



The Thayer Group for Women's Care, PC

1155 Alpine, Suite 230
 Boulder CO 80304
 Office: 303/443-2010
 Fax: 303/443-7882

PATIENT _____
 DOB _____
 DATE _____

MENSTRUAL RECORD CHART

Don't forget to have this chart with you when you call or visit the office.

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	Breast Exam Done (✓)				
JAN																																				
FEB																																				
MAR																																				
APR																																				
MAY																																				
JUN																																				
JUL																																				
AUG																																				
SEP																																				
OCT																																				
NOV																																				
DEC																																				

TYPE OF FLOW
 Normal Heavy
 Light Spotting

No. of days from start of period to beginning of next

Please print this Menstrual calendar and use it to track your menstrual cycle. Bring it with you to your doctor/caregiver so we can better understand your cycle. Excessive or erratic flow can be a warning to hormonal changes or to dangerous conditions. Help us to help you!!