

Menstrual Cycle Record

Day	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	Cycle Length
JAN																																
FEB																																
MAR																																
APR																																
MAY																																
JUN																																
JUL																																
AUG																																
SEP																																
OCT																																
NOV																																
DEC																																

Enter appropriate letter in proper calendar day



- S = Spotting
- B = Bleeding
- H = Heavy Bleeding
- C = Cramps



The University of Chicago Medical Center
 Department of Obstetrics & Gynecology
 Program in Gynecology for Pediatrics,
 Adolescents and Young Women

Call for an appointment: (773) 702-6118