

ID#

VERSION 03/01/96

Date of Receipt : ___ / ___ / ___
M D Y

MENSTRUAL CALENDAR
SEPTEMBER 1996

On each day that you bleed during the month, even if it is only a little bit, please circle the letter for the type of bleeding you experienced that day according to the following codes:

S = SPOTTING. SPOTTING means that you only bled a few drops. You may or may not need to use protection (napkin/tampon). If you used protection, your bleeding would have filled less than one regular sized napkin or tampon. You may only notice the blood when you go to the bathroom.

B = BLEEDING. BLEEDING is considered any amount more than spotting and means that you had to use protection (napkins/tampons). Bleeding includes light or regular bleeding, very heavy bleeding and/ or flooding or gushing.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1) S B	2) S B	3) S B	4) S B	5) S B	6) S B	7) S B
8) S B	9) S B	10) S B	11) S B	12) S B	13) S B	14) S B
15) S B	16) S B	17) S B	18) S B	19) S B	20) S B	21) S B
22) S B	23) S B	24) S B	25) S B	26) S B	27) S B	28) S B
29) S B	30) S B					

1 ← CHECK HERE IF YOU DID NOT SPOT OR BLEED THIS MONTH.

Please do not return the calendar before the end of the month.