

A TRACKING TOOL FROM HORMONAL HUB

The 12-Month *Menstrual Calendar.*

Mark each day. Use the legend below. The pattern is what your GP needs — far more than a single recall date.

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
Jan																															
Feb																															
Mar																															
Apr																															
May																															
Jun																															
Jul																															
Aug																															
Sep																															
Oct																															
Nov																															
Dec																															

LEGEND

P · Period (any flow) · **H** · Heavy day · **S** · Spotting · **O** · Ovulation (signs) · **X** · Missed pill / app issue

Take this to any hormonal appointment

Whether you're investigating PMOS, fibroids, endometriosis, perimenopause, or fertility — **twelve months of cycle data changes the conversation entirely.** Most appointments work from one recalled period date. You'll be working from a year.