

Period Tracker

The Menstrual Course

YEAR: _____

	J	F	M	A	M	J	J	A	S	O	N	D
1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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PERIOD KEY:

- SPOTTING
- LIGHT
- REGULAR
- HEAVY
- CRAMPS
- TIRED
- ACNE
- HEADACHE

CYCLE MONTH:

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

NOTES:
