

## Menstrual Chart

Name:

Year:

Instructions:

1. Indicate type of menstrual flow by placing an S, L, M, or H in the box corresponding to the appropriate month and days (see key below)
2. If person does not have menstrual flow during a particular month or on a particular day, leave box blank

*Type of Menstrual flow:*

S = spotting

L = light

M = moderate

H = heavy

	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
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