




Menstrual Calendar

Name _____ Year _____

You have reached menopause when you have not had a period for 12 months. During the transition to normal to skip periods, but very frequent or heavy bleeding episodes often require an evaluation by menopause requires an evaluation by your healthcare provider.

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

Very heavy flow		Normal flow		Light flow		Spotting	•	No bleeding or spotting
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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
Jan.																						
Feb.																						
Mar.																						
Apr.																						
May																						
Jun.																						
Jul.																						
Aug.																						
Sep.																						
Oct.																						
Nov.																						
Dec.																						

Call your healthcare 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)