

Menstrual Calendar for the year _____

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

.28 days cycle

- A horizontal line indicates a 28 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.