

12-Month Period Tracker

Year: _____

Mark every period day with a dot, note the flow, and add symptom letters. One row per month.

	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
January																															
February																															
March																															
April																															
May																															
June																															
July																															
August																															
September																															
October																															
November																															
December																															

Flow: ● heavy ● medium ● light ✕ spotting

Symptoms: C cramps B bloating H headache M mood changes T tender breasts F fatigue