

Menstrual Calendar

Keeping a **menstrual cycle calendar** is an easy and effective way to stay on top of one's period patterns and promptly pinpoint abnormalities.

HOW TO START

Begin to record the **first days** of subsequent periods, using any of the following:

- Daily planner
- Wall calendar
- Downloadable PDF
- Mobile or computer calendar

To see accurate menstrual patterns, periods should be tracked for at least **3 consecutive months**.



HOW TO USE

Once you've tracked your periods for 3 months, you can use the data to get the following information:

Menstrual Cycle Length

- Counted from 1st day of one period to 1st day of next period
- Normal range: 21 – 35 days

Bleeding Days Length & Flow

- Bleeding lasts from 3 - 7 days
- Blood loss totals 60 mL per period



Ovulation

- Occurs 14 days before next period
- Compare date to ovulation symptoms for accuracy

