

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: