APPOINTMENT DATES

1. 5.
2. 6.
3. 7.
4. 8.

List Health Problems

Date	Health Problems

Other codes you may wish to use:

C - Cramps or pain
H - Headache
O - Depression or irritability
D - Discharge
/ - Sexual intercourse

For Users of Natural Family Planning

X - Dry day
Clo - Cloudy mucus
St - Sticky mucus
Sl - Slippery, clear mucus

Please have this chart with you when you call or visit your clinic.

Clinic Name

Provider
Clinic Phone No.

This card is provided as a public service of the North Dakota Family Planning Program, North Dakota Department of Health. SFN 10406

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DAILY RECORD OF

Name

Year

MENSTRUAL CYCLE RECORD

S = Spotting
B = Bleeding

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																															
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