

ANIMAL CROSSING PERIOD TRACKER



week one

jan 1-7

you can have as few as 150 or as many as 450 periods in your lifetime!

1

SHOWS

FLOW

L M H

2

SHOWS

FLOW

L M H

3

SHOWS

FLOW

L M H

4

SHOWS

FLOW

L M H

5

SHOWS

FLOW

L M H

6

SHOWS

FLOW

L M H

7

SHOWS

FLOW

L M H



week two

jan 7-14

8

SHOWS Y M

FLOW

L M H

9

SHOWS Y M

FLOW

L M H

10

SHOWS Y M

FLOW

L M H

11

SHOWS Y M

FLOW

L M H

12

SHOWS Y M

FLOW

L M H

13

SHOWS Y M

FLOW

L M H

14

SHOWS Y M

FLOW

L M H



week three

jan 14-21

15

SHOWS ^Y ^N

FLOW

L M H

16

SHOWS ^Y ^N

FLOW

L M H

17

SHOWS ^Y ^N

FLOW

L M H

18

SHOWS ^Y ^N

FLOW

L M H

19

SHOWS ^Y ^N

FLOW

L M H

20

SHOWS ^Y ^N

FLOW

L M H

21

SHOWS ^Y ^N

FLOW

L M H



week four

jan 21-28

you are born
with all the
eggs you will
ever have!

~



22

SHOWS

FLOW

L M H

23

SHOWS

FLOW

L M H

24

SHOWS

FLOW

L M H

25

SHOWS

FLOW

L M H

26

SHOWS

FLOW

L M H

27

SHOWS

FLOW

L M H

28

SHOWS

FLOW

L M H

week five

29

SHOWS

FLOW

L M H

30

SHOWS

FLOW

L M H

31

SHOWS

FLOW

L M H

1

SHOWS

FLOW

L M H

2

SHOWS

FLOW

L M H

3

SHOWS

FLOW

L M H

4

SHOWS

FLOW

L M H



week six

feb 4-11

⁵ SHOWS \checkmark \checkmark
FLOWS
L M H

⁶ SHOWS \checkmark \checkmark
FLOWS
L M H

⁷ SHOWS \checkmark \checkmark
FLOWS
L M H

⁸ SHOWS \checkmark \checkmark
FLOWS
L M H

⁹ SHOWS \checkmark \checkmark
FLOWS
L M H

¹⁰ SHOWS \checkmark \checkmark
FLOWS
L M H

¹¹ SHOWS \checkmark \checkmark
FLOWS
L M H



week seven

feb 11 - 18

12

SHOWS \checkmark \checkmark

FLOW

L M H

13

SHOWS \checkmark \checkmark

FLOW

L M H

14

SHOWS \checkmark \checkmark

FLOW

L M H

15

SHOWS \checkmark \checkmark

FLOW

L M H

16

SHOWS \checkmark \checkmark

FLOW

L M H

17

SHOWS \checkmark \checkmark

FLOW

L M H

18

SHOWS \checkmark \checkmark

FLOW

L M H



week eight

feb 18-25

19

SHOWS

FLOW

L M H

20

SHOWS

FLOW

L M H

21

SHOWS

FLOW

L M H

22

SHOWS

FLOW

L M H

23

SHOWS

FLOW

L M H

24

SHOWS

FLOW

L M H

25

SHOWS

FLOW

L M H

Uh... i don't
know much about
this... but i think
your period makes you
crave certain foods

l



week nine

26

SHOWS $\overset{Y}{\square} \overset{N}{\square}$

FLOW

L M H

27

SHOWS $\overset{Y}{\square} \overset{N}{\square}$

FLOW

L M H

28

SHOWS $\overset{Y}{\square} \overset{N}{\square}$

FLOW

L M H

1

SHOWS $\overset{Y}{\square} \overset{N}{\square}$

FLOW

L M H

2

SHOWS $\overset{Y}{\square} \overset{N}{\square}$

FLOW

L M H

3

SHOWS $\overset{Y}{\square} \overset{N}{\square}$

FLOW

L M H

4

SHOWS $\overset{Y}{\square} \overset{N}{\square}$

FLOW

L M H



week ten

March 4-11

5 SHOWS \checkmark \checkmark

FLOW
L M H

6 SHOWS \checkmark \checkmark

FLOW
L M H

7 SHOWS \checkmark \checkmark

FLOW
L M H

8 SHOWS \checkmark \checkmark

FLOW
L M H

9 SHOWS \checkmark \checkmark

FLOW
L M H

10 SHOWS \checkmark \checkmark

FLOW
L M H

11 SHOWS \checkmark \checkmark

FLOW
L M H



week eleven

march 11-18

12

SHOWS \checkmark \checkmark

FLOW

L M H

13

SHOWS \checkmark \checkmark

FLOW

L M H

14

SHOWS \checkmark \checkmark

FLOW

L M H

15

SHOWS \checkmark \checkmark

FLOW

L M H

16

SHOWS \checkmark \checkmark

FLOW

L M H

17

SHOWS \checkmark \checkmark

FLOW

L M H

18

SHOWS \checkmark \checkmark

FLOW

L M H



week twelve

19
SHOWS ◻ ◻
FLOW
L M F

20
SHOWS ◻ ◻
FLOW
L M F

21
SHOWS ◻ ◻
FLOW
L M F

22
SHOWS ◻ ◻
FLOW
L M F

23
SHOWS ◻ ◻
FLOW
L M F

SHOWS ◻ ◻
FLOW
L M F

24
SHOWS ◻ ◻
FLOW
L M F

you only lose
1-2 tablespoons
of blood each
month, even
though it seems
like more.



week thirteen

march 24-31

25

SHOWS $\overset{y}{\square}$ $\overset{n}{\square}$

FLOW

L M H

26

SHOWS $\overset{y}{\square}$ $\overset{n}{\square}$

FLOW

L M H

27

SHOWS $\overset{y}{\square}$ $\overset{n}{\square}$

FLOW

L M H

28

SHOWS $\overset{y}{\square}$ $\overset{n}{\square}$

FLOW

L M H

29

SHOWS $\overset{y}{\square}$ $\overset{n}{\square}$

FLOW

L M H

30

SHOWS $\overset{y}{\square}$ $\overset{n}{\square}$

FLOW

L M H

31

SHOWS $\overset{y}{\square}$ $\overset{n}{\square}$

FLOW

L M H



week fourteen

april 1-7

1
SHOWS \checkmark \checkmark
FLOW
L M H

2
SHOWS \checkmark \checkmark
FLOW
L M H

3
SHOWS \checkmark \checkmark
FLOW
L M H

4
SHOWS \checkmark \checkmark
FLOW
L M H

5
SHOWS \checkmark \checkmark
FLOW
L M H

6
SHOWS \checkmark \checkmark
FLOW
L M H

7
SHOWS \checkmark \checkmark
FLOW
L M H



Week Fifteen

April 7-14

8
SHOWS $\overset{y}{\square}$ $\overset{n}{\square}$

FLOW

L M H

9
SHOWS $\overset{y}{\square}$ $\overset{n}{\square}$

FLOW

L M H

10
SHOWS $\overset{y}{\square}$ $\overset{n}{\square}$

FLOW

L M H

11
SHOWS $\overset{y}{\square}$ $\overset{n}{\square}$

FLOW

L M H

12
SHOWS $\overset{y}{\square}$ $\overset{n}{\square}$

FLOW

L M H

13
SHOWS $\overset{y}{\square}$ $\overset{n}{\square}$

FLOW

L M H

14
SHOWS $\overset{y}{\square}$ $\overset{n}{\square}$

FLOW

L M H



Week Sixteen

April 14-21

15
SHOWS ☐☐

FLOW
L M H

16
SHOWS ☐☐

FLOW
L M H

17
SHOWS ☐☐

FLOW
L M H

18
SHOWS ☐☐

FLOW
L M H

19
SHOWS ☐☐

FLOW
L M H

20
SHOWS ☐☐

FLOW
L M H

21
SHOWS ☐☐

FLOW
L M H

you may go
through 15,000
period products
in your life!



week seventeen

april 22-28

22
SHOWS

FLOW

L M H

23
SHOWS

FLOW

L M H

24
SHOWS

FLOW

L M H

25
SHOWS

FLOW

L M H

26
SHOWS

FLOW

L M H

27
SHOWS

FLOW

L M H

28
SHOWS

FLOW

L M H



week eighteen

29

SHOWS \checkmark \checkmark
FLOW
L M H

30

SHOWS \checkmark \checkmark
FLOW
L M H

1

SHOWS \checkmark \checkmark
FLOW
L M H

2

SHOWS \checkmark \checkmark
FLOW
L M H

3

SHOWS \checkmark \checkmark
FLOW
L M H

4

SHOWS \checkmark \checkmark
FLOW
L M H

5

SHOWS \checkmark \checkmark
FLOW
L M H



week nineteen

may 5-12

6
SHOWS ☐ ☐
FLOW
L M H

7
SHOWS ☐ ☐
FLOW
L M H

8
SHOWS ☐ ☐
FLOW
L M H

9
SHOWS ☐ ☐
FLOW
L M H

10
SHOWS ☐ ☐
FLOW
L M H

11
SHOWS ☐ ☐
FLOW
L M H

12
SHOWS ☐ ☐
FLOW
L M H



week twenty

13

SHOWS $\overset{y}{\square} \overset{z}{\square}$
FLOW
L M H

14

SHOWS $\overset{y}{\square} \overset{z}{\square}$
FLOW
L M H

15

SHOWS $\overset{y}{\square} \overset{z}{\square}$
FLOW
L M H

Tampons were
invented by
a !guy! in
1931.

16

SHOWS $\overset{y}{\square} \overset{z}{\square}$
FLOW
L M H

17

SHOWS $\overset{y}{\square} \overset{z}{\square}$
FLOW
L M H

18

SHOWS $\overset{y}{\square} \overset{z}{\square}$
FLOW
L M H

19

SHOWS $\overset{y}{\square} \overset{z}{\square}$
FLOW
L M H



week twenty one

may 19-26

20

SHOWS ǎǎ

FLOW

L M H

21

SHOWS ǎǎ

FLOW

L M H

22

SHOWS ǎǎ

FLOW

L M H

23

SHOWS ǎǎ

FLOW

L M H

24

SHOWS ǎǎ

FLOW

L M H

25

SHOWS ǎǎ

FLOW

L M H

26

SHOWS ǎǎ

FLOW

L M H



week twenty two

27

SHOWS ǎǎ

FLOW

L M H

28

SHOWS ǎǎ

FLOW

L M H

29

SHOWS ǎǎ

FLOW

L M H

30

SHOWS ǎǎ

FLOW

L M H

31

SHOWS ǎǎ

FLOW

L M H

1

SHOWS ǎǎ

FLOW

L M H

2

SHOWS ǎǎ

FLOW

L M H



week twenty three

June 3-9

3

SHOWS \checkmark \checkmark

FLOW

L M H

4

SHOWS \checkmark \checkmark

FLOW

L M H

5

SHOWS \checkmark \checkmark

FLOW

L M H

6

SHOWS \checkmark \checkmark

FLOW

L M H

7

SHOWS \checkmark \checkmark

FLOW

L M H

8

SHOWS \checkmark \checkmark

FLOW

L M H

9

SHOWS \checkmark \checkmark

FLOW

L M H



WEEK TWENTY FOUR

June 10-16

Cold weather can make your periods longer and heavier.

⌋



10

SHOWS \checkmark \checkmark

FLOW

L M H

11

SHOWS \checkmark \checkmark

FLOW

L M H

12

SHOWS \checkmark \checkmark

FLOW

L M H

13

SHOWS \checkmark \checkmark

FLOW

L M H

14

SHOWS \checkmark \checkmark

FLOW

L M H

15

SHOWS \checkmark \checkmark

FLOW

L M H,

16

SHOWS \checkmark \checkmark

FLOW

L M H

Week twenty five

June 17-23

17

SHOWS \checkmark \square

FLOW

L M H

18

SHOWS \checkmark \square

FLOW

L M H

19

SHOWS \checkmark \square

FLOW

L M H

20

SHOWS \checkmark \square

FLOW

L M H

21

SHOWS \checkmark \square

FLOW

L M H

22

SHOWS \checkmark \square

FLOW

L M H!

23

SHOWS \checkmark \square

FLOW

L M H



week twenty six

June 24-30

24

SHOWS \checkmark \checkmark

FLOW

L M H

25

SHOWS \checkmark \checkmark

FLOW

L M H

26

SHOWS \checkmark \checkmark

FLOW

L M H

27

SHOWS \checkmark \checkmark

FLOW

L M H

28

SHOWS \checkmark \checkmark

FLOW

L M H

29

SHOWS \checkmark \checkmark

FLOW

L M H!

30

SHOWS \checkmark \checkmark

FLOW

L M H



week twenty seven

july 1-7

1
SHOWS \checkmark \checkmark
FLOW
L M H

2
SHOWS \checkmark \checkmark
FLOW
L M H

3
SHOWS \checkmark \checkmark
FLOW
L M H

4
SHOWS \checkmark \checkmark
FLOW
L M H

5
SHOWS \checkmark \checkmark
FLOW
L M H

6
SHOWS \checkmark \checkmark
FLOW
L M H'

7
SHOWS \checkmark \checkmark
FLOW
L M H



Week twenty eight

July 8-14

8
SHOWS \checkmark \checkmark
FLOW
L M H

9
SHOWS \checkmark \checkmark
FLOW
L M H

10
SHOWS \checkmark \checkmark
FLOW
L M H

11
SHOWS \checkmark \checkmark
FLOW
L M H

12
SHOWS \checkmark \checkmark
FLOW
L M H

13
SHOWS \checkmark \checkmark
FLOW
L M H I

14
SHOWS \checkmark \checkmark
FLOW
L M H

In the 1800's,
most girls got their
periods at 17, com-
pared to an average
of 12 or 13
now.

⌋



week twenty nine

July 15-21

15

SHOWS \checkmark \checkmark

FLOW

L M H

16

SHOWS \checkmark \checkmark

FLOW

L M H

17

SHOWS \checkmark \checkmark

FLOW

L M H

18

SHOWS \checkmark \checkmark

FLOW

L M H

19

SHOWS \checkmark \checkmark

FLOW

L M H

20

SHOWS \checkmark \checkmark

FLOW

L M H

21

SHOWS \checkmark \checkmark

FLOW

L M H



Week thirty

July 22-28

22

SHOWS \checkmark \checkmark

FLOW

L M H

23

SHOWS \checkmark \checkmark

FLOW

L M H

24

SHOWS \checkmark \checkmark

FLOW

L M H

25

SHOWS \checkmark \checkmark

FLOW

L M H

26

SHOWS \checkmark \checkmark

FLOW

L M H

27

SHOWS \checkmark \checkmark

FLOW

L M H

28

SHOWS \checkmark \checkmark

FLOW

L M H



week thirty one

29

SHOWS \checkmark \checkmark

FLOW

L M H

30

SHOWS \checkmark \checkmark

FLOW

L M H

31

SHOWS \checkmark \checkmark

FLOW

L M H

1

SHOWS \checkmark \checkmark

FLOW

L M H

2

SHOWS \checkmark \checkmark

FLOW

L M H

3

SHOWS \checkmark \checkmark

FLOW

L M H

4

SHOWS \checkmark \checkmark

FLOW

L M H



week thirty two

august 5-11

5
SHOWS \checkmark \square
FLOW
L M H

6
SHOWS \checkmark \square
FLOW
L M H

7
SHOWS \checkmark \square
FLOW
L M H

8
SHOWS \checkmark \square
FLOW
L M H

9
SHOWS \checkmark \square
FLOW
L M H

10
SHOWS \checkmark \square
FLOW
L M H

11
SHOWS \checkmark \square
FLOW
L M H

Scented pads & tampons can cause irritation. Stay natural!



week thirty three

august 12-18

12
SHOWS \checkmark \checkmark
FLOW
L M H

13
SHOWS \checkmark \checkmark
FLOW
L M H

14
SHOWS \checkmark \checkmark
FLOW
L M H

15
SHOWS \checkmark \checkmark
FLOW
L M H

16
SHOWS \checkmark \checkmark
FLOW
L M H

17
SHOWS \checkmark \checkmark
FLOW
L M HI

18
SHOWS \checkmark \checkmark
FLOW
L M H



week thirty four

august 19-25

19

SHOWS \checkmark \checkmark^N

FLOW

L M H

20

SHOWS \checkmark \checkmark^N

FLOW

L M H

21

SHOWS \checkmark \checkmark^N

FLOW

L M H

22

SHOWS \checkmark \checkmark^N

FLOW

L M H

23

SHOWS \checkmark \checkmark^N

FLOW

L M H

24

SHOWS \checkmark \checkmark^N

FLOW

L M H¹

25

SHOWS \checkmark \checkmark^N

FLOW

L M H



week thirty five

26

SHOWS ǎ ǎ̂

FLOW

L M H

27

SHOWS ǎ ǎ̂

FLOW

L M H

28

SHOWS ǎ ǎ̂

FLOW

L M H

29

SHOWS ǎ ǎ̂

FLOW

L M H

30

SHOWS ǎ ǎ̂

FLOW

L M H

1

SHOWS ǎ ǎ̂

FLOW

L M H

2

SHOWS ǎ ǎ̂

FLOW

L M H



Week thirty Six

September 3-9

Stress can make your cramps worse. yoga, meditation, or a hot bath can help you feel better!

3

SHOWS  

FLOW

L M H

4

SHOWS  

FLOW

L M H

5

SHOWS  

FLOW

L M H

6

SHOWS  

FLOW

L M H

7

SHOWS  

FLOW

L M H

8

SHOWS  

FLOW

L M H

9

SHOWS  

FLOW

L M H

L



week thirty seven

September 10 - 16

10

SHOWS \checkmark \checkmark

FLOW

L M H

11

SHOWS \checkmark \checkmark

FLOW

L M H

12

SHOWS \checkmark \checkmark

FLOW

L M H

13

SHOWS \checkmark \checkmark

FLOW

L M H

14

SHOWS \checkmark \checkmark

FLOW

L M H

15

SHOWS \checkmark \checkmark

FLOW

L M H

16

SHOWS \checkmark \checkmark

FLOW

L M H



week thirty eight

September 17-23

17

SHOWS \checkmark \checkmark

FLOW

L M H

18

SHOWS \checkmark \checkmark

FLOW

L M H

19

SHOWS \checkmark \checkmark

FLOW

L M H

20

SHOWS \checkmark \checkmark

FLOW

L M H

21

SHOWS \checkmark \checkmark

FLOW

L M H

22

SHOWS \checkmark \checkmark

FLOW

L M H

23

SHOWS \checkmark \checkmark

FLOW

L M H



week thirty nine

September 23-29

23

SHOWS \checkmark \checkmark

FLOW

L M H

24

SHOWS \checkmark \checkmark

FLOW

L M H

25

SHOWS \checkmark \checkmark

FLOW

L M H

26

SHOWS \checkmark \checkmark

FLOW

L M H

27

SHOWS \checkmark \checkmark

FLOW

L M H

28

SHOWS \checkmark \checkmark

FLOW

L M H

29

SHOWS \checkmark \checkmark

FLOW

L M H



week forty

Check in with your doctor if you haven't started menstruating by age 16.

30

SHOWS \checkmark \checkmark

FLOW

L M H

1

SHOWS \checkmark \checkmark

FLOW

L M H

2

SHOWS \checkmark \checkmark

FLOW

L M H

3

SHOWS \checkmark \checkmark

FLOW

L M H

4

SHOWS \checkmark \checkmark

FLOW

L M H

5

SHOWS \checkmark \checkmark

FLOW

L M H

6

SHOWS \checkmark \checkmark

FLOW

L M H



week forty one

october 7-13

7

SHOWS \checkmark \checkmark

FLOW

L M H

8

SHOWS \checkmark \checkmark

FLOW

L M H

9

SHOWS \checkmark \checkmark

FLOW

L M H

10

SHOWS \checkmark \checkmark

FLOW

L M H

11

SHOWS \checkmark \checkmark

FLOW

L M H

12

SHOWS \checkmark \checkmark

FLOW

L M H

13

SHOWS \checkmark \checkmark

FLOW

L M H



week forty two

october 14-20

14
SHOWS \checkmark \checkmark

FLOW
L M H

15
SHOWS \checkmark \checkmark

FLOW
L M H

16
SHOWS \checkmark \checkmark

FLOW
L M H

17
SHOWS \checkmark \checkmark

FLOW
L M H

18
SHOWS \checkmark \checkmark

FLOW
L M H

19
SHOWS \checkmark \checkmark

FLOW
L M H |

20
SHOWS \checkmark \checkmark

FLOW
L M H



week forty three

October 21 - 27

21

SHOWS \checkmark \checkmark

FLOW

L M H

22

SHOWS \checkmark \checkmark

FLOW

L M H

23

SHOWS \checkmark \checkmark

FLOW

L M H

24

SHOWS \checkmark \checkmark

FLOW

L M H

25

SHOWS \checkmark \checkmark

FLOW

L M H

26

SHOWS \checkmark \checkmark

FLOW

L M H!

27

SHOWS \checkmark \checkmark

FLOW

L M H



week forty four

28

SHOWS \checkmark \checkmark

FLOW

L M H

29

SHOWS \checkmark \checkmark

FLOW

L M H

30

SHOWS \checkmark \checkmark

FLOW

L M H

31

SHOWS \checkmark \checkmark

FLOW

L M H

1

SHOWS \checkmark \checkmark

FLOW

L M H

2

SHOWS \checkmark \checkmark

FLOW

L M H!

3

SHOWS \checkmark \checkmark

FLOW

L M H

your period isn't just blood. It's actually a mix of blood, mucus, and tissue from your uterus. YUCK!



Week forty five

november 4-10

4

SHOWS \checkmark \checkmark

FLOW

L M H

5

SHOWS \checkmark \checkmark

FLOW

L M H

6

SHOWS \checkmark \checkmark

FLOW

L M H

7

SHOWS \checkmark \checkmark

FLOW

L M H

8

SHOWS \checkmark \checkmark

FLOW

L M H

9

SHOWS \checkmark \checkmark

FLOW

L M H

10

SHOWS \checkmark \checkmark

FLOW

L M H



week forty six

november 11-17

11

SHOWS \checkmark \checkmark

FLOW

L M H

12

SHOWS \checkmark \checkmark

FLOW

L M H

13

SHOWS \checkmark \checkmark

FLOW

L M H

14

SHOWS \checkmark \checkmark

FLOW

L M H

15

SHOWS \checkmark \checkmark

FLOW

L M H

16

SHOWS \checkmark \checkmark

FLOW

L M H

17

SHOWS \checkmark \checkmark

FLOW

L M H



Week forty seven

november 18-25

18

SHOWS \checkmark \checkmark

FLOW

L M H

19

SHOWS \checkmark \checkmark

FLOW

L M H

20

SHOWS \checkmark \checkmark

FLOW

L M H

22

SHOWS \checkmark \checkmark

FLOW

L M H

23

SHOWS \checkmark \checkmark

FLOW

L M H

24

SHOWS \checkmark \checkmark

FLOW

L M H

25

SHOWS \checkmark \checkmark

FLOW

L M H



week forty eight

26
SHOWS \checkmark \checkmark
FLOW
L M H

27
SHOWS \checkmark \checkmark
FLOW
L M H

28
SHOWS \checkmark \checkmark
FLOW
L M H

29
SHOWS \checkmark \checkmark
FLOW
L M H

30
SHOWS \checkmark \checkmark
FLOW
L M H

1
SHOWS \checkmark \checkmark
FLOW
L M H |

2
SHOWS \checkmark \checkmark
FLOW
L M H

during your period, your voice might sound rougher. So you might be a little "horse"!



week forty nine

december 3-9

3
SHOWS \checkmark \checkmark
FLOW
L M H

4
SHOWS \checkmark \checkmark
FLOW
L M H

5
SHOWS \checkmark \checkmark
FLOW
L M H

6
SHOWS \checkmark \checkmark
FLOW
L M H

7
SHOWS \checkmark \checkmark
FLOW
L M H

8
SHOWS \checkmark \checkmark
FLOW
L M H I

9
SHOWS \checkmark \checkmark
FLOW
L M H



Week Fifty

December 10-16

10 SHOWS \checkmark \checkmark

FLOW
L M H

11 SHOWS \checkmark \checkmark

FLOW
L M H

12 SHOWS \checkmark \checkmark

FLOW
L M H

13 SHOWS \checkmark \checkmark

FLOW
L M H

14 SHOWS \checkmark \checkmark

FLOW
L M H

15 SHOWS \checkmark \checkmark

FLOW
L M HI

16 SHOWS \checkmark \checkmark

FLOW
L M H

Consider trying a menstrual cup or disk. you'll have to change them less often, and they are more eco-friendly!

⌋



week fifty one

december 17-23

17
SHOWS \checkmark \square
FLOW
L M H

18
SHOWS \checkmark \square
FLOW
L M H

19
SHOWS \checkmark \square
FLOW
L M H

20
SHOWS \checkmark \square
FLOW
L M H

21
SHOWS \checkmark \square
FLOW
L M H

22
SHOWS \checkmark \square
FLOW
L M H

23
SHOWS \checkmark \square
FLOW
L M H



week fifty two

december 24-31

24

SHOWS \checkmark \checkmark

FLOW

L M H

25

SHOWS \checkmark \checkmark

FLOW

L M H

26

SHOWS \checkmark \checkmark

FLOW

L M H

27

SHOWS \checkmark \checkmark

FLOW

L M H

28

SHOWS \checkmark \checkmark

FLOW

L M H

29

SHOWS \checkmark \checkmark

FLOW

L M H

30

SHOWS \checkmark \checkmark

FLOW

L M H

31

SHOWS \checkmark \checkmark

FLOW

L M H

the average age
that a woman
stops her period
is 51.



