

## MONTHLY PERIOD TRACKER

Use this to mark the days you show, ie 's' for spot, 'l' for light, 'h' for heavy, 'f' for flooding, or whatever's easy for you. Or if you shade in the cells, you can see at a glance what's happening.

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