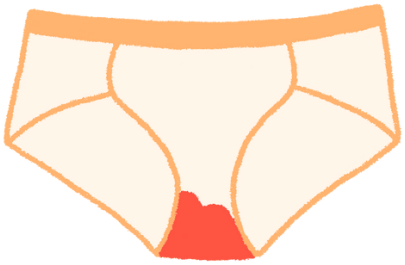
KNOW YOUR FLOW

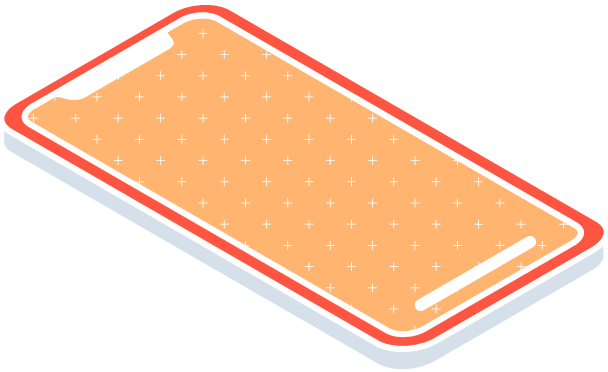
WHY IS IT A GOOD IDEA TO TRACK MY PERIOD?



You may want to consider tracking your period! It can help you figure out when your next period will start.

Mark the first day your bleeding starts on a calendar with an "X." Put an X on each of the following days that you have bleeding. Count the first "X" as day 1.





For accurate cycle tracking, keep counting the days until you have your next period. There are also a bunch of apps that can help you track your period!

For more information on menstruation go to medlineplus.gov/menstruation.html

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