



Women's Health For Life, Inc.
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MENSTRUAL CALENDAR

Year	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
January																															
February																															
March																															
April																															
May																															
June																															
July																															
August																															
September																															
October																															
November																															
December																															

M – Periods
S – Spotting
H – Headaches
B – Heavy Bleeding
P – Progesterone
OC – Birth control
☺ – Intercourse

Monthly Medications
