



Patient Name: _____ Date: _____

Documenting Bleeding: The Menstrual Calendar

Instructions for the Patient:

Menstrual Cycle Length:

- Instruct patients on what is normal.
- Determine a cycle's length by counting the number of days from the first day of menstrual flow (not the last) to the first day of the next menstrual flow.
- The first day of menstrual flow is defined as cycle day No. 1.

Amount of Bleeding:

- S = Spotting
- B = Bleeding
- H = Heavy Flow (passing clots or soaking through a pad or tampon every 2 hrs or less)

DAY	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	
JAN																																
FEB																																
MAR																																
APR																																
MAY																																
JUN																																
JUL																																
AUG																																
SEP																																
OCT																																
NOV																																
DEC																																

Enter appropriate letter in proper calendar day. S = Spotting B= Bleeding H = Heavy