

Menstrual Calendar

Name _____ Year _____

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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28												
29												
30												
31												
# of days between periods												

- Exceptionally heavy flow
- X Normal flow
- L Exceptionally light flow
- Spotting

A woman has reached menopause when she has gone 12 months in a row without a period. During the transition to menopause (called perimenopause), various changes in menstrual patterns are common and normal. But some menstrual changes should be checked out by a healthcare provider to rule out causes other than menopause.

Keep track of your menstrual pattern here. Each day, evaluate your menstrual flow, using the symbols above. If you have no flow that day, leave the block blank. Also record the number of days between your periods (the number of days from the start of one period to the start of the next).

- Call your healthcare provider if you have:
1. Periods that are heavier than usual.
 2. Periods that last longer than 7 days or 2 more days longer than usual.
 3. Frequent periods (with fewer than 21 days from the start of one period to the start of the next).
 4. Spotting or bleeding between periods.
 5. Bleeding from the vagina after intercourse.
 6. Bleeding after reaching menopause, if you are not using hormones.



This MenoNote, developed by the Consumer Education Committee of The North American Menopause Society, provides current general information but not specific medical advice. It is not intended to substitute for the judgment of an individual's healthcare provider.

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