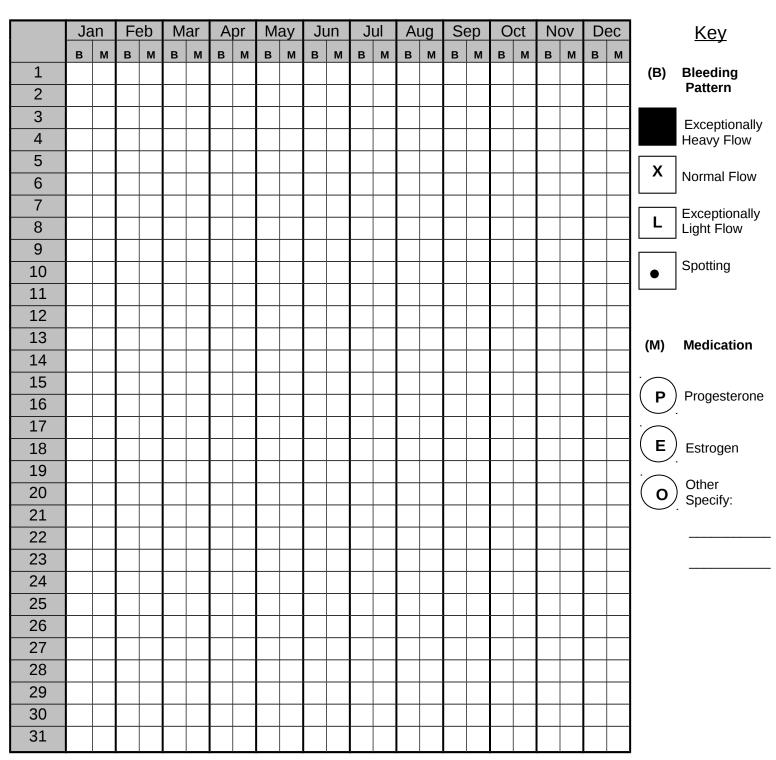


MATURE WOMEN'S CENTRE MENSTRUAL CALENDAR



Name _____

Year _____



Instructions: Using the symbols to the right, track your daily menstrual flow. If no flow, please leave block empty.

If you have any of the following, please inform your healthcare provider:

- a) Bleeding after reaching menopause, if you are not using hormones
- b) Periods that are heavier than usual.
- c) Periods lasting longer than 7 days or 2 days longer than usual
- d) Frequent periods (less than 21 days from the start of one period to the start of the next)
- e) Spotting or bleeding between periods
- f) Bleeding from the vagina after intercourse

