

● = flow 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																															
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Period Tracker:

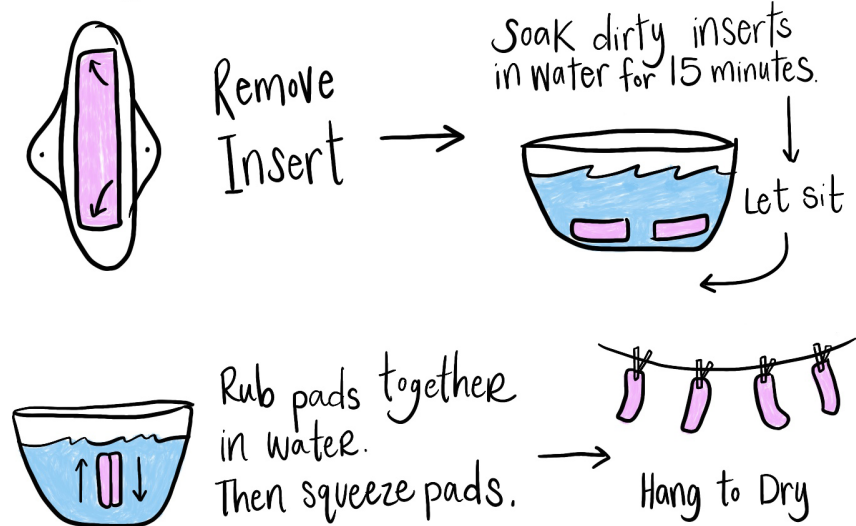
What is Menstruation?

- A monthly flow of blood through the vagina in girls and women from puberty to menopause.
- Cycle \approx 28 days
- Each cycle involves the release of an egg (ovulation) which moves into the uterus.
- Body begins to line the wall of the uterus to prepare for fertilization
- If egg is not fertilized, the lining of the uterus is shed through the vagina along with blood.
- * ALL females experience this *
- * Cramps do occur and this is normal *

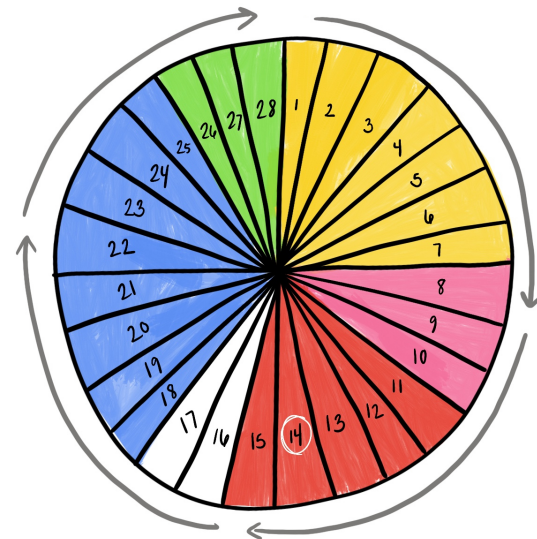
Menstruation is NOT:

- An illness or a curse
 - Shameful
 - A reason to keep girls and women from school and work.
- * God made our bodies this way! Every woman in the entire world experiences this!

Cleaning:



Cycle Guide



- Menstruation (3-7 days)
- Lining of womb thickens in preparation of egg
- Fertility Phase (Day 14 = ovulation)
- If fertilization has not taken place, the lining fades away
- The uterine lining detaches leading to menstruation (your period)