

Menstrual Calendar

Use the Menstrual Calendar to keep track of any spotting or bleeding which may occur in the first few months.

Day	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
Month 1																															
Month 2																															
Month 3																															
Month 4																															
Month 5																															
Month 6																															

Patient instructions

Record your menstrual blood flow or any bleeding that occurs between periods by marking in the appropriate square (day) of the calendar, using the following guide:

● Spotting
Mark a dot

■ Heavy Flow
Fill in the box

No Bleeding
Leave blank

✕ Normal Flow
Mark an X

