

# Menstrual Cycle Record

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

Enter appropriate letter in proper calendar day



- S = Spotting
- B = Bleeding
- H = Heavy Bleeding
- C = Cramps





Call your clinician if you:

- haven't started your period by age 15
  - have cycle lengths (counting from first day of bleeding in one period to first day of bleeding in next period) of shorter than 21 days or longer than 45 days
  - period lasts longer than 7 days
  - soak 1 pad or tampon an hour for 2 or more consecutive hours
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