

# LADY CALENDAR

*Write in date of first day of menstrual bleeding, and cross off bleeding days (use red ink, if desired) wherever they occur. Record pain, GI (digestive), and mood symptoms as desired (you'll have to figure out what day of your cycle it is). Record medicines you used for these. Record other sexual and fertility information as "other." Make notes on cycle at the bottom.*

day of cycle	1 date:	2	3	4	5	6	7	8	9	10
pain?										
GI?										
mood?										
rx?										
other?										

day of cycle	11	12	13	14	15	16	17	18	19	20
pain?										
GI?										
mood?										
rx?										
other?										

day of cycle	21	22	23	24	25	26	27	28	29	30
pain?										
GI?										
mood?										
rx?										
other?										

day of cycle	31	32	33	34	35	36	37	38	39	40
pain?										
GI?										
mood?										
rx?										
other?										

NOTES: