



**Women's Health Alliance, PA pka
Centre Ob/Gyn**

4414 Lake Boone Trail, Suite 205, Raleigh, NC 27607
781 Avent Ferry Road, Suite 106, Holly Springs, NC 27540
919-788-4444 phone • 919-788-4464 fax
www.centreobgyn.com

Menstrual Flow Chart

Patient: _____

YEAR: _____

	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	# of days from start of period to beginning of next	Brest Exam done <input checked="" type="checkbox"/>			
Jan																																				
Feb																																				
Mar																																				
Apr																																				
May																																				
Jun																																				
July																																				
Aug																																				
Sep																																				
Oct																																				
Nov																																				
Dec																																				

Don't forget to bring this chart with you when you to your appointments.

Type of Flow

- Normal N
- Light L
- Heavy H
- Spotting S