

Menstrual Calendar for the year _____

JAN	1	26	20	17	11	6	31	25	20	14	8	3	28	22	17
	2	27	21	18	12	7	JUN 1	26	21	15	9	4	29	23	18
	3	28	22	19	13	8	2	27	22	16	10	5	30	24	19
	4	29	23	20	14	9	3	28	23	17	11	6	31	25	20
	5	30	24	21	15	10	4	29	24	18	12	7	NOV 1	26	21
	6	31	25	22	16	11	5	30	25	19	13	8	2	27	22
	7	FEB 1	26	23	17	12	6	JUL 1	26	20	14	9	3	28	23
	8	2	27	24	18	13	7	2	27	21	15	10	4	29	24
	9	3	28	25	19	14	8	3	28	22	16	11	5	30	25
	10	4	MAR 1	26	20	15	9	4	29	23	17	12	6	DEC 1	26
	11	5	2	27	21	16	10	5	30	24	18	13	7	2	27
	12	6	3	28	22	17	11	6	31	25	19	14	8	3	28
	13	7	4	29	23	18	12	7	AUG 1	26	20	15	9	4	29
	14	8	5	30	24	19	13	8	2	27	21	16	10	5	30
	15	9	6	31	25	20	14	9	3	28	22	17	11	6	31
	16	10	7	APR 1	26	21	15	10	4	29	23	18	12	7	JAN 1
	17	11	8	2	27	22	16	11	5	30	24	19	13	8	2
	18	12	9	3	28	23	17	12	6	31	25	20	14	9	3
	19	13	10	4	29	24	18	13	7	SEP 1	26	21	15	10	4
	20	14	11	5	30	25	19	14	8	2	27	22	16	11	5
	21	15	12	6	MAY 1	26	20	15	9	3	28	23	17	12	6
	22	16	13	7	2	27	21	16	10	4	29	24	18	13	7
	23	17	14	8	3	28	22	17	11	5	30	25	19	14	8
	24	18	15	9	4	29	23	18	12	6	OCT 1	26	20	15	9
	25	19	16	10	5	30	24	19	13	7	2	27	21	16	10

25 days cycle

- A horizontal line indicates a 25 day cycle.
- A line sloping down from left to right indicates a longer cycle.
- A line sloping upwards indicates a shorter cycle.
- If there is no straight line, the cycle is variable.