

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

	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

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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