



Period Tracker



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

TIPS:

- Blood flow can be light (spotting), medium (using 2-4 pads a day) or heavy (filling 5 pads or more a day).
- Periods should last 2-7 days. If yours are lasting longer, reach out to your doctor for a check in,
- The average period comes every 28 days, but up to 38 is still normal!
- Irregular periods are common during the first few years of menstruation
- If you experience pain, take Ibuprofen (Advil, Motrin) 200mg: take two tablets by mouth every 8 hours always with a meal. This helps with pain and reduces cramps/bleeding.

NOTES:

WANT TO TALK TO
A DOCTOR WHO
UNDERSTANDS YOU?
MAKE AN
APPOINTMENT TODAY!

1-800-409-2729

INFO@IAMBOUNDLESS.ORG