

PRINTABLE PERIOD TRACKER

PERIOD

Tracker

	JAN	VEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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CYCLE LENGTH	
JAN	
MAR	

NOTES

PERIOD

Tracker

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CYCLE LENGTH

JAN	VEB
MAR	APR
MAY	JUN
JUL	AUG
SEP	OCT
NOV	DEC

COLOR KEY

SPOTTING	Light Pink Heart
LIGHT FLOW	Medium Pink Heart
NORMAL FLOW	Red Heart
HEAVY FLOW	Dark Red Heart

A4
A5
US LETTER
PDF