What Is Normal For You?

Menstrual cycles (periods) are
different for every woman.

- Each month write down when your period began, ended and how long it lasted.
- Even if you don’t have a period, your ovary can still release an egg and you could get pregnant. Use a condom for protection against pregnancy and STDs.
- Miss your period? Questions about birth control methods? Talk to your healthcare provider.
- If you feel “wet” or have “wet spots,” you may have a vaginal discharge. If it itches, burns, has a bad odor or is cloudy or not clear in color, see your healthcare provider.

For more information call the CARE-LINE 1-800-662-7030
My Monthly Period

- **JANUARY**
  - Date Began __________ Ended __________
  - It lasted ___ days    Discharge? ___

- **FEBRUARY**
  - Date Began __________ Ended __________
  - It lasted ___ days    Discharge? ___

- **MARCH**
  - Date Began __________ Ended __________
  - It lasted ___ days    Discharge? ___

- **APRIL**
  - Date Began __________ Ended __________
  - It lasted ___ days    Discharge? ___

- **MAY**
  - Date Began __________ Ended __________
  - It lasted ___ days    Discharge? ___

- **JUNE**
  - Date Began __________ Ended __________
  - It lasted ___ days    Discharge? ___

- **JULY**
  - Date Began __________ Ended __________
  - It lasted ___ days    Discharge? ___

- **AUGUST**
  - Date Began __________ Ended __________
  - It lasted ___ days    Discharge? ___

- **SEPTEMBER**
  - Date Began __________ Ended __________
  - It lasted ___ days    Discharge? ___

- **OCTOBER**
  - Date Began __________ Ended __________
  - It lasted ___ days    Discharge? ___

- **NOVEMBER**
  - Date Began __________ Ended __________
  - It lasted ___ days    Discharge? ___

- **DECEMBER**
  - Date Began __________ Ended __________
  - It lasted ___ days    Discharge? ___