

Year: \_\_\_\_\_

# Period Calendar

	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																																
April																																
May																																
June																																
July																																
Aug																																
Sep																																
Oct																																
Nov																																
Dec																																

\* Take into account the leap year

## INSTRUCTIONS:

To track your cycles and make the most out of your period calendar, consider the following instructions:

- ✿ **Mark your period dates** (from the first to the last day) for at least 3 months, either highlighting them or marking them with an "X."
- ✿ **Calculate the length of your cycle:** count the number of days between the first day of one month's period until the first day of the next month's period. A healthy cycle should last between 21 to 35 days.
- ✿ **Take note of the length of your periods** (bleeding days): A healthy period should last from 3 to 7 days, with 5 being an average.
- ✿ **Predict next months' periods:** Once you know your cycle length, add that number to the first day of your last recorded period.
- ✿ **Estimate ovulation:** Once you've estimated your next period, count 14 days back from that date and mark it with the letter "O" - this is your estimated Ovulation. Highlight 5 days before it and 1 day after it - this is your Fertile Window.\*\*

\*\* For better accuracy, use the collected period data and learn to detect [ovulation signs and symptoms](#).

Also, don't forget to visit [SheCares.com](https://www.shecares.com) for more information and useful resources about your menstrual and overall health.