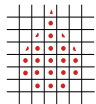


27 DAY MENSTRUAL CYCLE CHART

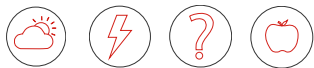
Use a new chart for every cycle, starting on day one.



Day one is the first day that you get blood, not including spotting.



Collect the charts at the end of each month so that you can look back at patterns forming.



Pay attention to your mood, your energy levels, your willingness and desire to socialise with others, your food cravings... anything that you fancy tracking!

Date: _____