

**2005-2006
Menstrual Calendar**

Mark the first full day of menstruation each cycle, and connect them with a line. Reading left to right, a horizontal line indicates a 28-day cycle. A line sloping up indicates a shorter cycle, a line sloping down indicates a longer cycle. If there is no line that is straight, the cycle is variable.

	2005													2006												
Sat	Jan1	29	26	26	23	21	18	16	13	10	8	5	3	31	28	25	25	22	20	17	15	12	9	7	4	2
Sun	2	30	27	27	24	22	19	17	14	11	9	6	4	Jan1	29	26	26	23	21	18	16	13	10	8	5	3
Mon	3	31	28	28	25	23	20	18	15	12	10	7	5	2	30	27	27	24	22	19	17	14	11	9	6	4
Tue	4	Feb1	Mar1	29	26	24	21	19	16	13	11	8	6	3	31	28	28	25	23	20	18	15	12	10	7	5
Wed	5	2	2	30	27	25	22	20	17	14	12	9	7	4	Feb1	Mar1	29	26	24	21	19	16	13	11	8	6
Thu	6	3	3	31	28	26	23	21	18	15	13	10	8	5	2	2	30	27	25	22	20	17	14	12	9	7
Fri	7	4	4	Apr1	29	27	24	22	19	16	14	11	9	6	3	3	31	28	26	23	21	18	15	13	10	8
Sat	8	5	5	2	30	28	25	23	20	17	15	12	10	7	4	4	Apr1	29	27	24	22	19	16	14	11	9
Sun	9	6	6	3	May1	29	26	24	21	18	16	13	11	8	5	5	2	30	28	25	23	20	17	15	12	10
Mon	10	7	7	4	2	30	27	25	22	19	17	14	12	9	6	6	3	May1	29	26	24	21	18	16	13	11
Tue	11	8	8	5	3	31	28	26	23	20	18	15	13	10	7	7	4	2	30	27	25	22	19	17	14	12
Wed	12	9	9	6	4	Jun1	29	27	24	21	19	16	14	11	8	8	5	3	31	28	26	23	20	18	15	13
Thu	13	10	10	7	5	2	30	28	25	22	20	17	15	12	9	9	6	4	Jun1	29	27	24	21	19	16	14
Fri	14	11	11	8	6	3	Jul1	29	26	23	21	18	16	13	10	10	7	5	2	30	28	25	22	20	17	15
Sat	15	12	12	9	7	4	2	30	27	24	22	19	17	14	11	11	8	6	3	Jul1	29	26	23	21	18	16
Sun	16	13	13	10	8	5	3	31	28	25	23	20	18	15	12	12	9	7	4	2	30	27	24	22	19	17
Mon	17	14	14	11	9	6	4	Aug1	29	26	24	21	19	16	13	13	10	8	5	3	31	28	25	23	20	18
Tue	18	15	15	12	10	7	5	2	30	27	25	22	20	17	14	14	11	9	6	4	Aug1	29	26	24	21	19
Wed	19	16	16	13	11	8	6	3	31	28	26	23	21	18	15	15	12	10	7	5	2	30	27	25	22	20
Thu	20	17	17	14	12	9	7	4	Sep1	29	27	24	22	19	16	16	13	11	8	6	3	31	28	26	23	21
Fri	21	18	18	15	13	10	8	5	2	30	28	25	23	20	17	17	14	12	9	7	4	Sep1	29	27	24	22
Sat	22	19	19	16	14	11	9	6	3	Oct1	29	26	24	21	18	18	15	13	10	8	5	2	30	28	25	23
Sun	23	20	20	17	15	12	10	7	4	2	30	27	25	22	19	19	16	14	11	9	6	3	Oct1	29	26	24
Mon	24	21	21	18	16	13	11	8	5	3	31	28	26	23	20	20	17	15	12	10	7	4	2	30	27	25
Tue	25	22	22	19	17	14	12	9	6	4	Nov1	29	27	24	21	21	18	16	13	11	8	5	3	31	28	26
Wed	26	23	23	20	18	15	13	10	7	5	2	30	28	25	22	22	19	17	14	12	9	6	4	Nov1	29	27
Thu	27	24	24	21	19	16	14	11	8	6	3	Dec1	29	26	23	23	20	18	15	13	10	7	5	2	30	28
Fri	28	25	25	22	20	17	15	12	9	7	4	2	30	27	24	24	21	19	16	14	11	8	6	3	Dec1	29