

Menstrual Calendar

January	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
February	29	30	31																									
March				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
April																												
May																												
June																												
July																												
August																												
Sept.																												
October																												
Nov.																												
Dec.																												

This is a menstrual calendar for any year. Write in the days of the week at the top if it helps you remember. If your period is regular, you can use this calendar to tell at a glance what day to expect it. Say your period starts on August 12. If your cycle is 28 days, your next one will start on the day directly below August 12, or September 9. If your cycle is shorter, you're get a diagonal line to the left, and if it's longer, a diagonal line to the right. If your cycle is not regular, you'll get dots all over the place.