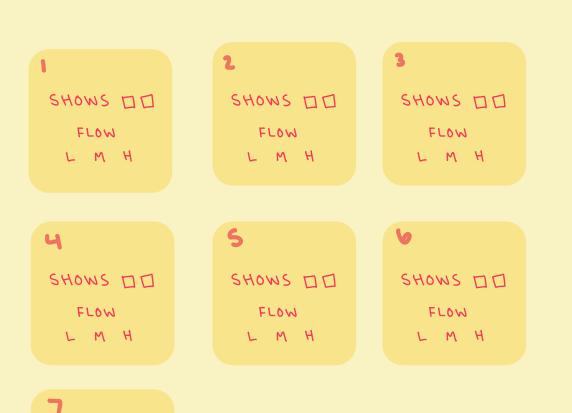
# ANIMAL CROSSING PERIOD TRACKER



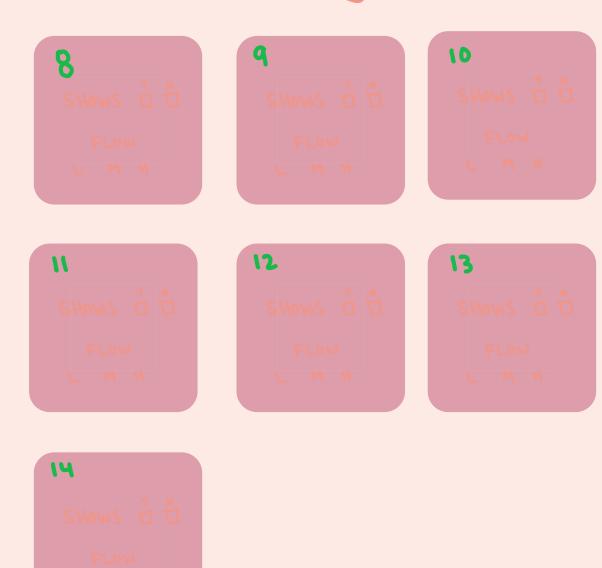
#### week one jan 1-7



SHOWS DD

FLOW L M H you can have as few as 150 or as many as 450 periods in your life-time!

week twojan 7-14





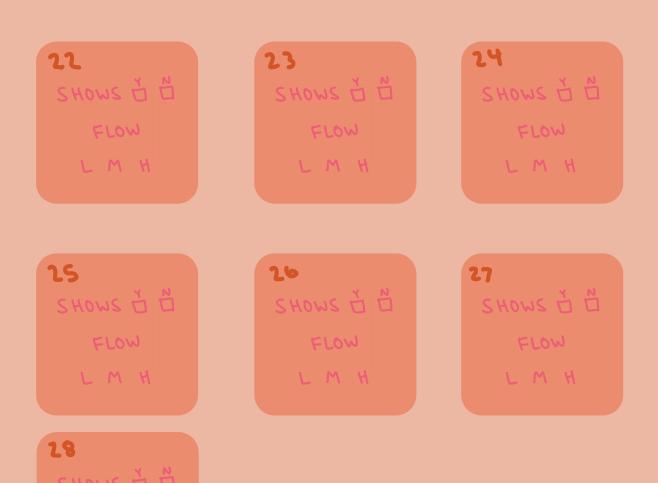
#### week three jan 14-21



FLOW



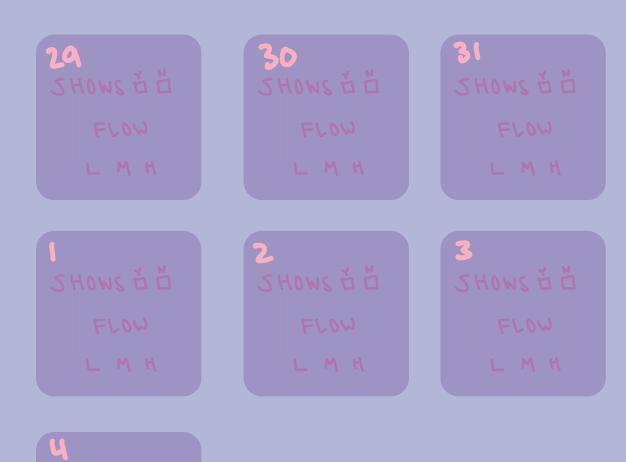
#### week four jan 21-28



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



## week five



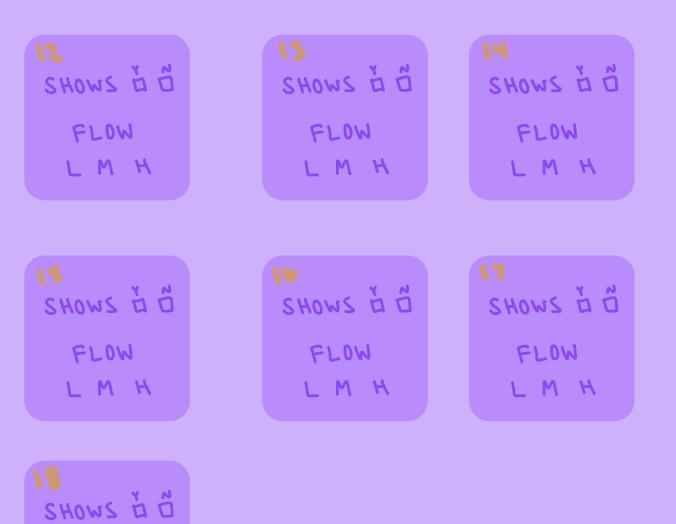


FLOW

#### week six fcb 4-11

SHOWSÖÖ FLOWS LMH	b SHOWS Č Č FLOWS L M H	7 SHOWS ČI ČI FLOWS L M H	
8 SHOWS ČI ČI FLOWS LMH	Q SHOWS ČI ČI FLOWS L M H	IO SHOWS ČI ČI FLOWS L M H	
II SHOWS ČI ČI FLOWS LMH			

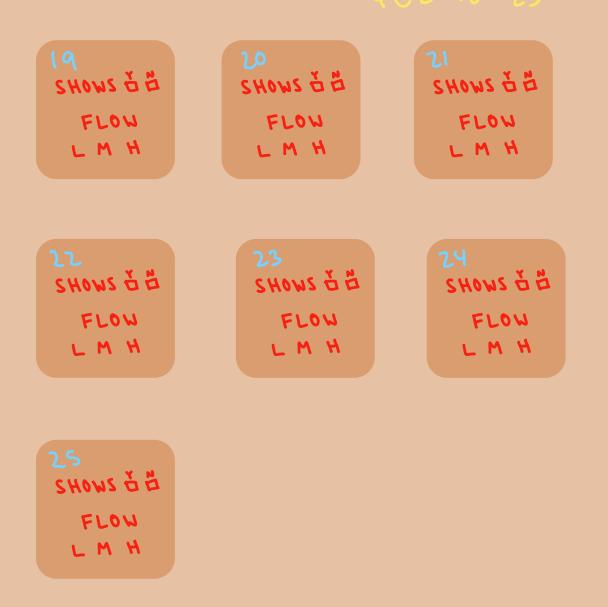
# week seven



FLOW



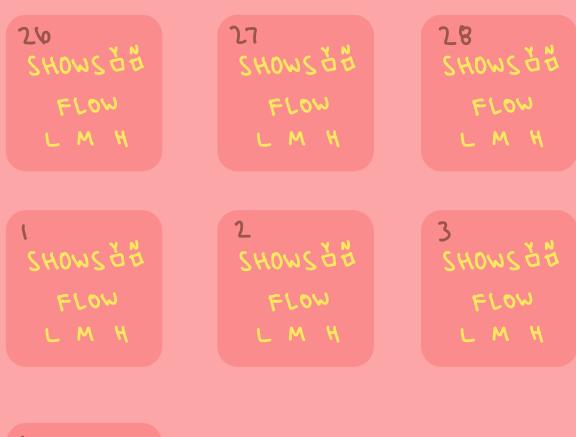
### week eight



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



### week nine



Ч SHOWSÄÄ FLOW LMH



# weekten

SHOWS & B FLOW L M H	SHOWS & B FLOW L M H	7 SHOWS & D FLOW L M H
8 SHOWS & B FLOW L M H	9 SHOWS Š B FLOW L M H	10 SHOWS & D FLOW L M H
11 SHOWS首日 FLOW L M H		

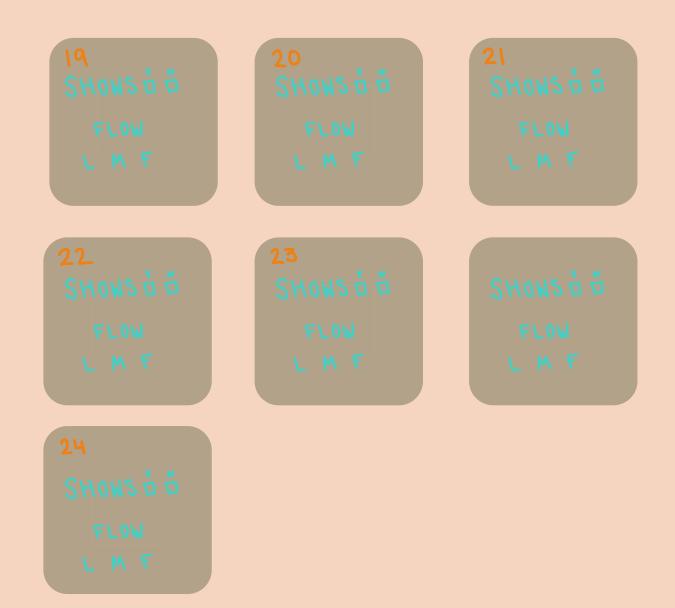


# march 11-18

12	13	14
SHOWS 66	SHOWS 66	SHOWS 11
FLOW	FLOW	FLOW
L M H	L M H	L M H
15	16	17
SHOWS 18	SHOWS 18	SHOWS LA
FLOW	FLOW	FLOW
L M H	L M H	L M H
18 SHOWS 11 FLOW L M H		



## week tweive



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



#### week thirteen march 24-31

25 SHOWS de de la FLOW L M H	26 SHOWS III FLOW L-M-H	27 SHOWS de de la companya de la com
28	29	зо
SHOWS 20	Shows 20	Shows de
FLOW	FLOW	FLOW
L M H	L M H	L M H

31 SHOWS 10 FLOW L M H



#### weekfourteen april 1-7

N SHOWS d	
FLOW	
LWF	1

2 Sh0'	WS	7	
F	L0	M	
L	Μ	Η	

<b>3</b> S1	401	12	۲ ロ	
	F۱	L0'	Ч	
		Μ	H	

<b>4</b> Sho	WS	, " []	
F	L0	M	
L	Μ	Η	

5		y N	
SHO	WS	άÖ	
F	L0	M	
L	Μ	Η	

ง S	<i>H</i> 0'	WS		
	F	M V0	M H	



7 SHOWS ₫₫ FLOW L M H

# weekfifteen

WS I HOWS I SHOWS I SHOWS I SHOWS I SHOW FLOW FLOW L M	
13	
WS LA CONS LA	ň
FLOW FLOW	



#### week Sixteen april 14-21

1S	10	17	
SHOWS DB	SHOWS 38	SHOWS SH	
FLOW	FLOW	FLOW	
L M H	L M H	L M H	
18	19	20	1
SHOWS SB	SHOWS 58	SHOWS de	
FLOW	FLOW	FLOW	
L M H	L M H	L M H	
21 SHOWS OB			

FLOW

LMH



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

# weekseventeen

LMH

22 SHOWS 00	23 SHOWS DD	24 SHOWS D
FLOW	FLOW	FLOW
LMH	LMH	LMH
25	20	
SHOWS D	SHOWS D	SHOWS 0

LMH

23 SHOWS Å Å FLOW L M H



## week eighteen





weeknineteen may 5-12

6	7	8
SHOWS & #	SHOWS & #	SHOWS & B
FLOW	FLOW	FLOW
L M H	L M H	L M H
9	lo	II
SHOWS & #	Shows å ä	SHOWS & B
FLOW	Flow	FLOW
L M H	L M H	L M H

12 SHOWS & C FLOW L M H



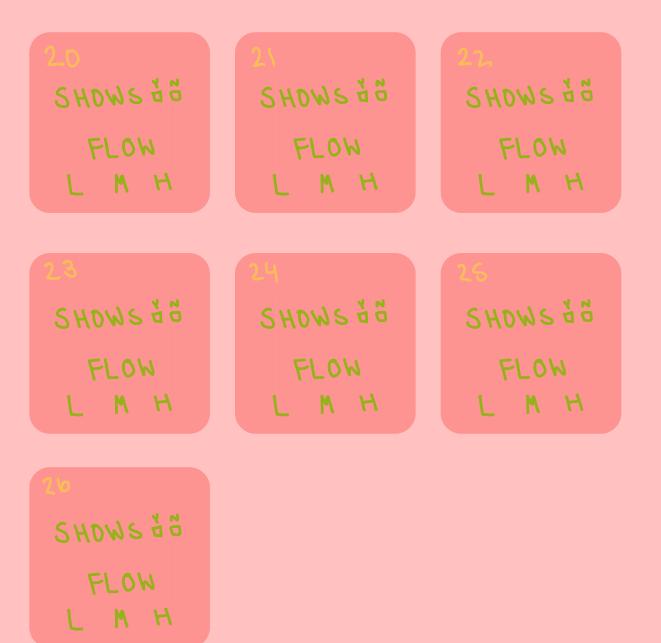
## week twenty



Tampons were invented by a !guy! in 1931.

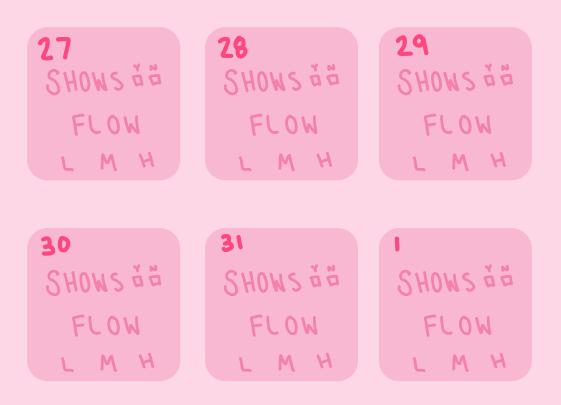


#### week twenty one may 19-26





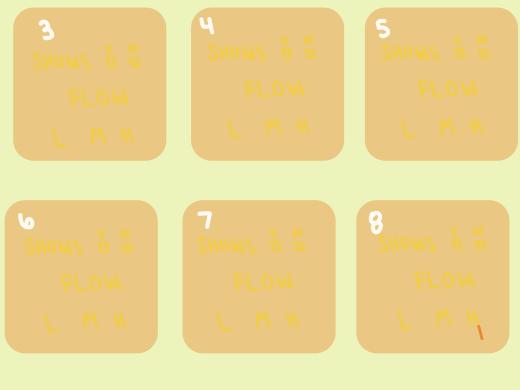
## week twenty two



2 SHOWS & B FLOW L M H

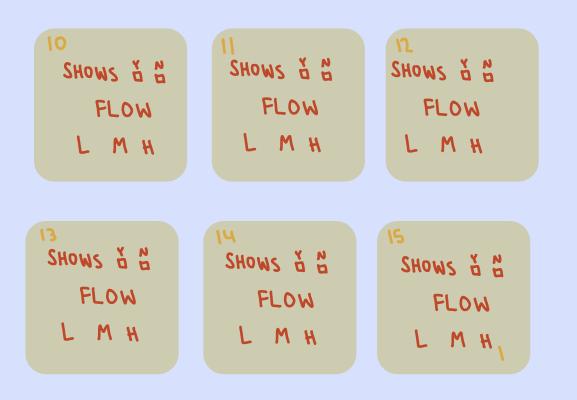


# week twenty three june 3-9



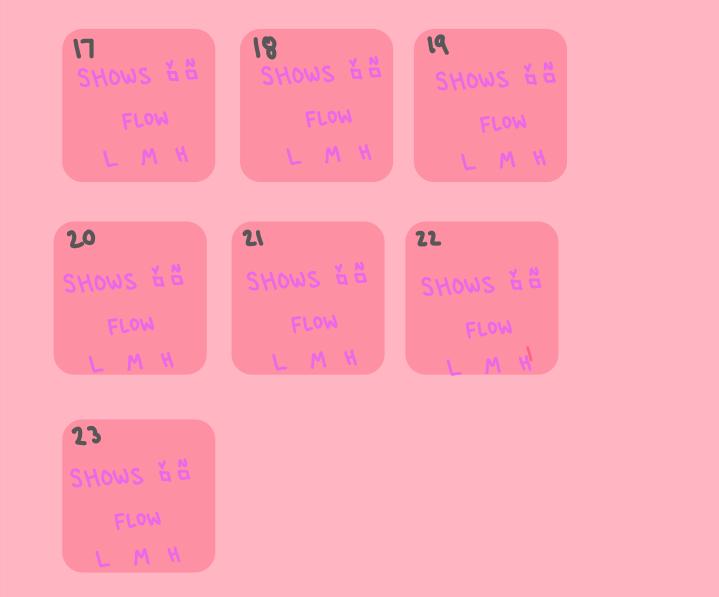


# week twenty four



IN SHOWS & A FLOW L M H Cold weather can make your periods longer and heavier.

#### week twenty five june 17-23





# week twenty six

24 Shows & B	shows ä B	200 Shows & B
FLOW	FLOW	FLOW
LMH	LMH	LMH

SHOWS & B	SHOWS & B	SHOWS &
FLOW	FLOW	FLOW
LMH	LMH	LMH

SHOWS &

FLOW



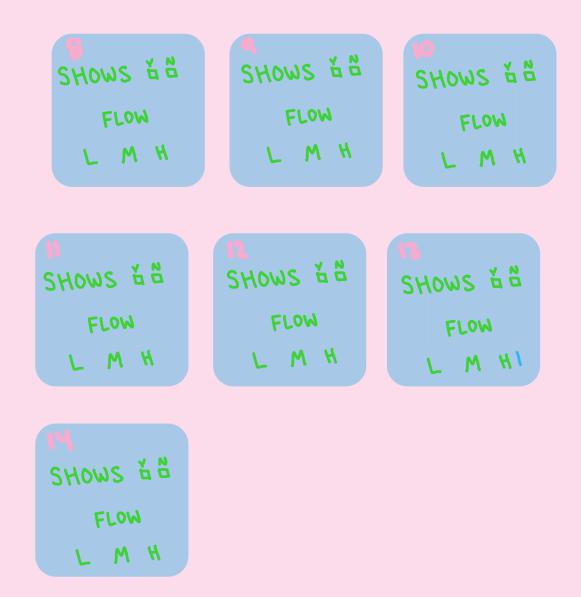
### week twenty seven july 1-7



	FLOW
	LMH



# week twenty eight



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



# week twenty nine july 15-21

15	10	17
SHOWS &	SHOWS &	SHOWS &
FLOW	FLOW	FLOW
LMH	LMH	LMH

18	19	
SHOWS &	SHOWS &	SHOWS &
FLOW	FLOW	FLOW
LMH	L M H	L M H

21 SHOWS ≚ ª FLOW L M H



#### week thirty july 22-28



25	20	
SHOWS & B	SHOWS &	SHOWS &
FLOW	FLOW	FLOW
LMH	LMH	LMH





## week thirty one

29	30	31
SHOWS & B	SHOWS & B	SHOWS &
FLOW	FLOW	FLOW
LMH	LMH	LMH

SHOWS & B	2 Shows 28	3 Shows ä¤
FLOW	FLOW	FLOW
LMH	L M H	LMH

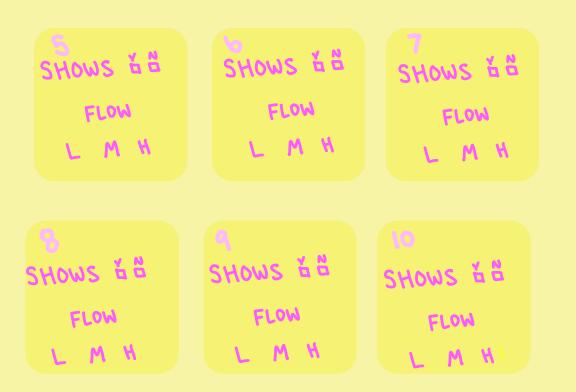
4

SHOWS &

FLOW



#### week thirty two august 5-11



Scented pads 6 tampons can cause irritation. Stay natural!



TI SHOWS & A FLOW L M H

#### week thirty three august n-18

S ÖÖ

NH1

LOW



Y NO	No Shows & B	<b>17</b> SHOW
WC	FLOW	F
л н	LMH	L

SHOWS & B FLOW L M H

15 SHOWS

FL

L



#### week thirty four august 19-25

FLOW FLOW FL	5 4 8
	ю
LMH LMH LI	MH

21 Shows ää	23 Shows å 8	84 Shows ää
FLOW	FLOW	FLOW
LMH	L M H	LMH

SHOWS &

FLOW



## week thirty five

	SHOWS & B	28 SHOWS LA
FLOW	FLOW	FLOW
LMH	LMH	LMH

29 Shows å ¤	30 Shows 28	SHOWS LE
FLOW	FLOW	FLOW
LMH	LMH	LMH

2

SHOWS &

FLOW



## week thirty Six september 3-9



6	٦	8
SHOWS &	SHOWS 68	SHOWS &
FLOW	FLOW	FLOW
LMH	LMH	LMH

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



Q SHOWS ≚ ¤ FLOW L M H

### week thirty seven soptember 10 - 110

10 Shows 28	SHOWS &	12 SHOWS & B
FLOW	FLOW	FLOW
LMH	LMH	LMH

13	14	15
SHOWS &	SHOWS &	SHOWS &
FLOW	FLOW	FLOW
LMH	LMH	LMH





### week thirty eight september 17-23









#### week thirty nine september 23-29

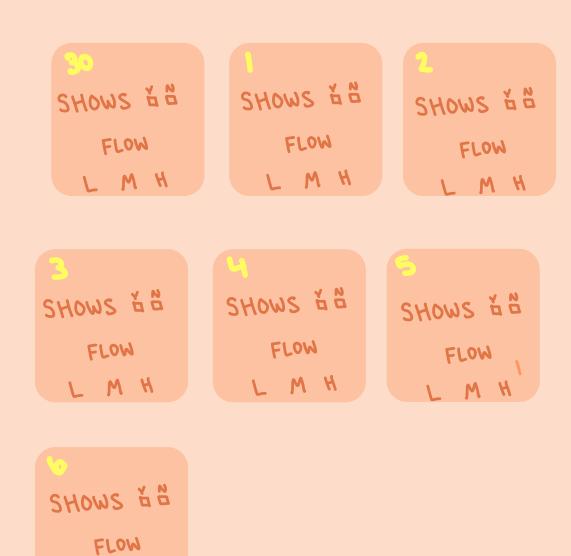
23 SHOWS Ť	24 Shows & B	25 Shows & B
FLOW	FLOW	FLOW
LMH	LMH	LMH

26 Shows 28	27 SHOWS & B	<b>28</b> Shows ää
FLOW	FLOW	FLOW
LMH	LMH	LMH



29 SHOWS & B FLOW L M H

## week forty



LMH

Check in with your doctor if you haven't started menustrating by agello.



## week forty one october 7-13

SHOWS LE	SHOWS LE	۹ Shows ä B
FLOW	FLOW	FLOW
LMH	LMH	L M H

SHOWS & B	SHOWS &	SHOWS &
FLOW	FLOW	FLOW
ГМН	LMH	LMH



## week forty two october 14-20



SHOWS & B	SHOWS & B	M Shows ä≞
FLOW	FLOW	FLOW
LMH	LMH	r w h,

20

SHOWS &

FLOW

LMH





# week forty three

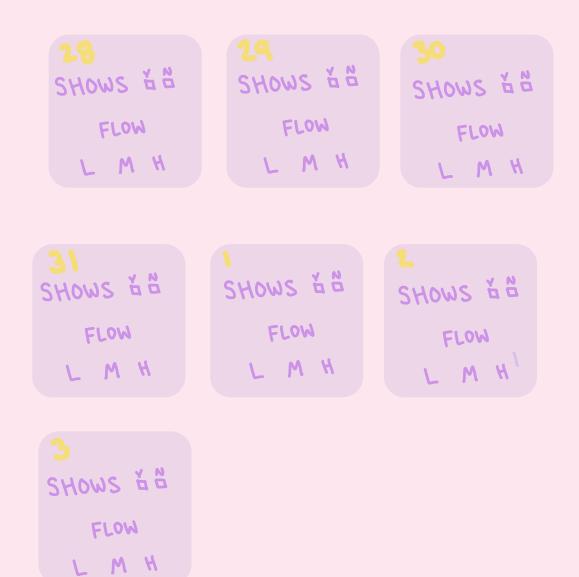
21 Shows & B	22 Shows & B	23 Shows & B
FLOW	FLOW	FLOW
LMH	LMH	LMH

24 Shows & B	25 Shows & B	2.0 Shows å ä
FLOW	FLOW	FLOW
LMH	LMH	LMH



27 SHOWS & B FLOW L M H

## week forty four



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



# week forty five

SHOWS &	SHOWS & B	SHOWS & B
FLOW	FLOW	FLOW
LMH	LMH	L M H

SHOWS &	SHOWS LA	SHOWS & B
311003	311040 -	2HOM2 00
FLOW	FLOW	FLOW
LMH	LMH	LMH

SHOWS &

FLOW

LMH



# week forty Six

•

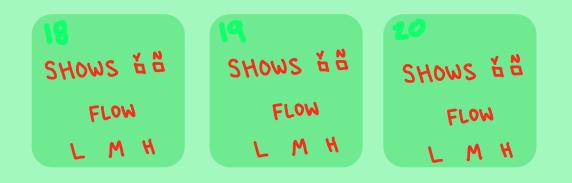


14	15	()
SHOWS &	SHOWS & B	SHOWS & B
FLOW	FLOW	FLOW
LMH	LMH	LMH

I7 SHOWS ≚ ª FLOW L M H



## week forty seven november 18-25



22 Shows åª	23 Shows & B	24 Shows à B
FLOW	FLOW	FLOW
LMH	LMH	LMH

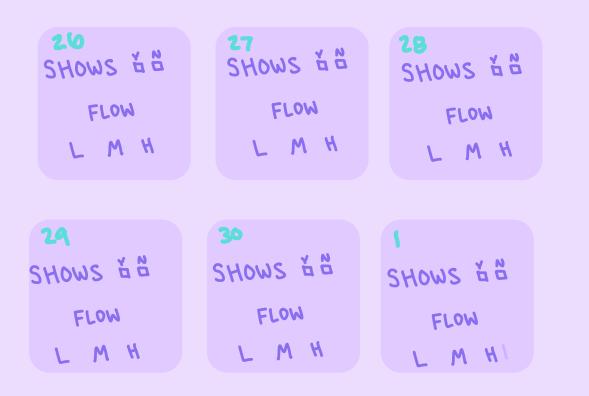
SHOWS &

FLOW

LMH



## week forty eight



2 SHOWS ÅÅ 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











16 SHOWS ≚ ¤ 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 two december 24-31

24	25	210
SHOWS & B	SHOWS &	SHOWS & B
FLOW	FLOW	FLOW
LMH	LMH	LMH

272829SHOWS & BSHOWS & BSHOWS & BFLOWFLOWFLOWLMHLMH

30	31
SHOWS &	SHOWS &
FLOW	FLOW
LMH	LMH

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

