

2015-2016 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.

	2015												2016													
Mon	29	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
Tue	30	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
Wed	31	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
Thu	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
Fri	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
Sat	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
Sun	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
Mon	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
Tue	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
Wed	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
Thu	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
Fri	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
Sat	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
Sun	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
Mon	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
Tue	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
Wed	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
Thu	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
Fri	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
Sat	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
Sun	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
Mon	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
Tue	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
Wed	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
Thu	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
Fri	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
Sat	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
Sun	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

2017-2018 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.

2017												2018														
Mon	26	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
Tue	27	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
Wed	28	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
Thu	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
Fri	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
Sat	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
Sun	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
Mon	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
Tue	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
Wed	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
Thu	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
Fri	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
Sat	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
Sun	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
Mon	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
Tue	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
Wed	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
Thu	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
Fri	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
Sat	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
Sun	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
Mon	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
Tue	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
Wed	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
Thu	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
Fri	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
Sat	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
Sun	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