

2007-2008 Menstrual Calendar

Mark the first full day of menstruation each cycle, and connect them with a line. Reading left to right, a horizontal line indicates a 28-day cycle. A line sloping up indicates a shorter cycle, a line sloping down indicates a longer cycle. If there is no line that is straight, the cycle is variable.

2007														2008													
Mon	Jan1	29	26	26	23	21	18	16	13	10	8	5	3	31	28	25	24	21	19	16	14	11	8	6	3	Dec1	
Tue	2	30	27	27	24	22	19	17	14	11	9	6	4	Jan1	29	26	25	22	20	17	15	12	9	7	4	2	
Wed	3	31	28	28	25	23	20	18	15	12	10	7	5	2	30	27	26	23	21	18	16	13	10	8	5	3	
Thu	4	Feb1	Mar1	29	26	24	21	19	16	13	11	8	6	3	31	28	27	24	22	19	17	14	11	9	6	4	
Fri	5	2	2	30	27	25	22	20	17	14	12	9	7	4	Feb1	29	28	25	23	20	18	15	12	10	7	5	
Sat	6	3	3	31	28	26	23	21	18	15	13	10	8	5	2	Mar1	29	26	24	21	19	16	13	11	8	6	
Sun	7	4	4	Apr1	29	27	24	22	19	16	14	11	9	6	3	2	30	27	25	22	20	17	14	12	9	7	
Mon	8	5	5	2	30	28	25	23	20	17	15	12	10	7	4	3	31	28	26	23	21	18	15	13	10	8	
Tue	9	6	6	3	May1	29	26	24	21	18	16	13	11	8	5	4	Apr1	29	27	24	22	19	16	14	11	9	
Wed	10	7	7	4	2	30	27	25	22	19	17	14	12	9	6	5	2	30	28	25	23	20	17	15	12	10	
Thu	11	8	8	5	3	31	28	26	23	20	18	15	13	10	7	6	3	May1	29	26	24	21	18	16	13	11	
Fri	12	9	9	6	4	Jun1	29	27	24	21	19	16	14	11	8	7	4	2	30	27	25	22	19	17	14	12	
Sat	13	10	10	7	5	2	30	28	25	22	20	17	15	12	9	8	5	3	31	28	26	23	20	18	15	13	
Sun	14	11	11	8	6	3	Jul1	29	26	23	21	18	16	13	10	9	6	4	Jun1	29	27	24	21	19	16	14	
Mon	15	12	12	9	7	4	2	30	27	24	22	19	17	14	11	10	7	5	2	30	28	25	22	20	17	15	
Tue	16	13	13	10	8	5	3	31	28	25	23	20	18	15	12	11	8	6	3	Jul1	29	26	23	21	18	16	
Wed	17	14	14	11	9	6	4	Aug1	29	26	24	21	19	16	13	12	9	7	4	2	30	27	24	22	19	17	
Thu	18	15	15	12	10	7	5	2	30	27	25	22	20	17	14	13	10	8	5	3	31	28	25	23	20	18	
Fri	19	16	16	13	11	8	6	3	31	28	26	23	21	18	15	14	11	9	6	4	Aug1	29	26	24	21	19	
Sat	20	17	17	14	12	9	7	4	Sep1	29	27	24	22	19	16	15	12	10	7	5	2	30	27	25	22	20	
Sun	21	18	18	15	13	10	8	5	2	30	28	25	23	20	17	16	13	11	8	6	3	31	28	26	23	21	
Mon	22	19	19	16	14	11	9	6	3	Oct1	29	26	24	21	18	17	14	12	9	7	4	Sep1	29	27	24	22	
Tue	23	20	20	17	15	12	10	7	4	2	30	27	25	22	19	18	15	13	10	8	5	2	30	28	25	23	
Wed	24	21	21	18	16	13	11	8	5	3	31	28	26	23	20	19	16	14	11	9	6	3	Oct1	29	26	24	
Thu	25	22	22	19	17	14	12	9	6	4	Nov1	29	27	24	21	20	17	15	12	10	7	4	2	30	27	25	
Fri	26	23	23	20	18	15	13	10	7	5	2	30	28	25	22	21	18	16	13	11	8	5	3	31	28	26	
Sat	27	24	24	21	19	16	14	11	8	6	3	Dec1	29	26	23	22	19	17	14	12	9	6	4	Nov1	29	27	
Sun	28	25	25	22	20	17	15	12	9	7	4	2	30	27	24	23	20	18	15	13	10	7	5	2	30	28	

2009-2010 Menstrual Calendar

Mark the first full day of menstruation each cycle, and connect them with a line. Reading left to right, a horizontal line indicates a 28-day cycle. A line sloping up indicates a shorter cycle, a line sloping down indicates a longer cycle. If there is no line that is straight, the cycle is variable.

2009														2010													
Mon	29	26	23	23	20	18	15	13	10	7	5	2	30	28	25	22	22	19	17	14	12	9	6	4	Nov1	29	
Tue	30	27	24	24	21	19	16	14	11	8	6	3	Dec1	29	26	23	23	20	18	15	13	10	7	5	2	30	
Wed	31	28	25	25	22	20	17	15	12	9	7	4	2	30	27	24	24	21	19	16	14	11	8	6	3	Dec1	
Thu	Jan1	29	26	26	23	21	18	16	13	10	8	5	3	31	28	25	25	22	20	17	15	12	9	7	4	2	
Fri	2	30	27	27	24	22	19	17	14	11	9	6	4	Jan1	29	26	26	23	21	18	16	13	10	8	5	3	
Sat	3	31	28	28	25	23	20	18	15	12	10	7	5	2	30	27	27	24	22	19	17	14	11	9	6	4	
Sun	4	Feb1	Mar1	29	26	24	21	19	16	13	11	8	6	3	31	28	28	25	23	20	18	15	12	10	7	5	
Mon	5	2	2	30	27	25	22	20	17	14	12	9	7	4	Feb1	Mar1	29	26	24	21	19	16	13	11	8	6	
Tue	6	3	3	31	28	26	23	21	18	15	13	10	8	5	2	2	30	27	25	22	20	17	14	12	9	7	
Wed	7	4	4	Apr1	29	27	24	22	19	16	14	11	9	6	3	3	31	28	26	23	21	18	15	13	10	8	
Thu	8	5	5	2	30	28	25	23	20	17	15	12	10	7	4	4	Apr1	29	27	24	22	19	16	14	11	9	
Fri	9	6	6	3	May1	29	26	24	21	18	16	13	11	8	5	5	2	30	28	25	23	20	17	15	12	10	
Sat	10	7	7	4	2	30	27	25	22	19	17	14	12	9	6	6	3	May1	29	26	24	21	18	16	13	11	
Sun	11	8	8	5	3	31	28	26	23	20	18	15	13	10	7	7	4	2	30	27	25	22	19	17	14	12	
Mon	12	9	9	6	4	Jun1	29	27	24	21	19	16	14	11	8	8	5	3	31	28	26	23	20	18	15	13	
Tue	13	10	10	7	5	2	30	28	25	22	20	17	15	12	9	9	6	4	Jun1	29	27	24	21	19	16	14	
Wed	14	11	11	8	6	3	Jul1	29	26	23	21	18	16	13	10	10	7	5	2	30	28	25	22	20	17	15	
Thu	15	12	12	9	7	4	2	30	27	24	22	19	17	14	11	11	8	6	3	Jul1	29	26	23	21	18	16	
Fri	16	13	13	10	8	5	3	31	28	25	23	20	18	15	12	12	9	7	4	2	30	27	24	22	19	17	
Sat	17	14	14	11	9	6	4	Aug1	29	26	24	21	19	16	13	13	10	8	5	3	31	28	25	23	20	18	
Sun	18	15	15	12	10	7	5	2	30	27	25	22	20	17	14	14	11	9	6	4	Aug1	29	26	24	21	19	
Mon	19	16	16	13	11	8	6	3	31	28	26	23	21	18	15	15	12	10	7	5	2	30	27	25	22	20	
Tue	20	17	17	14	12	9	7	4	Sep1	29	27	24	22	19	16	16	13	11	8	6	3	31	28	26	23	21	
Wed	21	18	18	15	13	10	8	5	2	30	28	25	23	20	17	17	14	12	9	7	4	Sep1	29	27	24	22	
Thu	22	19	19	16	14	11	9	6	3	Oct1	29	26	24	21	18	18	15	13	10	8	5	2	30	28	25	23	
Fri	23	20	20	17	15	12	10	7	4	2	30	27	25	22	19	19	16	14	11	9	6	3	Oct1	29	26	24	
Sat	24	21	21	18	16	13	11	8	5	3	31	28	26	23	20	20	17	15	12	10	7	4	2	30	27	25	
Sun	25	22	22	19	17	14	12	9	6	4	Nov1	29	27	24	21	21	18	16	13	11	8	5	3	31	28	26	