

SAMPLE YEARLY PERIOD TRACKER

YEAR: 2014

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	R	R	R	B ₁ /R	B ₁ /R	B ₁ /R	B ₁ /R	R	T	T	T	T		

Enter appropriate letter in proper calendar day square.
 Key: S = spotting T = hormone pill taken
 B = bleeding R = reminder (placebo) pill taken