

# Menstruationskalender

Navn: \_\_\_\_\_

Kolonne B:

- = PLETBLØDNING
- = MENSTRUATION
- = KRAFTIG BLØDNING

Kolonne X:

- X = LETTE SMERTER
- XX = SMERTER
- XX X = KRAFTIGE SMERTER

CPR.nr.: | | | | | | | | | | | | | | | | | | | | | |

ÅR: \_\_\_\_\_

| JANUAR |   | FEBRUAR |    | MARTS |   | APRIL |   | MAJ |    | JUNI |   |
|--------|---|---------|----|-------|---|-------|---|-----|----|------|---|
|        | B | X       |    | B     | X |       | B | X   |    | B    | X |
| 1      |   |         | 1  |       |   | 1     |   |     | 1  |      |   |
| 2      |   |         | 2  |       |   | 2     |   |     | 2  |      |   |
| 3      |   |         | 3  |       |   | 3     |   |     | 3  |      |   |
| 4      |   |         | 4  |       |   | 4     |   |     | 4  |      |   |
| 5      |   |         | 5  |       |   | 5     |   |     | 5  |      |   |
| 6      |   |         | 6  |       |   | 6     |   |     | 6  |      |   |
| 7      |   |         | 7  |       |   | 7     |   |     | 7  |      |   |
| 8      |   |         | 8  |       |   | 8     |   |     | 8  |      |   |
| 9      |   |         | 9  |       |   | 9     |   |     | 9  |      |   |
| 10     |   |         | 10 |       |   | 10    |   |     | 10 |      |   |
| 11     |   |         | 11 |       |   | 11    |   |     | 11 |      |   |
| 12     |   |         | 12 |       |   | 12    |   |     | 12 |      |   |
| 13     |   |         | 13 |       |   | 13    |   |     | 13 |      |   |
| 14     |   |         | 14 |       |   | 14    |   |     | 14 |      |   |
| 15     |   |         | 15 |       |   | 15    |   |     | 15 |      |   |
| 16     |   |         | 16 |       |   | 16    |   |     | 16 |      |   |
| 17     |   |         | 17 |       |   | 17    |   |     | 17 |      |   |
| 18     |   |         | 18 |       |   | 18    |   |     | 18 |      |   |
| 19     |   |         | 19 |       |   | 19    |   |     | 19 |      |   |
| 20     |   |         | 20 |       |   | 20    |   |     | 20 |      |   |
| 21     |   |         | 21 |       |   | 21    |   |     | 21 |      |   |
| 22     |   |         | 22 |       |   | 22    |   |     | 22 |      |   |
| 23     |   |         | 23 |       |   | 23    |   |     | 23 |      |   |
| 24     |   |         | 24 |       |   | 24    |   |     | 24 |      |   |
| 25     |   |         | 25 |       |   | 25    |   |     | 25 |      |   |
| 26     |   |         | 26 |       |   | 26    |   |     | 26 |      |   |
| 27     |   |         | 27 |       |   | 27    |   |     | 27 |      |   |
| 28     |   |         | 28 |       |   | 28    |   |     | 28 |      |   |
| 29     |   |         | 29 |       |   | 29    |   |     | 29 |      |   |
| 30     |   |         | 30 |       |   | 30    |   |     | 30 |      |   |
| 31     |   |         | 31 |       |   | 31    |   |     | 31 |      |   |

| JULI |   | AUGUST |    | SEPTEMBER |   | OKTOBER |   | NOVEMBER |    | DECEMBER |   |
|------|---|--------|----|-----------|---|---------|---|----------|----|----------|---|
|      | B | X      |    | B         | X |         | B | X        |    | B        | X |
| 1    |   |        | 1  |           |   | 1       |   |          | 1  |          |   |
| 2    |   |        | 2  |           |   | 2       |   |          | 2  |          |   |
| 3    |   |        | 3  |           |   | 3       |   |          | 3  |          |   |
| 4    |   |        | 4  |           |   | 4       |   |          | 4  |          |   |
| 5    |   |        | 5  |           |   | 5       |   |          | 5  |          |   |
| 6    |   |        | 6  |           |   | 6       |   |          | 6  |          |   |
| 7    |   |        | 7  |           |   | 7       |   |          | 7  |          |   |
| 8    |   |        | 8  |           |   | 8       |   |          | 8  |          |   |
| 9    |   |        | 9  |           |   | 9       |   |          | 9  |          |   |
| 10   |   |        | 10 |           |   | 10      |   |          | 10 |          |   |
| 11   |   |        | 11 |           |   | 11      |   |          | 11 |          |   |
| 12   |   |        | 12 |           |   | 12      |   |          | 12 |          |   |
| 13   |   |        | 13 |           |   | 13      |   |          | 13 |          |   |
| 14   |   |        | 14 |           |   | 14      |   |          | 14 |          |   |
| 15   |   |        | 15 |           |   | 15      |   |          | 15 |          |   |
| 16   |   |        | 16 |           |   | 16      |   |          | 16 |          |   |
| 17   |   |        | 17 |           |   | 17      |   |          | 17 |          |   |
| 18   |   |        | 18 |           |   | 18      |   |          | 18 |          |   |
| 19   |   |        | 19 |           |   | 19      |   |          | 19 |          |   |
| 20   |   |        | 20 |           |   | 20      |   |          | 20 |          |   |
| 21   |   |        | 21 |           |   | 21      |   |          | 21 |          |   |
| 22   |   |        | 22 |           |   | 22      |   |          | 22 |          |   |
| 23   |   |        | 23 |           |   | 23      |   |          | 23 |          |   |
| 24   |   |        | 24 |           |   | 24      |   |          | 24 |          |   |
| 25   |   |        | 25 |           |   | 25      |   |          | 25 |          |   |
| 26   |   |        | 26 |           |   | 26      |   |          | 26 |          |   |
| 27   |   |        | 27 |           |   | 27      |   |          | 27 |          |   |
| 28   |   |        | 28 |           |   | 28      |   |          | 28 |          |   |
| 29   |   |        | 29 |           |   | 29      |   |          | 29 |          |   |
| 30   |   |        | 30 |           |   | 30      |   |          | 30 |          |   |
| 31   |   |        | 31 |           |   | 31      |   |          | 31 |          |   |