MENSTRUAL CYCLE CHART

YEAR: _____/_____

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

To record events in a box: X = Bleeding   S = Spotting   P = Pill Taken   I = Intercourse
Divide a box in half diagonally to record two different events on the same day.

YOUR NOTES: