

Very heavy flow		Normal flow		Light flow		Spotting	•
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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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)