

My Menstrual Journal

Mark each day on the calendar with the letter that corresponds with the type of bleeding. If you had none, leave that day blank.

S = Spotting

L = Light bleeding

N = Normal bleeding

H = Heavy bleeding

Use this journal to record your bleeding and discuss any changes with your doctor. Just remember to bring the journal to your next appointment.

Tell your health care provider right away if:

- You think you may be pregnant
- Your menstrual bleeding is heavy and prolonged

Month 1

S	M	T	W	Th	F	S

Month 2

S	M	T	W	Th	F	S

Month 3

S	M	T	W	Th	F	S

Month 4

S	M	T	W	Th	F	S

Month 5

S	M	T	W	Th	F	S

Month 6

S	M	T	W	Th	F	S