

	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					
J A N																																				
F E B																																				
M A R																																				
A P R																																				
M A Y																																				
J U N E																																				
J U L Y																																				
A U G																																				
S E P T																																				
O C T																																				
N O V																																				
D E C																																				

**Legend**

**Coloured Squares:**

- Heavy           ■
- Normal         ×
- Light           /
- Spotting       ●

**Please mark in dates of vaginal bleeding as per above legend.**