this calendar each day, using the following symbols:

Very Heavy Flow Normal Flow Light Flow Spotting

	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	31
JAN																															
FEB																															
MAR																															
APR																															
MAY																															
JUN																															
JUL																															
AUG																															
SEP																															
OCT																															
NOV																															
DEC																															

**Call your provider if you experience:**

- \*Periods that are much heavier than usual
- \*Periods that last longer than 10 days
- \*Frequent periods (fewer than 21 days between periods)

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