

What Is Normal For You?

Menstrual cycles (periods) are different for every woman.

- Each month write down when your period began, ended and how long it lasted.
- Even if you don't have a period, your ovary can still release an egg and you could get pregnant. Use a condom for protection against pregnancy and STDs.
- Miss your period? Questions about birth control methods? Talk to your health-care provider.
- If you feel "wet" or have "wet spots," you may have a vaginal discharge. If it itches, burns, has a bad odor or is cloudy or not clear in color, see your healthcare provider.

For more information call
the North Carolina Family Health
Resource Line
1-800-367-2229



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Private Matters

Private Matters



My Monthly Period

● JANUARY

Date Began _____ Ended _____

It lasted ____ days Discharge? ____

● FEBRUARY

Date Began _____ Ended _____

It lasted ____ days Discharge? ____

● MARCH

Date Began _____ Ended _____

It lasted ____ days Discharge? ____

● APRIL

Date Began _____ Ended _____

It lasted ____ days Discharge? ____

● MAY

Date Began _____ Ended _____

It lasted ____ days Discharge? ____

● JUNE

Date Began _____ Ended _____

It lasted ____ days Discharge? ____

● JULY

Date Began _____ Ended _____

It lasted ____ days Discharge? ____

● AUGUST

Date Began _____ Ended _____

It lasted ____ days Discharge? ____

● SEPTEMBER

Date Began _____ Ended _____

It lasted ____ days Discharge? ____

● OCTOBER

Date Began _____ Ended _____

It lasted ____ days Discharge? ____

● NOVEMBER

Date Began _____ Ended _____

It lasted ____ days Discharge? ____

● DECEMBER

Date Began _____ Ended _____

It lasted ____ days Discharge? ____