sample yearly period tracker

YEAR 2010

DAY	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
JAN																															
FEB																															
MAR																															
APR																															
MAY																															
JUN																															
JUL																															
AUG																															
SEP																															
OCT																															
NOV																															
DEC	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	R	R		B/R	B/R	B/R	R	T	T	T	T	T

★ ENTER APPROPRIATE LETTER IN PROPER CALENDAR DAY SQUARE.

KEY:
S = SPOTTING
B = BLEEDING
T = HORMONE PILL TAKEN
R = REMINDER (PLACEBO) PILL TAKEN