



# Menstrual Calendar

Name \_\_\_\_\_ Year \_\_\_\_\_

You have reached menopause when you have not had a period for 12 months. During the transition to menopause (called perimenopause), it is normal to skip periods, but very frequent or heavy bleeding episodes often require an evaluation by your healthcare provider. Any bleeding after menopause requires an evaluation by your healthcare provider.

**Record your menstrual pattern on this calendar each day, using the following symbols:**

Very heavy flow		Normal flow		Light flow		Spotting	•	No bleeding or spotting	
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	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.																															

**Call your healthcare provider if you experience:**

- Periods that are much heavier than usual
- Periods that last longer than 10 days
- Frequent periods (fewer than 21 days between periods)
- Spotting or bleeding between periods
- Bleeding after sex
- Any bleeding after menopause



This *MenoNote*, developed by the Consumer Education Committee of The North American Menopause Society, provides current general information but not specific medical advice. It is not intended to substitute for the judgment of an individual's healthcare provider. Additional information can be found at [www.menopause.org](http://www.menopause.org).

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