 **Calendario Del Ciclo Menstrual**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Mes | 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 |
| Enero |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  | |  | |  |  |  | |  |  |  | |  | |  |  |  |  |  |
| Febrero |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  | |  | |  |  |  | |  |  |  | |  | |  |  |  |  |  |
| Marzo |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  | |  | |  |  |  | |  |  |  | |  | |  |  |  |  |  |
| Abril |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  | |  | |  |  |  | |  |  |  | |  | |  |  |  |  |  |
| Mayo |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  | |  | |  |  |  | |  |  |  | |  | |  |  |  |  |  |
| Junio |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  | |  | |  |  |  | |  |  |  | |  | |  |  |  |  |  |
| Julio |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  | |  | |  |  |  | |  |  |  | |  | |  |  |  |  |  |
| Agosto |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  | |  | |  |  |  | |  |  |  | |  | |  |  |  |  |  |
| Septiembre |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  | |  | |  |  |  | |  |  |  | |  | |  |  |  |  |  |
| Octubre |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  | |  | |  |  |  | |  |  |  | |  | |  |  |  |  |
| Noviembre |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  | |  | |  |  |  | |  |  |  | |  | |  |  |  |  |
| Diciembre |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  | |  | |  |  |  | |  |  |  | |  | |  |  |  |  |

Ponga una “I” para el Inicio del periodo y una “F” para el final del periodo

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Mes | Flujo | | | Acne | Hinchazon | Calambre  en el  vientre | Dolor  de  Cabeza | Constipacion | Diarrea | Cambios  de  Humor | Preocupaciones  o  Irregularidades |
|  | Ligero | Normal | Pesado |  |  |  |  |  |  |  |  |
| Enero |  |  |  |  |  |  |  |  |  |  |  |
| Febrero |  |  |  |  |  |  |  |  |  |  |  |
| Marzo |  |  |  |  |  |  |  |  |  |  |  |
| Abril |  |  |  |  |  |  |  |  |  |  |  |
| Mayo |  |  |  |  |  |  |  |  |  |  |  |
| Junio |  |  |  |  |  |  |  |  |  |  |  |
| Julio |  |  |  |  |  |  |  |  |  |  |  |
| Agosto |  |  |  |  |  |  |  |  |  |  |  |
| Septiembre |  |  |  |  |  |  |  |  |  |  |  |
| Octubre |  |  |  |  |  |  |  |  |  |  |  |
| Noviembre |  |  |  |  |  |  |  |  |  |  |  |
| Diciembre |  |  |  |  |  |  |  |  |  |  |  |