

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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Pediatric and Adolescent Gynecology
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