

Year 2000

MENSTRUAL CYCLE RECORD

IDNO _____

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																															

For every day you spot or bleed enter an S or B in the appropriate square. Record a 1, 2, 3 or 4 next to every B day.

(1: light flow, 2: moderate, 3: heavy, 4: very heavy/flooding)

For any month no bleeding or spotting occurs write in NO BLEEDING.

If you forget to record for a month write in FORGOT TO RECORD.