

# Annual Menstrual Log



**Instructions:** Fill in the squares as needed to reflect what is on your daily, weekly, or monthly logs. This can provide your provider with a clear picture of how often you are bleeding each year and provide you with an indication for treatment progress from year to year.  
*This log is meant to help you track your period and discuss your circumstances with your healthcare provider. It is not meant as medical advice.*

<b>Year:</b>	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
<b>January</b>																															
<b>February</b>																															
<b>March</b>																															
<b>April</b>																															
<b>May</b>																															
<b>June</b>																															
<b>July</b>																															
<b>August</b>																															
<b>September</b>																															
<b>October</b>																															
<b>November</b>																															
<b>December</b>																															

**Print Legend**

None	Light	Moderate	Heavy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Digital Legend**

None	Light	Moderate	Heavy
<input type="checkbox"/>	L	M	H

**Notes:**

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