Period Days

Mark your bleeding days on the calendar. Use your favorite coloured marker!
After a while you may notice a pattern to your monthly cycles.

Length of cycle		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
	JANUARY																															
	FEBRUARY																															
	MARCH																															
	APRIL																															
	MAY																															
	JUNE																															
	JULY																															
	AUGUST																															
	SEPTEMBER																															
	OCTOBER																															
	NOVEMBER																															
	DECEMBER																															

Do you experience certain sensations before or during your period? Mark on the calendar the days that you experience period signs like mood swings, cramps or vivid dreams. Use special symbols or letters for each sensation: C = cramps or *=dreams

At the end of each month, think about your eating habits, how much you exercised and how stressful your life has been. Is there a connection between your bleeding patterns and your life style?

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