

# 2003-2004 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.

	2003													2004												
WEDNESDAY	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
THURSDAY	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
FRIDAY	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
SATURDAY	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
SUNDAY	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
MONDAY	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
TUESDAY	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
WEDNESDAY	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
THURSDAY	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
FRIDAY	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
SATURDAY	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
SUNDAY	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
MONDAY	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
TUESDAY	14	11	11	8	6	3	JULY1	29	26	23	21	18	16	13	10	9	6	4	JUN1	29	27	24	21	19	16	14
WEDNESDAY	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
THURSDAY	16	13	13	10	8	5	3	31	28	25	23	20	18	15	12	11	8	6	3	JULY1	29	26	23	21	18	16
FRIDAY	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
SATURDAY	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
SUNDAY	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
MONDAY	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
TUESDAY	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
WEDNESDAY	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
THURSDAY	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
FRIDAY	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
SATURDAY	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
SUNDAY	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
MONDAY	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
TUESDAY	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