

**2017-2018
Menstrual Calendar**

Mark the first full day of menstruation each cycle, and connect them with a line.

Reading left to right:

- a horizontal line indicates a 28-day cycle
- a line sloping up indicates a shorter cycle
- a line sloping down indicates a longer cycle
- If there is no line that is straight, the cycle is irregular.

2017														2018													
Sun	Jan1	29	26	26	23	21	18	16	13	10	8	5	3	31	28	25	25	22	20	17	15	12	9	7	4	2	30
Mon	2	30	27	27	24	22	19	17	14	11	9	6	4	Jan1	29	26	26	23	21	18	16	13	10	8	5	3	31
Tue	3	31	28	28	25	23	20	18	15	12	10	7	5	2	30	27	27	24	22	19	17	14	11	9	6	4	
Wed	4	Feb1	Mar1	29	26	24	21	19	16	13	11	8	6	3	31	28	28	25	23	20	18	15	12	10	7	5	
Thu	5	2	2	30	27	25	22	20	17	14	12	9	7	4	Feb1	Mar1	29	26	24	21	19	16	13	11	8	6	
Fri	6	3	3	31	28	26	23	21	18	15	13	10	8	5	2	2	30	27	25	22	20	17	14	12	9	7	
Sat	7	4	4	Apr1	29	27	24	22	19	16	14	11	9	6	3	3	31	28	26	23	21	18	15	13	10	8	
Sun	8	5	5	2	30	28	25	23	20	17	15	12	10	7	4	4	Apr1	29	27	24	22	19	16	14	11	9	
Mon	9	6	6	3	May1	29	26	24	21	18	16	13	11	8	5	5	2	30	28	25	23	20	17	15	12	10	
Tue	10	7	7	4	2	30	27	25	22	19	17	14	12	9	6	6	3	May1	29	26	24	21	18	16	13	11	
Wed	11	8	8	5	3	31	28	26	23	20	18	15	13	10	7	7	4	2	30	27	25	22	19	17	14	12	
Thu	12	9	9	6	4	Jun1	29	27	24	21	19	16	14	11	8	8	5	3	31	28	26	23	20	18	15	13	
Fri	13	10	10	7	5	2	30	28	25	22	20	17	15	12	9	9	6	4	Jun1	29	27	24	21	19	16	14	
Sat	14	11	11	8	6	3	Jul1	29	26	23	21	18	16	13	10	10	7	5	2	30	28	25	22	20	17	15	
Sun	15	12	12	9	7	4	2	30	27	24	22	19	17	14	11	11	8	6	3	Jul1	29	26	23	21	18	16	
Mon	16	13	13	10	8	5	3	31	28	25	23	20	18	15	12	12	9	7	4	2	30	27	24	22	19	17	
Tue	17	14	14	11	9	6	4	Aug1	29	26	24	21	19	16	13	13	10	8	5	3	31	28	25	23	20	18	
Wed	18	15	15	12	10	7	5	2	30	27	25	22	20	17	14	14	11	9	6	4	Aug1	29	26	24	21	19	
Thu	19	16	16	13	11	8	6	3	31	28	26	23	21	18	15	16	12	10	7	5	2	30	27	25	22	20	
Fri	20	17	17	14	12	9	7	4	Sep1	29	27	24	22	19	16	16	13	11	8	6	3	31	28	26	23	21	
Sat	21	18	18	15	13	10	8	5	2	30	28	25	23	20	17	17	14	12	9	7	4	Sep1	29	27	24	22	
Sun	22	19	19	16	14	11	9	6	3	Oct1	29	26	24	21	18	18	15	13	10	8	5	2	30	28	25	23	
Mon	23	20	20	17	15	12	10	7	4	2	30	27	25	22	19	19	16	14	11	9	6	3	Oct1	29	26	24	
Tue	24	21	21	18	16	13	11	8	5	3	31	28	26	23	20	20	17	15	12	10	7	4	2	30	27	25	
Wed	25	22	22	19	17	14	12	9	6	4	Nov1	29	27	24	21	21	18	16	13	11	8	5	3	31	28	26	
Thu	26	23	23	20	18	15	13	10	7	5	2	30	28	25	22	22	19	17	14	12	9	6	4	Nov1	29	27	
Fri	27	24	24	21	19	16	14	11	8	6	3	Dec1	29	26	23	23	20	18	15	13	10	7	5	2	30	28	
Sat	28	25	25	22	20	17	15	12	9	7	4	2	30	27	24	24	21	19	16	14	11	8	6	3	Dec1	29	